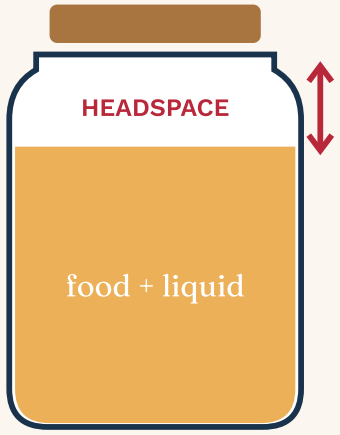
KEEP NEAR THE STOVE

Altitude & *Headspace*



The empty space between the top of the food or liquid and the rim of the jar.

My altitude:
_____ ft

Search your town's elevation, check a topographic map, or ask your county Cooperative Extension office.

Headspace: the general guide

¼ in — jams & jellies

½ in — most fruits, tomatoes, salsas, pickles

1 in — thick products such as pie fillings

Always use the number on the recipe's Safe Canning Card, not the general guide. Measure after you release the air bubbles: the level drops when trapped air comes out.

Altitude: three rules

1. **Find your altitude once** and write it in the box on the left.
2. **Use the table on each recipe.** The extra time depends on the food and the jar: never borrow the table from another recipe.
3. **Leave everything else the same.** In a water bath canner only the processing time changes. Ingredients, jar size and headspace stay exactly as written.

Above 1,000 ft the sea-level time is not enough. Close to the line between two rows? Use the longer time.

Before the jars go in

- Exact acid, jar size, headspace and time, adjusted for your altitude.
- A new flat lid every time; bands fingertip-tight.
- Jars covered by at least 1 inch of water, timing from a full rolling boil.
- When in doubt about a jar, throw it out. Never taste to check.

BACK OF THE CHEAT SHEET

Base recipes at a *glance*

Times shown are for **0–1,000 ft** only. Above 1,000 ft, use your altitude line on the recipe's own table in the book. Variations use the same jar, headspace and time as their base recipe.

BASE RECIPE	JARS	HEADSPACE	PROCESS 0–1,000 FT	PAGE
CHAPTER 2 · JAMS, JELLIES & FRUIT BUTTERS				
Classic Strawberry Jam	half-pint or pint	¼ inch	5 min	20
Blueberry Spice Jam	half-pint	¼ inch	5 min	24
Blackberry Jam	half-pint	¼ inch	5 min	28
Concord Grape Jelly	half-pint or pint	¼ inch	5 min	32
Elderberry Jelly	half-pint	¼ inch	10 min	36
Sunny Peach Jam	half-pint	¼ inch	5 min	40
Slow-Cooked Apple Butter	half-pint or pint	¼ inch	5 min	44
CHAPTER 3 · FRUITS, SAUCES & PIE FILLINGS				
Homestyle Applesauce	pint or quart	½ inch	15 min pints · 20 min quarts	50
Golden Peaches in Light Syrup	pint or quart	½ inch	20 min pints · 25 min quarts	54
Sour Cherry Pie Filling	pint or quart	1 inch	30 min	58
Whole-Berry Cranberry Sauce	half-pint or pint	½ inch	15 min	62
CHAPTER 4 · TOMATOES				
Whole or Halved Tomatoes	pint or quart	½ inch	40 min pints · 45 min quarts	68
Crushed Tomatoes	pint or quart	½ inch	35 min pints · 45 min quarts	72
Standard Tomato Sauce	pint or quart	¼ inch	35 min pints · 40 min quarts	76
Bruschetta in a Jar	half-pint only	½ inch	20 min	80
Tomato Ketchup	pint	⅛ inch	15 min	84
Barbecue Sauce	half-pint or pint	½ inch	20 min	88
CHAPTER 5 · SALSAS				
Classic Tomato Salsa	pint	½ inch	15 min	94
Tomatillo Green Salsa	pint	½ inch	15 min	98
Peach and Apple Salsa	pint	½ inch (solids to 1¼ inch, then liquid to ½ inch)	15 min	102
Mango Salsa	half-pint	½ inch	10 min	106
CHAPTER 6 · PICKLES				
Quick Dill Pickles	pint or quart	½ inch	10 min pints · 15 min quarts	112
Bread & Butter Pickles	pint or quart	½ inch	10 min	116
Dilly Green Beans	pint	½ inch	5 min	120
Spiced Pickled Beets	pint or quart	½ inch	30 min	124
Pickled Asparagus	wide-mouth pint	½ inch	10 min	128
Pickled Jalapeños	half-pint or pint	½ inch	10 min	132
Pickled Pearl Onions	pint	1 inch onions · ½ inch liquid	10 min	136
Old-Fashioned Sauerkraut	pint or quart	½ inch	10 min pints · 15 min quarts	140
CHAPTER 7 · RELISHES & CHUTNEYS				
Summer Squash Zucchini Relish	half-pint or pint	½ inch	15 min	146
Sweet Corn Relish	half-pint or pint	½ inch	15 min	150
Green Tomato Piccalilli	half-pint or pint	½ inch	5 min	154
Golden Mango Chutney	half-pint or pint	½ inch	10 min	158