



4-H FOOD PRESERVATION FOR INTERMEDIATES

As an Intermediate in the 4-H Food Preservation project, here are some of the things you will have a chance to learn:

- Making jam with commercial pectin
- Making fruit jelly with commercial pectin, using canned, bottled, or frozen juice
- Canning vegetables using a pressure canner
- Making quick (non-fermented) pickles and relishes
- Freezing vegetables
- Drying fruits and vegetables
- Using preserved foods in meals
- Developing a family food preservation plan
- Evaluating preserved foods

You don't need to learn all this in one year. Your leader, parents, or another adult can help you with these activities. Choose two or more of the activities listed below to work on during project meetings or at home each year.

- Make two batches of jam or jelly (at least two kinds)
- Can 10 or more jars of vegetables (at least two kinds)
- Freeze 10 or more containers of vegetables (at least two kinds)
- Make two kinds of quick pickles or relishes
- Dry two kinds of fruit or vegetables
- Make a family food preservation plan
- Serve three or more preserved foods

Part of the project includes sharing what you have learned with other people. Some ways of sharing are:

- Preparing meals or snacks for families and friends, using foods you have preserved

4-H 93320

Revised July 1988



Extension Service, Oregon State University, Corvallis, O.E. Smith, director. Produced and distributed in furtherance of the Acts of Congress of May 8 and June 30, 1914. Extension work is a cooperative program of Oregon State University, the U.S. Department of Agriculture, and Oregon counties. Oregon State University Extension Service offers educational programs, activities, and materials without regard to race, color, national origin, sex, or disability as required by Title VI of the Civil Rights Act of 1964, Title IX of the Education Amendments of 1972, and Section 504 of the Rehabilitation Act of 1973. Oregon State University Extension Service is an Equal Opportunity Employer.

- Giving presentations at project meetings, shopping areas, outdoor cookery group meetings, etc.
- Making displays for store windows, libraries, or schools
- Becoming a junior leader or helping younger members learn about food preservation
- Participating in fairs or contests in the following ways:

An individual educational display

A club exhibit

A presentation

A foods contest



An individual exhibit -

Choose one of the following:

a jam or jelly exhibit, dried fruit or vegetable exhibit, canned vegetables exhibit, or quick pickle or relish exhibit. (Each exhibit should include a recipe or suggested serving idea. Quick pickle or relish exhibits must include the recipe.)

At some of your meetings, your leader will give you handouts and other resource materials for you to take home. These will help you learn how to can, freeze, and dry foods. Keep these materials together so you can find them when you need them. Please show this handout to your parents and have them read the note below.

A NOTE FOR PARENTS

The 4-H Food Preservation project is designed so members will have opportunities for a variety of experiences. 4-H members enrolled in the food preservation project will:

- Learn principles of safe food preservation
- Practice food preservation techniques in canning, freezing, and drying
- Use preserved food creatively in meals and snacks
- Share what they have learned in meaningful ways

Some of the specific skills to be learned are listed in the note to members. Your 4-H member may need special help from you or another family member or friend in learning some of these skills. Safety is a critical factor as members work with heavy jars, hot liquids, and pressure canners.

You can also help by showing interest and enthusiasm in your child's work. Provide transportation to local meetings. Participate in county activities in which your child and other members are interested, and support your local 4-H leaders.

Prepared by Barbara V. Boltes, Extension Specialist, 4-H - Youth, with original information prepared by Barbara J. Sawyer, Extension Specialist, 4-H - Youth.