

Boiling Water Bath Canning Quick Steps

- Clean and sanitize jars, lids, and rings.
- Prepare acid food to be jarred.
- Fill jars allowing ½ inch of headspace.
- Remove air bubbles.
- Clean jar rims and then add lids and rings.
- Place in boiling water bath canner.
- Start timing.
- Turn the canner off and wait for 5 minutes.
- Remove jars from canner without tilting.
- Let sit in draft free environment for 12-24 hours.
- Wash, label, and store in a cool, dark place.



For more information, email Gale Smith at mary.smith@ubc.ca

Artwork by Bayja Morgan-Banke