



SHELF-STABLE SASS & SEALED JARS



BEGINNER'S GUIDE TO WATER BATH CANNING

WHY WATER BATH CANNING?

- Preserve high-acid foods: fruits, tomatoes, jams, pickles, salsa
- Keep your pantry stylish and safe
- Perfect for beginners – city-girls and farm-girls alike

➤➤➤ **QUICK PSA:** Low-acid foods need pressure canning. Don't risk it.

STEP-BY-STEP GUIDE



1. Prep Your Food

Cook jam, salsa, or pickle brine according to your tested recipe



2. Sterilize Your Jars

Boil jars & lids for 10 minutes or run through dishwasher on hot



3. Fill 'Em Up

Pack food into jars, leaving 1/4 inch headspace



4. Wipe & Cap

Clean rims, place lids on, screw bands finger-tight



5. Hot Bath Time

Lower jars into boiling water. Cover with at least 1 inch water. Boil for recipe's exact time

WHAT YOU'LL NEED



Mason jars + new lids & bands



Large pot with lid (or canning pot)



Jar lifter / tongs



Clean towels



Tested recipes (USDA/Ball-approved)

FARMGIRL TIPS

- Adjust processing time for altitude
- Don't reuse lids
- Bulging lids or funky smells = toss it
- Bonus: canned jars = instant kitchen decor and bragging rights

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