



4-H FOOD PRESERVATION

EXPANDING LEVEL

The Expanding Level of food preservation guides members of any age who are ready to expand their skills in food preservation. Here are some of the possibilities:

- Making juice from fruits or tomatoes
- Making fruit jelly with commercial pectin
- Canning syrups
- Canning fruit pie fillings
- Canning vegetables or tomatoes using a pressure canner
- Making quick (nonfermented) pickles and relishes
- Freezing vegetables
- Drying fruits, vegetables, and herbs
- Using preserved foods in meals
- Developing a family food preservation plan
- Evaluating preserved foods

You don't need to learn all this in 1 year. You might spend up to 3 years in this level as you learn the procedures and try the different methods or foods to preserve. Your leader, parents, or another adult can help you.

Choose two or more of the activities to work on during project meetings or at home each year.

- Make juice from fruit or tomatoes. Try different kinds of fruits.

- Make syrup from fruit juice you have extracted.
- Make jelly using commercial pectin. Try different kinds of juice.
- Can fruit pie fillings.
- Can vegetables or tomatoes using a pressure canner. Try different kinds of vegetables.
- Freeze vegetables. Try different kinds of vegetables.
- Make quick pickles from fruit or vegetables.
- Make one or more types of relish.
- Dry fruit, vegetables, or herbs. Try a variety of size of pieces depending on how you plan to use them.
- Make a family food preservation plan.
- Serve three or more preserved foods.
- Continue to label your products clearly and fully.
- Use the standards to evaluate your preserved foods for quality and safety.

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



- Giving presentations at project meetings, shopping areas, farmer's markets, outdoor cookery group meetings, etc.
- Making displays for store windows, libraries, or schools
- Making a gift package for someone using some of the foods you have preserved
- 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, and/or

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—An individual exhibit. Check the exhibit requirements with your 4-H leader or in the fair premium book. Current classes include: Canned vegetables or tomatoes; Canned pie filling; Syrup or juice; Dried fruit; Dried vegetable; Dried herbs; Quick pickles; Relish; Cooked jelly; and Gift packs.

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.

For safety reasons, it is very important to always use up-to-date methods including processing times and temperatures. Your leader will be able to provide you with current information that has been scientifically tested.

Keep these materials together so you can find them when you need them. Add your handouts and publications to a notebook and be very cautious of recipe sources that have not been tested.

Please share this publication with your parents and have them read the following information.

A note to 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. Because safety will be an important consideration as members work with heavy jars, hot liquids, and a variety of equipment, your child will need help from you or another family member or friend in learning some of these skills.

For food safety, it is important that members use the most current guidelines for processing temperatures and times recommended by Oregon State University or the U.S. Department of Agriculture (USDA). Leaders have information for locating the most current recommendations.

Here are some other ways you can help:

- Show interest and enthusiasm in your child's work.
 - Encourage your child when she or he succeeds, and more important, when things are not going well.
 - Provide transportation to local meetings and activities in which your child and other members are interested.
 - Support your local 4-H leaders by offering to help them. Let them know you appreciate their efforts.
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