

Preserving Safely

Kitchen

Which foods can be preserved by which method, and the one real danger.

Water bath — high acid

- pH below 4.6
- Jams, jellies, pickles, chutney
- Most fruit
- Boiling water is hot enough
- Acidity prevents botulism

Pressure canning — low acid

- pH above 4.6
- Vegetables, meat, stock, beans
- Requires a pressure canner
- Reaches 116°C+
- Boiling water is NOT sufficient

THE DIFFERENCE THAT MATTERS

Clostridium botulinum spores survive boiling and thrive in sealed, low-acid, oxygen-free conditions. Pressure is the only home

Educational reference. Follow a tested, published recipe from a food safety authority — do not improvise home canning.