



Do you have plans to preserve some of the harvest this year? Be sure to save some canned items to enter into the Canning Show at the Fair next year!

## 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](mailto:FCHS@co.warren.nj.us).

See complete rules at  
[www.warrencountyfarmersfair.org/canning](http://www.warrencountyfarmersfair.org/canning)

