

Can Food With Less Water

by Diane Whitten, Nutrition & Food Resource Educator

In 2015 the University of Wisconsin published research on canning using a steam canner, so the canning processes can be done using less water. The processing times are the same as they are for boiling water canning. A steam canner is limited by the amount of water in the canner base, so it cannot be used when processing times are 45 minutes or longer because the water will boil dry.

More details can be found at the National Center for Home Food Preservation at:

https://nchfp.uga.edu/publications/nchfp/factsheets/steam_canners.html

Buying a Steam Canner - What to Look For

There are several brands of steam canners available on the market, some have a temperature indicator on the lid that helps to determine when to start counting the processing time. Others come with instructions to vent the steam from the canner for 10 minutes or wait until the temperature reaches 210- 212 degrees inside the canner before starting the processing time. Multi-use canners are on the market also, which allow you to do either boiling water or steam canning.

Step by step instructions can be found at our Homesteading & Self-Sufficiency web page.

<http://ccesaratoga.org/resources/using-a-steam-canner-1>