



4-H CLUB



FOOD PRESERVATION MANUAL

DIVISION 5



X9 MJ37 2:73

8

DEC 10 1950

FJ37:95.7377
 H9
 036181

1090
11-12-50

Extension Bulletin
333 • 1949

PURDUE UNIVERSITY

DEPARTMENT OF AGRICULTURAL EXTENSION

LAFAYETTE, INDIANA

4-H CLUB PLEDGE

I pledge my HEAD to clearer thinking; my HEART to greater loyalty; my HANDS to larger service, and my HEALTH to better living for my club, my community and my country.

4-H CLUB COLORS

Green and White

4-H CLUB EMBLEM

The Four Leaf Clover

4-H CLUB MOTTO

To Make the Best Better

PLEDGE TO THE FLAG

I pledge allegiance to the Flag of the United States of America and to the Republic for which it stands, one nation indivisible with liberty and justice for all.

TABLE OF CONTENTS

Minimum work requirements	3
Exhibit requirements	4
Canning Fruits, Vegetables, and Meats	4
I. Preparation of equipment	4
II. General suggestions for fruits and vegetables.....	5
III. Instructions and time table for fruits.....	7
IV. Instruction and time table for vegetables.....	8
V. General suggestions for canning meats.....	9
VI. Yield of canned meat from fresh.....	9
VII. Instructions for canning meat.....	9
VIII. Care after processing.....	13
Freezing Fruits, Vegetables, and Meats.....	14
Making Pickles and Relishes	17
Planning Dinner Menus—Using Your Preserved Foods.....	17
Score card for Meal	18
Check Sheet for Your Canned Foods.....	19
Planning a Home Garden.....	20
Planning a Family Food Budget	21
Commercial Food Preservation.....	22
Preparing Your Exhibit	23
Check Sheet for Comparing Commercial and Home Packed Products.....	24

Cooperative Extension Work in Agriculture and Home Economics, State of Indiana, Purdue University, and U. S. Department of Agriculture Cooperating. H. J. Reed, Director, Lafayette, Indiana. Issued in furtherance of the acts of May 8 and June 30, 1914.