

WTNS Radio OSU Extension Update for July 27, 2020
Healthy People. Healthy Finances. Healthy Relationships.

On today's OSU Extension update for Healthy People, Healthy Finances, and Healthy Relationships we'll talk about making pickles and a warning about dry canning.

I've been making pickles this summer for the first time. So far I've canned 24 pints of quick dill pickles, and 18 pints of bread and butter pickles. Right now, is prime time for pickle making. If you like pickles, and you've not tried it before, I encourage you to try canning. I recommend recipes from the National Center for Home Food Preservation, which you can easily find in an online search. This is hosted by the University of Georgia's College of Family and Consumer Sciences. All of their recipes are research-based and were tested at the university for food safety. You can also watch a recording from the OSU Extension Food Preservation team about making pickles at our website coshocton.osu.edu.

When selecting cucumbers, be sure they are the appropriate size. The recommendation is 1.5 inches for gherkins and 4 inches for dills. I use the pretty ones that are relatively straight for these. The odd-shaped cucumber, or ones that you didn't see yesterday and are now quadruple the size you wanted them to be, are great for bread and butter style or for relishes.

You need about one pound per pint. (A pint's a pound the round around.) So that means an average of 14 pounds is needed per canner load of 7 quarts; an average of 9 pounds is needed per canner load of 9 pints. A bushel of cucumbers weighs 48 pounds.

I also ran across a very informative blog article on the National Center for Home Food Preservation site about "dry" canning vegetables. Anyone who looks for food preservation recipes on the internet is bound to find some creative recipes and procedures for processing food. But when it comes to canning, inventive could lead to deadly. The USDA home canning procedure is meant to kill spores of *Clostridium botulinum*, the bacteria that cause the potentially deadly botulism poisoning.

The liquid is a key ingredient for achieving the temperature needed to penetrate throughout the jars during processing. Bacteria and bacterial spores are more sensitive to wet heat than to dry heat. They will die in hot dry air much more slowly than in hot water. Some of these potentially

dangerous recipes call for butter or ghee to be used rather than water, or to be included along with water.

The National Center for Home Food Preservation says “Canning preservation of food is not a creative activity about how to produce the best quality only. Safety must come first, and the researched processes we have for vegetables require the liquid cover in the jars (and whatever is the type of liquid called for in the described procedure with each process, which is usually water for plain vegetables).”

Food preservation can be fun, easy, and safe with information from reliable sources. The OSU Extension Food Preservation Team is offering a virtual program about Making Salsa tomorrow, Tuesday, July 28 at 4:00 pm. You can register for this at our website, coshocton.osu.edu, and also find links to recorded videos on anything from canning basics to making pickles. If you ever have questions about home food preservation or food safety, please contact me at 740-622-2265 or by email at marrison.12@osu.edu.

This month I am also teaching brief cooking demonstrations on Facebook Live featuring some of the recipes from our Dining with Diabetes program. I encourage you to join me virtually in my home kitchen tomorrow evening at 7:00 PM. Tomorrow will be the final episode where I will be making Peach & Berry Crisp. And you can view the recorded videos afterwards at coshocton.osu.edu to learn a new diabetes friendly recipe and get some helpful tips for managing diabetes well. Previous episodes include Zucchini, Carrots, & Basil, Berry Pineapple Fluff, and Sweet & Spicy Stir-Fry.

And lastly, a reminder that we have begun to open the OSU Extension Office for limited hours to the public. Office hours are Monday, Wednesday, and Friday from 8 AM–5 PM. We will still continue to take calls from our home offices on Tuesday and Thursday. We ask that you please call ahead of your visit so we can have your items prepared for you. We are rotating staff on different days, so calling ahead ensures that the appropriate staff member is there to meet your needs. One family is allowed to come into the office at a time and face masks are required.

In closing, at OSU Extension, we are proud to work for Coshocton County to help improve our families, farms, and businesses. Please feel free to contact OSU Extension for more information at 740-622-2265 or visit our website at coshocton.osu.edu. Make it a healthy day!