



# 4-H CLUB Canning Project

## Unit II

# TOMATOES AND SOUP MIXTURE

Circular 378

University of Kentucky . College of Agriculture  
and Home Economics . . . Extension Service

Thomas P. Cooper, *Dean and Director*

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## UNITS OF CANNING PROJECT

SIX UNITS of the canning project are available to 4-H club girls. The first three are to be taken in order:

- Unit I ..... Fruits
- Unit II ..... Tomatoes and Soup Mixture
- Unit III ..... The Vegetable Canning Budget  
For One Person

Units IV, and V may be taken in the order desired, tho Unit IV must be completed before a girl may exhibit her canned products in the Championship Class at the State Fair.

- Unit IV ..... Meats and Relishes
- Unit V ..... Canning For Salads and  
Refreshments

Unit VI is planned for older girls in 4-H clubs and Utopia clubs.

- Unit VI ..... The Family Gardening and  
Canning Budget

Lexington, Kentucky

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# 4-H Club Canning Project

## Unit II: Tomatoes and Soup Mixture

By ANITA BURNAM DAVIS

FOR BETTER NUTRITION we should grow and can more tomatoes than ever before for they are one of our best home-grown sources of vitamin C. Vitamin C plays a very important part in building teeth, bones, and blood system, and in helping them to function properly. It increases resistance to infection and promotes firm gums. Citrus fruits (oranges, lemons, grapefruit) are an excellent source of vitamin C, but tomatoes, either fresh or properly canned, will supply our needs for vitamin C just as well as the citrus fruits. Tomatoes should be eaten four or five times a week, one-half cup or more to the serving.

### HOW TO HAVE GOOD TOMATOES AND SOUP VEGETABLES FOR CANNING

1. Use the varieties listed in the table.
2. Plant at the proper time. Consult Kentucky Extension Circular 376, "The Vegetable Garden, Month by Month."
3. Give the garden regular care according to Circular 376.
4. Pick vegetables in their prime while they are young and tender.
5. Can as soon as picked. "One hour from garden to jar" is a good rule.
6. Follow the table.


### VARIETIES AND TIME FOR PLANTING AND CANNING

Product	Varieties	Time of planting seed	Time for canning
Tomatoes*	Marglobe	Make plant beds April 1	
	Rutgers (New)	Set plants May 1 to 15	Aug. 15 to Oct. 15
	Greater Baltimore		
White corn	Stowell's Evergreen	May 15	Aug. 15
Yellow corn	Golden Cross	May 15	Aug. 15
	Bantam		
Lima beans	Henderson Bush (Small beans)	May 1	Aug. 1 and later (Bears a long time)
Okra	White Velvet	May 1	July 15 and later
	Green Velvet	Earlier for Southern Ky. Later for Northern Ky.	(Thru October if not cold.)

\* An average tomato plant under fair conditions will bear 8 to 10 pounds of good canning fruit. Six to 8 plants will bear a bushel, which will make 16 quarts canned tomatoes.

## WHAT TO DO IN UNIT II

1. Can thirty quarts as follows:
  - 15 quarts tomatoes
  - 5 quarts soup mixture
  - 10 quarts fruits (four varieties). This is an application of methods learned in Unit I.
2. Label each jar, giving complete information as shown on sample label. Home made labels may be used for home storage, Club labels should be obtained from the County Extension office for use in County and State exhibits.

NAME OF PRODUCT	
HOW PACKED	HOW PROCESSED
EXHIBITOR'S NAME	
POST OFFICE	COUNTY
	

3. Keep a complete record in the Canning Record Book.
4. Use the score card in practice judging of tomatoes and soup mixture.
5. Exhibit one quart each of tomatoes, soup mixture, large fruit and small fruit. These are to be exhibited in clear white glass jars.

## CANNING EQUIPMENT

The "open kettle" method of canning, which until recently was used almost entirely for tomatoes, is now being discarded by more progressive homemakers, in favor of the coldpack method. The reason is that more of the vitamin C in the tomatoes is saved by the coldpack method. Since many factors, such as heat, light, air, and water, affect the amount of vitamins lost in preparing foods, it is most important to can in the right way.

### Canner

The water-bath canner, as used in Unit I, may be used for tomatoes and soup mixture. If a pressure cooker is available it may be used provided Club members have supervision and follow directions for its use as given in Extension Circular 362, "Home Canning of Fruits and Vegetables." It is a good idea to add some small pieces of canning equipment each year. They make work easier and more pleasant. Prize money from canning exhibits may be used to advantage in this way.

### Jars and lids

Quart jars are to be used for all products unless otherwise stated. Before jars are used they should be examined carefully to see that the lids fit, that wire bails on glass-top jars are tight and that there are no nicks or chipped places around the rim of the glass or metal top.

### Rubber rings

New rubber rings of the best quality should be used. Since rubber deteriorates with age, test the rings for elasticity before using. Never use two rubbers on a jar. For convenience in handling apply the rubber rings before the jars are placed in the sterilizer.

## STEPS IN CANNING TOMATOES

1. Select firm, ripe tomatoes of medium size and uniform shape.
2. Place in wire basket or cloth bag and scald until skins loosen.
3. Dip tomatoes in cold water, peel, and remove core from the stem end.
4. Pack whole or in quarters in hot sterilized jars.
5. Cover with boiling tomato juice prepared from small misshapen or very large tomatoes. (Never add water to tomatoes in extracting juice.)
6. Add 1 teaspoon salt to each quart of tomatoes and partly seal the jars.
7. Process at once 45 minutes in water-bath, or at 5 pounds pressure for 10 minutes in pressure cooker. Remove, completely seal.
8. Label and store.

### STEPS IN CANNING VEGETABLE SOUP MIXTURE

1. Select young, tender corn, lima beans, okra, and ripe tomatoes.
2. Place tomatoes in cloth bag and scald until skins loosen.
3. Dip tomatoes in cold water.
4. Peel tomatoes, remove cores, and cut into quarters.
5. Shell and wash lima beans.
6. Wash and slice okra.
7. Gather corn just before using.
8. Shuck, silk, and clean corn carefully.
9. Cut corn from cob. Do this last as corn loses its flavor quickly after being cut.
10. Combine all ingredients in the following proportion:
  - 2 quarts tomatoes
  - 1 quart okra and lima beans (or either)
  - 1 quart corn
  - 1 tablespoon salt
  - (1 c. chopped sweet red pepper may be added)
11. Bring to a boil, pack hot in quart jars and seal at once.
12. Process 180 minutes in water-bath, or 70 minutes in pressure cooker at 10 pounds pressure. (Strong-flavored vegetables such as turnips, cabbage, onions, and carrots, may be added at time of preparation for serving but are not usually canned in soup mixture.)

### SCORE CARD FOR CANNED TOMATOES

	Score
Tomatoes .....	60
<b>Condition when picked:</b> evenly ripened, not defective or overripe .....	30
<b>Condition of finished product:</b> natural, clear, bright color, not darkened, not overcooked .....	30
Pack .....	40
<b>Uniformity</b> in size of pieces or of whole tomatoes .....	10
<b>Condition of tomato juice:</b> natural bright color, no water added .....	10
<b>Proportion of juice to tomato:</b> jar full of tomato pieces or whole tomatoes which are covered by tomato juice .....	10
<b>Container:</b> of uniform or specified size, of clear white glass, clean and neatly labeled according to directions .....	10
<b>Total</b> .....	100

SCORE CARD FOR SOUP MIXTURE

	<i>Score</i>
Vegetables .....	60
<b>Condition of vegetables:</b> picked in their prime, not too mature .....	30
<b>Condition of soup mixture:</b> natural color, not darkened ....	30
Pack .....	40
<b>Proportion of tomato to other vegetables:</b> ½ tomato, ½ other vegetables, jar full .....	30
<b>Container</b> of uniform or specified size, clear white glass, clean, neatly labeled according to directions .....	10
Total .....	100

REFERENCES

- Extension Circular 376, "The Vegetable Garden, Month by Month"
- Extension Circular 362, "How to Can Fruits and Vegetables"

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