

Canning Importance

The sun is shining, more outside time has become the norm, and more people than ever are trying their hand at gardening. It is that time of the year, when we break out our pressure canners and get to work.

For hours on end, our weekends are spent in the kitchen preserving our homegrown favorites. Most of us have been doing the same old song and dance for years and years. Others, like myself may have watched parents and grandparents do this but might be new to the canning game.

Fresh foods are perishable because they contain a high percentage of water. The practice of canning preserves fresh food by removing oxygen, destroying enzymes, and preventing the growth of bacteria, yeasts and mold.

Using proper canning methods is extremely important in keeping your family safe when eating home canned foods. Improper canning methods can result in the production of C. Botulinum, which is responsible for the illness known as Botulism. Botulism mimics a stroke and results in facial paralysis, drooping eyelids, drooling, and in severe cases, can lead to death. It is important to follow these proper canning practices: carefully select and wash fresh produce, peel according to recipe, hot packing many foods, adding acids (lemon juice or vinegar) to some foods, using acceptable jars and self-sealing lids, and processing jars in a boiling-water or pressure canner for the correct period of time.

Purchase a science-based food preservation guide. "So Easy to Preserve" (University of Georgia Cooperative Extension), the Ball Blue Book, and the USDA Complete Guide to Home Canning are three highly-regarded home food preservation resources. The recipes in these guides have been tested for safety and quality. When you obtain your new guide, read through it prior to your first attempt at preserving. By doing this, most of your questions will be answered, and you will know what equipment you need to purchase prior to beginning. If you prefer a web-based source, check out The National Center for Home Food Preservation website at nchfp.uga.edu. This site sponsored by the University of Georgia, contains instructions for preserving foods by canning, freezing, and dehydration. The site also has instructions for ordering the "So Easy to Preserve" food preservation guide and you will also find a link to the USDA Complete Guide to Home Canning.

By Roshunda Terry, County Extension Director

Board of Elections

Meeting July 14

The Anson County Board of Elections will hold the regular monthly board meeting on Tuesday, July 14 at 5 p.m. The meeting will be held at the Board of Elections Office, located at 402 Morven Road in Wadesboro.

To appear on a meeting agenda you must provide notice in writing by 5 p.m. on the Thursday before the next meeting.

During all board meetings, those in attendance are asked to refrain from comments and questions to the board unless they are called upon by the board. At the end of each meeting the board will open the floor for comments and questions.

3 AUCTIONS THIS WEEK

SATURDAY, JULY 11TH 10AM

JAMES & RUBY HANNAH ESTATE

400 WINFREE ROAD IN WADESBORO
JUST OFF HIGHWAY 109 NORTH

SUNDAY, JULY 12TH 2PM

HENRY HURST PLACE

5 TREASURE ROAD IN WADESBORO
HWY 74 EAST FROM WADESBORO, JUST OFF ALLEN POND ROAD

FRIDAY, JULY 17TH 7PM

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