Tomatoes Tart and Tasty!
Resources for Today

• Tomatoes Tart and Tasty (B2605)
• Using and Caring for a Pressure Canner (B2593)
• National Center for Home Food Preservation [www.uga.edu/nchfp/](http://www.uga.edu/nchfp/)

Tomatoes are the most widely home-canned product
Tomatoes & Acid

Tomato acidity varies based on:

• **Variety** – some varieties are naturally lower in acid, or higher in sugar

• **Conditions during the growing season** – temperature can affect acidity

• **Soil in which the plants are grown** – the nutrients in the soil can affect acidity

→ Acid is critical for safety!
Other Factors that Affect Tomato Acidity

• Tomato juices are less acidic than tomato solids
• Over-ripe tomatoes will decrease overall acidity
• Adding low-acid ingredients will decrease acidity
• Canning itself can decrease acidity
All Tomatoes are not Created Equal

• Don’t can over-ripe, damaged or decayed tomatoes
• Don’t can tomatoes exposed to frost or harvested from frost-killed vines
• Don’t can late season tomatoes ripened indoors
# How much acid do I add?

<table>
<thead>
<tr>
<th>ACID</th>
<th>EFFECT</th>
<th>AMOUNT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Citric Acid</td>
<td>Little change in flavor</td>
<td>½ teaspoon per quart</td>
</tr>
<tr>
<td>Bottled Lemon Juice</td>
<td>Easy to use</td>
<td>2 Tablespoons per quart</td>
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<tr>
<td>Vinegar (5% acidity)</td>
<td>Noticeable change in flavor</td>
<td>4 Tablespoons per quart</td>
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**NOT:** Vitamin C, ascorbic acid
Many Options for Preserving Tomatoes:

• Pressure Canning
• Water Bath Canning
• Freezing
• Drying
A Friendly Reminder.....

- Unsafe methods for canning include: open-kettle, microwave, or oven canning
- Tomatoes are fruits...until they are canned
- Don’t thicken tomato products before canning
- Tomatoes mixed with vegetables must be pressure canned
Watch those Recipes!

Tomatoes in Water
Boiling water – 50 min
Dial gauge – 10 min (11 psi)
Weighted gauge –10 min (15 psi)

Tomatoes in Juice
Boiling water – 90 min
Dial gauge-25 min (11 psi)
Weighted gauge-25 min (15 psi)
Hints for a Safe, High Quality Product

- Process using the hot-pack method
- Process tomatoes separately from low-acid ingredients
- Add meat only where directed
- Don’t thicken tomato products before processing
Salsa Too!
Ingredients for Salsa

• Tomatoes – paste tomatoes work best
  – Tomatillos or Green Tomatoes too!
• Acid – often in the form of lemon juice or vinegar
• Pepper – you can freely substitute one type of pepper for another
• Onions & Spice – take care with fresh herbs
Tips for Safe Salsa

• Follow research-tested recipes – just because it’s in print, doesn’t mean it’s safe
• Freeze or refrigerate fresh salsas or creative mixtures
• Add fresh herb or thickeners after canning
• Add commercial tomato paste to thicken salsa
For a Taste Treat

• Try *Spicy Cranberry Salsa*
• Try *Peach Apple Salsa*
• Try *Mango Salsa*

See – Canning Salsa Safely (3570)

[www.foodsafety.wisc.edu](http://www.foodsafety.wisc.edu) OR

[www.uga.edu/nchfp/](http://www.uga.edu/nchfp/) …How do I can? Tomatoes
Question time??