FOOD PRESERVATION

Sonoma County 4-H

Name: _____ Date: _____

Guidelines for Project Proficiency Award
Intermediate:

	Date Completed	Leader's Initials
CANNING— Learn:		
1. How to acidify foods for canning by the water bath method.	_____	_____
2. More about syrups to use in canning fruit and about canning fruit without sweetening.	_____	_____
3. How to select reliable recipes for pickles and relishes.	_____	_____
4. The variety of vegetables that are best for pickling.	_____	_____
5. How to can fruit juice and tomato juice.	_____	_____
6. To judge canned juices and relishes.	_____	_____
Do:	_____	_____
1. Review what you learned about the classification of foods.	_____	_____
2. Can a variety of fruits (three or four) using different strength syrups.	_____	_____
3. Make quick pickled cucumbers.	_____	_____
4. Make a pickled relish or salsa.	_____	_____
5. Pickle a vegetable or mixture of vegetables.	_____	_____
6. Prepare fruit or tomato juice and can it.	_____	_____
Explore:	_____	_____
1. Canning fruit with fruit juice rather than syrup.	_____	_____
2. Pickling fruit.	_____	_____
3. Ways to teach the use of the water bath to a younger group.	_____	_____
4. With your family, the annual need for canned fruit.	_____	_____
5. The cost of home canned foods versus those available at the supermarket.	_____	_____
6. Safety practices for pickling.	_____	_____
7. Ways to use syrup left from canned fruit and ways to use leftover pickle brine.	_____	_____
8. The effect of improperly storing canned fruits by placing one jar in a hot, damp location and another in a cool, dry, dark location. After several months, compare.	_____	_____
JAMS AND JELLIES— Learn:		
1. More methods for jam and jelly making.	_____	_____
2. About straining juice for jelly.	_____	_____
3. To judge jams and jellies.	_____	_____
Do:		
1. Make cooked jam with commercial pectin.	_____	_____
2. Make cooked jelly with commercial pectin.	_____	_____
Explore:		
1. How to test fruit for acid and pectin content, and to determine which ones need added pectin or acid.	_____	_____
2. Recipes for conserves, preserves and marmalade. Try one.	_____	_____
DRYING— Learn:		
1. To sulfur light colored fruits for drying.	_____	_____
2. To blanch vegetables before drying.	_____	_____
3. Different types of antioxidants (anti-darkening agents); and the advantages and disadvantages of each.	_____	_____
4. To package and store dried foods.	_____	_____

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Beginning:	Date Completed	Leader's Initials
5. About shade drying of herbs.	_____	_____
Do:		
1. Sulfur and dry a light colored fruit.	_____	_____
2. Blanch and dry a vegetable.	_____	_____
3. Dry a vegetable that doesn't require blanching.	_____	_____
4. Dry herbs.	_____	_____
5. Judge dried foods.	_____	_____
Explore:		
1. Two different ways of using dried vegetables.	_____	_____
2. Time of re-hydration and quality of re-hydrated vegetables.	_____	_____
3. The best way to dry vegetables; sun, oven, or dehydrator.	_____	_____
4. Different ways of using dried fruits.	_____	_____
FREEZING— Learn:		
1. Which foods freeze and thaw well.	_____	_____
2. How long different foods can be kept frozen without quality loss.	_____	_____
3. How to thaw foods safely, and when it's okay to refreeze.	_____	_____
4. About blanching vegetables for the freezer.	_____	_____
5. About air-cooling versus water-cooling of blanched vegetables.	_____	_____
6. About freezing prepared foods.	_____	_____
Do:		
1. Blanch and freeze three or four different vegetables.	_____	_____
2. Freeze cookies, baked and unbaked.	_____	_____
3. Freeze a homemade TV dinner.	_____	_____
4. Properly thaw and prepare frozen prepared food. Serve.	_____	_____
5. Prepare and serve frozen vegetables.	_____	_____
Explore:		
1. Quality losses of frozen foods (texture, color, taste).	_____	_____
2. Ways to keep records of food going in and coming out of the freezer.	_____	_____
3. The differences in blanched, unblanched, and overblanched green beans.	_____	_____
4. Energy costs of frozen foods compared with other methods of preserving and storing foods.	_____	_____
STORAGE OF NUTS— Learn:		
1. About the effects of time, temperature, and oxygen on the flavor of nuts.	_____	_____
2. Ways to prevent insect infestation.	_____	_____
3. Ways to increase the shelf life of shelled nuts.	_____	_____
Do:		
1. Store shelled nut meats in proper containers at room temperature, refrigerator temperature, and in the freezer. At 2 week intervals, taste and record any signs of rancidity.	_____	_____
2. From the same group of nuts, store some in the shell in a cool, dry place. Check these at 2 week intervals for signs of rancidity. Store nuts in a modified atmosphere (if available) using dry ice (solid carbon dioxide). Record insect infestation and rancidity.	_____	_____
Explore:		
1. After completing this experiment, explain which is the best method for storing nuts, and why?	_____	_____

Project Leader's Signature of Completion: _____ Date: _____

Club Leader's Signature of Completion: _____ Date: _____