

## Know your pressure canner and how it works

Canning meats, fish, and vegetables takes higher than boiling temperatures to kill the bacteria that cause botulism, a dangerous illness. The only way to reach these temperatures is under pressure. In a pressure canner the steam is confined until it builds up pressure.

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Essential Parts

Closure (cover) of pressure canners lock in place so that they cannot be lifted by steam. Older canners are closed with a thumb-screw type closure. Covers on newer canners usually slide into a locked position.

Pressure gauges record the pressure. The dial gauge or the weight with a sliding core shows the pressure within the canner; you must adjust the heat to keep the pressure steady. The weight-type gauge permits pressure to rise to a definite point and then releases excess steam to keep pressure from going higher.

Gaskets of rubber or rubber-like compounds keep steam from leaking out around the cover. Most gaskets are removable and should be replaced as needed. Some can be turned to

insure a tighter seal.

Vents allow air to be exhausted from the canner and to permit the release of steam as needed. A petcock, safety valve or weight on the vent is used to control the escape of air or steam. Weight gauges may also release excess steam.

Safety plugs go into action only if pressure or temperatures become dangerously high. Metal alloy plugs melt when pressure gets too high or the canner boils dry. Composition-type plugs are blown out by excessive pressure. Both types are replaceable.

**Checking out the pressure canner before the canning season.**

1. Reread the directions that came with the canner. Write the manufacturer if you need a copy of the use and care manual.
2. Check the gasket. If it is worn, stretched or hardened, replace it. Wash out the ridge where the gasket rests and remove any mineral deposits in the ridge and on sealing edges with fine steel wool.
3. Put water in the canner and bring it up to pressure in the usual way to see that it is in good working order. Clean vents

with pipe cleaners.

4. Have the dial gauge checked for accuracy each season.

**Operating the pressure canner**

1. Put jars on the rack in the canner containing two to three inches of water. More water may be needed for long processing times.
2. Fasten canner cover securely. Heat canner rapidly.
3. Leave petcock open or weight gauge off until steam is coming out in a steady stream, usually about ten minutes after first steam appears. This allows the air to be expelled and insures that the pressure obtained will be true steam pressure. This step is essential to get the desired processing temperature.
4. Close the vent. Watch the gauge closely and when the dial gauge registers the desired pressure or when the weight gauge signals the pressure has been reached (measured by frequency of jiggling), adjust heat to keep the needle steady or the weight exhausting steam at a slow but steady rate. Set the timer. Write down the time when processing begins.
5. When processing time is up, remove canner from heat

and let it cool until pressure reaches zero (usually about one half hour). Do not hurry the cooling by running water over the canner.

6. Open petcock or remove weight slowly to prevent a sudden change or pressure that might cause liquid to be lost from jars.

7. Loosen the cover only when the steam stops flowing freely. Always lift the back edge of the lid first so that the escaping steam will be directed away from your face.

8. Remove jars and set top side up on a rack or folded cloth to cool. Allow space for air to circulate around them. (Note: spoilage could result if jars are not removed from the canner promptly after processing).

9. Check the seal on the jar the day after canning. If you find a jar which has not sealed, use the food right away or process it again using new lids.

10. Wash pressure canner thoroughly after each use but don't put cover in water because this will damage a dial gauge and may cause vents to become clogged. Clean all other parts carefully and dry thoroughly.

11. Store the canner carefully.



**OREGON STATE UNIVERSITY  
EXTENSION  
SERVICE**

**Clay Penhollow  
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## Guard your card

Did you get a credit card statement in the mail today? If you did, don't just glance at it.

Read the statement carefully to make sure you can account for all transactions. Credit card fraud is on the rise. Your card doesn't have to be stolen to be used illegally.

Someone may have copied the number of your account for their own use. When you make a purchase, ask for any carbon copies of the transactions. Clerks should make only one imprint for themselves.

Here are other precautions

- you can take as well.
- Don't give your card numbers over the phone, unless you're the one who initiates the transaction.
  - Beware of anyone who calls you and asks for your card numbers.
  - Destroy your expired cards, and keep an up-to-date list of all numbers in case any are lost.
  - Finally, treat your card like cash. Don't loan them out, or leave them lying around. Not only are you liable for a \$50 loss on every account used fraudulently, you absorb those costs through higher prices.

## Trees may experience stress

The summer season can be a stressful time for trees, particularly those planted in and around home landscapes.

Many of the tree problems we see in the summer are caused by something affecting the tree's root system.

The most common cause of tree stress is the misuse of weed killers in lawns that are growing above the tree roots. Another problem is lack of soil moisture, especially with young trees or trees planted this past spring.

An old tree usually has its roots deep enough into damp soil that summer watering isn't necessary. A young tree, on the other hand, needs to be watered every month during its first year as a part of the home landscape, and enough water should be applied that it reaches and stimulates the roots that grow deep into the soil.

The root system of a tree spreads out in all directions from the trunk. The roots will develop in whatever direction

they find growing room, good soil and moisture.

As the tree develops, the roots continue to expand outwards at a rate equal to or even greater than the top growth. The absorption roots, which provide the moisture for the tree, are located out from the trunk and are most active in a zone about three feet inside to three feet outside the dripline of the tree.

Tree roots may extend out from the trunk as far as the tree is tall. The root system of a maple tree 30 feet high may reach as far as 30 feet away from the trunk. This means that most nearby trees will have their roots underneath your lawn. This also means that weed killers used on the lawn should be checked carefully to make sure they will not harm a nearby tree any way.

## Summer laundry loads increase

With summer weather here many parents have noticed an increase in the laundry load. Jeans get dirtier, shirts get changed more often. The synthetic fibers, knitted fabrics and permanent press finishes in the laundry absorb grease and oil easily. Stains may be hard to remove. Perspiration and other odors cling. Bright colors need extra attention.

Many of today's garment care labels recommend warm water washing. Plus, there's something else that many care labels says, "Do Not Bleach."

Before washing, it's important to check care labels. They give specific washing instructions as well as details on fiber content. Get to stains before they get to you. Some can set permanently by sitting too long. Don't overload the washer. Clothes need room to agitate so soil can be loosened and removed. Even distribution of large and small items gets better cleaning action.

## Harvest early crops now

Keep the vegetable garden working for you by harvesting and replanting. The early crops should be about ready for harvest to make room for another crop.

Early vegetables such as radishes, green onions, peas and early spinach should be harvested soon for best eating. Then when a row is clear, re-work the soil and put in another vegetable crop for late summer.

A row of late cabbage could follow an early crop of radishes. A planting of tunip could go into the area vacated by the green onion crop.

If you want to brighten up

## Give attention to garden irrigation

Correct garden irrigation doesn't necessarily require years of experience, but some attention to detail does help.

Irrigation requirements vary with different soil types and the rooting depth of various garden plants.

Sandy soil will hold just under one inch of water per foot of soil; loams about one and one half inches; and clay soils about two and one half inches.

Corn, tomatoes and small shrubs draw water from the top one or two feet of soil. They need watering less frequently than lawn grasses and leafy vegetables that draw water from just the upper eight to twelve inches of soil.

In addition, the amount of water used daily by plants will depend on temperature and wind conditions.

Plant symptoms can be used as a guide to the time for irrigation. When in need of water, many plants show a dark, bluish-green color, or wilting, or both. These symptoms first appear during the hottest part of the day.

Another method is to use a shovel or a soil tube to check the soil moisture content. Dry soil at a depth of six inches means watering is needed.

Each irrigation should provide only enough water to replenish what the plants have used. It is best to give a thorough soaking and then not irrigate again until necessary. At least one inch of water about every five to seven days is recommended.

Avoid frequent watering with small amounts of water. This results in excessive evaporation without deep wetting in the root zone and encourages surface roots that will suffer from drought unless the surface is kept damp.

Hand sprinkling can be a waste of time because sufficient water is seldom applied.

For most efficient water use, irrigate in the early mornings. Less wind and lower temperatures mean more of the water

gets to the root zone instead of being lost to evaporation.

1.) Don't plant on mounds or hills (a raised soil level with a rounded top) because water penetration is almost nil and mounds dry out quickly. A flat planting bed is better for taking in and retaining moisture. A basin or depression formed around plants such as cucumbers and squash will catch the water and keep it near the plant roots.

2.) In the cool, early part of the growing season, use a plastic mulch around tomatoes, cucumbers, melons, peppers and other warm season plants. Plastic will warm the soil in addition to conserving water. Later in the season use an organic mulch

such as straw or grass to save water and keep down weeds.

3.) Practice better-than-usual weed control. Weeds steal valuable moisture that vegetables can use.

4.) Use cans with holes in the bottom, buried to ground level, as a reservoir. Water is more efficiently applied to the root zone of individual plants such as tomatoes and squash.

5.) Investigate trickle irrigation systems. These along-the-row plastic ooze-type systems can save half to two-thirds of the water usually applied to the garden. They put the water right along the row where it is needed and allow only a minimum of evaporation.

## Sugarless does not mean non-caloric

Weight conscious folks who buy a snack because it's sugarless, expecting it to be calorie-free, ought to read the label first. That's the advice of Extension foods and nutrition specialist, Joan Weiner who says the snack may contain just as many calories.

It's possible that it would be sweetened with sorbitol and manitol, which contain as many calories as sugar does, although the sorbitol and manitol are not

quite as sweet. Which means it takes more of these sugarless sweeteners to make the snack sweet. And that means you could be eating more calories than you thought.

A product that's labeled sugarless, that is not low or reduced in calories, must be labeled accordingly. There must be a statement somewhere on the package, maybe in very fine print, that says: Does not promote tooth decay. Not non-caloric.



Photo courtesy of Mollie Driscoll

Father and son, Linton and Reggie Winshut, enjoyed the Father's Day Breakfast put on by 4-Hers last Sunday. Thirty fathers attended the breakfast with their families.

## Camp open to 4-Hers

Any boy or girl (4-H members will have priority), currently enrolled in grades 7 through 9 and living in one of the four Mid-Columbia counties or Warm Springs Reservation, who is interested in an outdoor challenge, should sign up for the three-day backpack trip into the Twin Lakes area south of Hood River.

The camp will be held August 9-11.

4-Hers will hike in five miles carrying their own clothing, good light sleeping bag, hiking shoes, flashlight, fishing poles, swim suit, and regular camp gear (towel, soap, bug repellent, etc.).

Horses will pack the food and cooking utensils.

While at the camp site 4-Hers will fish, swim, hike and learn about the wilderness.

Backpacks and sleeping bags are available to 4-Hers who do not have their own backcountry gear.

This will be an excellent opportunity to learn outdoor skills and meet new 4-Hers.

Interested 4-Hers should be in good health and physical condition.

Cost for the camp is \$25.00. The Warm Springs 4-H Leaders Association will contribute \$10.00 to the campers fee. 4-Hers will pay the remaining \$15.00.

For further information please call OSU Extension Service in Warm Springs. 553-1161, ext. 238/239. Participants from Warm Springs are limited to six. Sign up early!



Photo courtesy of Mollie Driscoll

Shirley Sanders was one of 18 who traveled last week to Orient to pick strawberries. The trip was sponsored by the OSU Extension Office.