FOR YOU WITH ♥

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CANNING SALSA

SAFETY HOW TO

What you can do	What you can't do
Choose one of many tested recipes. If you wish to be more creative or want to reduce the overall acid, it is best to freeze your salsa recipe.	Do not reduce the proportion of acid in any way including: • Reducing amount of lemon juice, lime juice, vinegar or wine. • Extending cooking times to evaporate all liquid/acid. • Draining or squeezing out extra liquid before filling jars.
Add or subtract dried spices and herbs used (e.g. cumin, cayenne or black pepper, dried oregano).	Do not add more fresh herbs like garlic, cilantro, oregano, basil or parsley than specified in the recipe.
Vary the variety of tomatoes used, including green tomatoes or tomatillos.	Do not alter the overall ratio of tomatoes used in a recipe.
Vary the variety of hot or sweet peppers.	Do not add more peppers than specified.
Vary the variety of onion.	Do not add more onions than specified.
Add or subtract sugar or salt according to taste preference.	Do not use sugar or salt as a preservative in salsa recipes, they are for flavor only.
Replace vinegar with bottled lemon or lime juice or a combination of the two.	Do not replace bottled lime or lemon juice with vinegar (vinegar it is less acidic) or with fresh squeezed juice (the acidity varies too much).
Use a can of commercial tomato paste to thicken salsa. (Include it in the quantity of tomatoes).	Do not use cornstarch, flour or other thickeners in canning recipes.
Cook salsa before adding to jars. It must reach the boiling point to deactivate pathogens.	Do not process raw or fresh salsa, processing times would need to be much longer than cooked salsa and times are not commonly available.

Use a Trusted Recipe

National Center for Home Food Preservation

Bernardin Canada

Ball/Kerr

Tried, tested & safe. So easy.

3 Key Safety Steps

Boil
raw ingredients to deactivate pathogens.

Add Acid
to stop Clostridium Botulinium.

Process
for a tight vacuum seal.