



Planning to preserve some summer berries or early vegetables this year? Be sure to save some canned items to enter into the 2017 Canning Show at the Warren County Farmers' Fair!
<http://www.warrencountyfarmersfair.org/>

Home Canning Show & Exhibit

There are many great benefits to canning!

Canning:

- Captures the nutritional value of home-grown and local produce at the peak of their freshness.
- Prevents food waste and spoilage.
- Increases opportunities to eat a wide variety of produce year-round.
- Saves money.

To assure safe and successful canning, choose tested recipes from reliable sources such as USDA or Ball.

RUTGERS

New Jersey Agricultural
Experiment Station

Have questions about how to get started in canning? Contact the Department of Family and Community Health Sciences, (FCHS) Rutgers Cooperative Extension at 908/475-6504 or FCHS@co.warren.nj.us.

