HOMESTEADING KNOWLEDGE

BASICS OF CANNING

ITEMS YOU WILL NEED

WATER BATH CANNER

JARS, LIDS, AND RINGS

CHERRY PITTER (OPTIONAL)

SUGAR

SYRUP

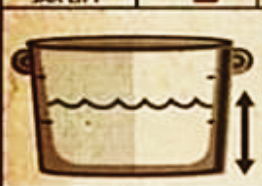
JAR LIFT

JAR FUNNEL

KNIFE

LEMON

WHAT YOU CAN CAN!



LET'S START CANNING!
Fill canner about halfway with fresh water. Keep water 1-2 inches above jars.

2 INCHES IS ABSOLUTELY NECESSARY FOR PROCESSES TAKING 30 + MINS.

Prepare soon-to-be canned food as stated in recipe and fill your jars.

AFTER ADDING JARS, TURN HEAT TO MAXIMUM FOR AN INTENSE BOIL

After the set time, remove the lid.
WAIT 5 MINUTES
before removing cans.

PLACE CANS ON A ROOM TEMPERATURE COOLING RACK OR TOWEL.

ALLOW TO COOL
for anywhere from 12 to 24 hours without disturbing.

FUN FACTS ABOUT CANNING

CANNING IS VERY AFFORDABLE. ➡ A NEW CANNER CAN COST $100 but will quickly pay itself off

If you have fruit bearing plants on your property.
CANNING WILL SAVE dropped fruit.

CANNED FOOD WILL NOT SPOIL IF YOU LOSE POWER

TALKING AND SHOPPING AROUND CAN GREATLY REDUCE OVERHEAD PRICE.

LOOK FOR HAND-ME-DOWNS JARS, CANNERS, ETC.

CANNING LOCKS IN THE NUTRIENTS OF STONE FRUITS AND CAN EVEN IMPROVE VITAMINS IN OTHERS.

HERBAL FIRST AID KIT

Calendula Extract
Cuts & scrapes, minor burns, inflamed rashes

Chamomile Flowers
Calming, indigestion, wounds, rashes

Fennel Seeds
Indigestion, gas, bloating, increase breast milk

Ginger Root
Nausea, vomiting, menstrual cramps

Lavender
Stress, anxiety, sleep, minor burns, cold sores

Lemon Balm Leaf
Restlessness, irritability, indigestion, sleep

Marshmallow Root
Mouth & throat sores, heartburn, cough, indigestion

Oatmeal
Itchy rashes, anxiety, sleep, stress

Peppermint Leaf
Nausea, indigestion, gas, congestion

Red Raspberry Leaf
Uterine tonic, pregnancy nausea, diarrhea

Stinging Nettles Leaf
Iron-rich, seasonal allergies, water retention

FOODS YOU CAN REGROW

CARROT
Regrows from: Root

BASIL
Regrows from: Stem

POTATO
Regrows from: Peels/skin

GARLIC
Regrows from: Root

MUSHROOM
Regrows from: Stalk/Stem

PEPPER
Regrows from: Seeds

LETTUCE
Regrows from: Base/Bottom

BEANS
Regrows from: Seeds/Sprouts

AVOCADO
Regrows from: Seeds

GINGER
Regrows from: Any part/root

DIY CLEANING PRODUCTS

DISH SOAP

Castile soap

Lavender oil

Tea tree oil

GLASS CLEANER

White vinegar

Water

Citrus oil

WOODEN FLOOR CLEANER

White vinegar

Water

Peppermint oil

GREASY POT RESCUE

Baking soda

Water

SINK CLEANER

White vinegar

Baking soda

Essential oil

STICKY RESIDUE REMOVER

Baking soda

Coconut oil

HOW MUCH DOES A CHICKEN NEED?

Coop Floor Space: 2-4 square feet per hen
Nesting Boxes: One for every 3-5 hens
Roosting Bars: 8" per hen
Run/Pen Space: 10 square feet per hen
Feed: 1/2 cup per day
Water: Up to 2 cups per day
Hours of Daylight to Lay an Egg: 16 hours per day
Time for an Egg to Hatch: 21 days

INDOOR ANTI MOSQUITO PLANTS

BASIL

ROSEMARY

GARLIC

LEMON THYME

LEMON BALM

MARIGOLD

CATNIP

LEMONGRASS