

**WTNS Radio OSU Extension Update for August 9, 2021**  
**Healthy People. Healthy Finances. Healthy Relationships.**

On today's OSU Extension update for Healthy People, Healthy Finances, & Healthy Relationships we'll talk about safe canning, and as always, look at some upcoming programs from OSU Extension.

More often than not, when I mention that one part of my job is to test pressure canners, someone will share a story of vegetables plastering the ceiling from grandmother's exploding canner. Thankfully, any canner manufactured in the past 75 years has safety measures in place to keep this from happening. However, that doesn't mean that other things can't go wrong when recommended practices are not followed while pressure canning.

This is the time of year when our OSU Extension Home Food Preservation team gets lots of questions. I was asked last week about "oven canning" vegetables. The only recommended canning method for vegetables is pressure canning, so I immediately went to the website for The National Center for Home Food Preservation (NCHFP). This center is located at the University of Georgia and conducts food safety research related to methods of food preservation.

The NCHFP says that "using the oven method is not a recommended method of canning for green beans or any other food. It is dangerous because dry heat is slow to penetrate into jars (so recommended process times would not be enough), temperatures inside ovens vary (so a standard process time would be indeterminable), and no reliable, research-based safe process times have been developed for oven canning. There are also stories that jars heated in a dry oven could explode or break more easily than with recommended canning procedures."

So why would someone even consider oven canning? According to the USDA, this was a method that was popular over a hundred years ago. Therefore, there are some old publications and cookbooks that may list this as an option for canning. But there are many reasons that this is not a safe, recommended practice. Mason style jars are not tempered to be used in the oven; therefore jars can explode.

Even though the temperature of the oven is very high, that does not mean the temperature of the food will reach this temperature. If you think about cooking a roast at 325 degrees – even for two or three hours – the final internal temperature is not going to be 325 degrees. How can you test

the internal temperature of a jar of green beans to know that it is reaching a high enough temperature to destroy pathogens like *Clostridium botulinum* that causes botulism? We can't in a normal kitchen. So, it is only recommended to use pressure canning with recommended processing times and pressures for low acid vegetables.

Utah State University Extension has compiled a list of major and minor canning mistakes. If you are thinking of trying pressure canning or have been doing this for years, here are some things to keep in mind:

#### Major Mistakes- Potentially Deadly

- Making up your own canning recipe, Adding EXTRA onions, chilies, bell peppers, or other vegetables to salsas, Not venting pressure canner, Not having dial-type pressure canner gauges tested annually, Failure to acidify canned tomatoes, and Letting food prepared for “hot pack” processing cool in the jars before placing them in the canner for processing.

#### Minor Canning Mistakes – Economic Loss, But Results Not Deadly

- Use of mayonnaise jars, Use of paraffin on jams & jellies, Cooling too slowly after removing from canner, and Storing food longer than recommended.

The OSU Extension Home Food Preservation Team is hosting a series of webinars about basic canning topics. These programs are on Tuesday afternoons from 4:00-5:00 PM. Topics include: Canning Tomatoes and Tomato Products on August 17, Canning Pie Fillings on August 31, Preserving Hot Peppers on September 14, and Canning Winter Squash on September 28. Please register at [go.osu.edu/fall2021foodpreservationseries](https://go.osu.edu/fall2021foodpreservationseries)

Here are some upcoming programs from OSU Extension: Wednesday, August 11 is the last day to register for Dining with Diabetes. This is a cooking school and nutrition education program for people with diabetes and those who support them. Classes will be offered August 19 – September 9 and we are happy to work with Coshocton Regional Medical Center, the Coshocton County Health Department and KnoHoCoAshland Community Action to offer this program. You can find more details and registration information for these classes at [coshocton.osu.edu](https://coshocton.osu.edu).

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](https://coshocton.osu.edu). Make it a healthy day!