

STERILIZING JARS

~ PUTTING GOOD FOOD ON TABLES AND AGENDAS ~

STERILIZING JARS

Sterilizing jars ensures there are no pathogens in your jars that will lead to spoilage. It also heats jars so hot food goes into hot jars which prevents jars from potentially cracking.

Always wash your hands and keep your work area and tools clean when canning.

** Sterilizing is only required if water processing is less than 10 minutes. **

How to Sterilize Jars on the Stove

1. Use only approved canning jars. They are designed for repeated heat processing and can be reused.
2. Check jars for cracks or chips along the rim. Do not use cracked or chipped jars.
3. Wash jars, lids and equipment in hot, soapy water. Rinse.
4. Place jars upright on a wire rack in a canner or large pot to prevent jars from sitting directly on the pot bottom. If you don't have a wire rack, place screw bands, a cloth or silicone trivet below jars.
5. Fill canner and jars with water until they are completely covered.
6. Bring to boil then boil for 10 minutes. Add additional time if you live at altitudes above 1,000 ft (305m) - add 1 minute of boiling time for each additional 1,000 ft.
7. Keep jars hot until ready to use.

NOTE: As of 2014, Bernardin/Ball, the makers of canning lids, do not recommend heating lids at all (boiling lids has not been advised since 1969). Wash lids and set aside. The flat lid piece should only be used once, the outer rings can be reused multiple times.

How to Sterilize Jars in the Oven

1. Use only approved canning jars. They are designed for repeated heat processing and can be reused.
2. Check jars for cracks or chips along the rim. Do not use cracked or chipped jars.
3. Wash jars, lids and equipment in hot, soapy water. Rinse.
4. Place jars upright on a large baking pan so they are not touching each other. Place in a preheated oven at 225°F (110°C) for 10 minutes.
5. Keep jars hot until ready to use.

Using the Dishwasher or Microwave to Sterilize Jars

Every appliance is different. It is very difficult to judge if your appliance achieves the correct temperature and holds it sufficiently for proper sterilization. Therefore boiling or oven sterilizing is recommended.