

Celebrating The Art Of Food Preservation



For the last 100 years, a popular guide has helped people safely preserve their own fruits and vegetables.

(NAPSA)—A century ago, food preservation was a fact of life. Today, it's an artful craft that brings wholesome, nutritious fruits and vegetables to every dish, in any season. And over the last 100 years, one book has been the definitive guide to preserving foods at home.

Since 1884, cooks have relied on the Ball® brand canning jar for all their preserving needs. And since 1909, the “Ball Blue Book® Guide to Preserving” has provided answers to cooks' questions about safe food preservation. Over the decades, this popular book has also introduced dozens of recipes, such as this tangy creation:

Mango Relish

Yield: about 4 pints

- 4 cups ½-inch cubed, peeled under ripe mango (about 4 medium)**
- 3 cups ½-inch cubed, peeled, underripe papaya (about 1 large)**
- 2 cups green seedless grapes**
- ¼ cup sliced green onions**
- 3 Tbsp. minced crystallized ginger**
- 2 tsp. coriander seed, toasted**

- 1 tsp. mixed peppercorns**
- 1 cup white grape juice**
- 1 cup white wine vinegar**

Combine all ingredients in a medium saucepan. Bring mixture to a boil; reduce heat and simmer 10 minutes. Ladle hot relish into hot Ball jars, leaving ½-inch headspace. Remove air bubbles with a nonmetallic spatula. Adjust Ball two-piece caps. Process relish 15 minutes in a boiling-water canner.

Canning tips

- Add a generous splash of vinegar to water in the canner to reduce hard-water deposits on jars; jars will come out sparkling clean.
 - Use an electric appliance with temperature control such as an electric slow cooker to keep jars and lids hot. Set temperature at 180°F and keep jars and lids submerged in water until needed.
 - For easy-to-read jar labels, print decorative labels on the computer. These labels will be easy on the eyes, and jars will be ready for gift giving at a moment's notice.
- For more recipes, tips and creative ideas, visit the Web site at www.freshpreserving.com.