



# Common Canning Mistakes

TEXAS A&M  
AGRI LIFE  
EXTENSION

*that can make you ill*

**Enjoying your fresh fruits and vegetables all year is wonderful, if done safely.**

1. **Using outdated/unsafe methods**--like canning in ovens, microwaves or dishwashers, or just letting hot jars seal on their own or upside down. High acid foods like pickles, salsa, jelly do well with water bath canning. Low-acid foods like many vegetables, meats and soup must be processed with a pressure canner to prevent botulism.
2. **Using unproven recipes**--like many passed down recipes. These unfortunately haven't been tested. Unproven or your own recipes do not have the science behind them to show proper time to process. They can also use unsafe ingredients like flours, and cornstarch that cause product to not cook all the way through. Using your own recipes or changing a recipe can also change your acid level and make canned goods unsafe.
3. **Wrong size jars or using non-canning jars**--like your mayo or spaghetti jar from the grocery store. These jars are not designed to be reheated and resealed. Use jars made for canning that are chip free and clean. You can reuse rings when canning but do not reuse the lids.
4. **Not making Altitude Adjustments**--Boiling water temperatures are lower at higher altitudes. Not adjusting times or pressure can cause products to be under processed.

## Want to learn more about Preserving Your Harvest?

Join us for a Virtual 3 Part Series Aug. 9, 10, and 12, 2021

6:30-7:30p -\$15--sign up at

<http://preservingyourharvest.eventbrite.com>

*by Felice Acker, CEA-FCH Castro County*