

# Harvest A Healthy Hobby

## Here's How *You* Can

(NAPSA)—If you have a green thumb for gardening, you just might enjoy keeping that thumb busy in an oven mitt for another rewarding pastime—home canning.

Once a way rural Americans preserved fruits and vegetables through winter, canning today is a popular extension to gardening and a gratifying way to share the bounty of your summer labor with others.



**THE LID'S OFF—Canning helps home gardeners preserve gifts from their garden.**

---

Water bath canning is the process of packing fresh fruits and high-acid vegetables into jars fitted with self-sealing lids. The jars are placed into water and heated to remove air and organisms. It is important to follow canning instructions closely to maintain food safety.

Canning equipment can be found at most hardware or retail stores and comes in various sizes. Minicanners for jellies, jams and even salsa hold several pint-sized jars. Large-capacity canners can hold up to nine quart containers at one time. Granite Ware, the speckled, porcelain-coated steel cookware, is perhaps the most familiar name in canning. Look for durable canners that enable quick boiling performance and easy cleanup. And enjoy preserving your gifts from the garden!