



*The Prince Edward County
Cannery*

Book of Rules & Recipes

This booklet for using the Prince Edward County Cannery has been prepared to help patrons in using the Cannery.

- ✓ To better understand the process in using the Cannery
- ✓ To provide information on how to process certain products
- ✓ To provide recipes for the kinds of products canned

It is my hope you will keep this booklet handy for your future reference in using the Cannery. As you read this booklet, if you have any suggestions, please feel free to add to it.

The Cannery was opened in 1975 at its present location with the help of the Prince Edward County Board of Supervisors. Its main purpose was to let the people of Prince Edward County can their products. Later the people of the other counties would come but pay a higher fee. Now patrons from Cumberland and Charlotte Counties pay a fee each year so their citizens may use the Cannery at the same fee as Prince Edward County. All others pay an additional 30%.

Certain information can make the use of the Cannery more helpful and useful.

- ✓ Bring in only good quality food to be processed.
- ✓ Canning food does not improve the quality of food. You are only going to get out of the can what you put into it.
- ✓ Picking your product at the right time gives you the best product.
- ✓ Knowing how to prepare your product is important.
- ✓ The proper canning process adds to the end product.
- ✓ The employees are trained at the correct temperatures and time to process each product. DO NOT ASK TO SHORTEN the time of processing.
- ✓ If you make your product at the Cannery and take it home and put in jars, we are not held responsible in the process.
- ✓ Any cans that are overfilled will not process properly. One half inch of head space must be allowed for the product to cook during processing.
- ✓ We use only metal cans in our Cannery. We are not equipped for processing jars.
- ✓ We have three (3) sizes of cans – pint, quart and gallon. Slicing and grinding meat is available at a cost of \$0.20 per pound. The cost of cans varies.

When you arrive at the Cannery, check in with the Instructor. Make sure you have the correct instructions before you start. Your product may be inspected to see if it is correctly prepared and fresh.

You will be assigned a number you will use each time you come to the Cannery.

Certain rules apply to the use of the Cannery.

- ✓ If you use any equipment, you need to wash it after use.
- ✓ All trash must be put outside in dumpster.
- ✓ All table space must be cleaned after use.
- ✓ Count your cans before they go into the pressure cooker.
- ✓ Bring boxes to put your cans in after processing and cooling.
- ✓ Pay for your cans prior to leaving.
- ✓ Be pleasant and helpful to others.

Produce

Corn

Harvest when corn kernels are full size and in the soft milk stage.

Pull the corn the same day you are going to can. Corn will flat sour easily.

You can steam it to cut off the corn to freeze at the Cannery. Bring freezer bags.

To can corn, you cut it off the cob and fill cans. A corn cutter is available at the Cannery. (There is a fee for use if not canned at the Cannery.)

Tomatoes

Select firm nice tomatoes. The following recipes can be used. Tomato juice or canned tomatoes can be processed also.

Tomato Soup

| | |
|-------------------|---------------------|
| ½ bushel tomatoes | 2 T. parsley flakes |
| 3 lbs. onions | 2 c. sugar |
| 1 bunch celery | 1 c. corn starch |
| ½ c. salt | 1 c. butter |
| 1 red pepper pod | |

Quarter tomatoes and cook together with onions, celery, and parsley flakes. Put through juice machine and put back into kettle. Mix corn starch with cold water. Bring tomato mixture to a boil and add remaining ingredients. Cook until it thickens. Fill cans 1/2" from top.

Spaghetti Sauce

| | |
|--|-----------------|
| 1 bushel tomatoes | 8 green peppers |
| 4 lbs. onions | 1 bunch celery |
| 10 lbs. ground beef | |
| 1-2 pods red peppers or 1 tsp. ground red pepper | |

Cook tomatoes, green and red peppers, onions, and celery together and run through juicer. Put ground beef in kettle with margarine and brown; pour juice in kettle and add the following:

| | |
|--|----------------------|
| 1 tsp. garlic | ½ - 1 bottle oregano |
| ½ - 1 bottle parsley flakes | 2 c. sugar |
| ½ - 1 c. salt | 1 T. black pepper |
| ½ c. corn starch mixed with cold water | |

Cook until thick and fill cans, leaving ½" space in cans.

Brunswick Stew

| | |
|---|--------------------------|
| 5 hens or fryers | 10 lbs. beef |
| 2 gallons corn | 3 gallons butter beans |
| 1 ½ bushels tomatoes (or about 25 quarts) | |
| 5 lbs. onions | ½ bushel potatoes |
| 3 lbs. butter | 2 bunches celery |
| 2 gallons carrots | salt and pepper to taste |

Have all meat cooked before you come to Cannery.

Put potatoes, butter beans, onions in the kettle and cook until butter beans are tender. Add meat, tomatoes, and corn; season to taste.

Fill cans leaving ½" from top of can.

Tomato Catsup

| | |
|------------------------|-------------------|
| 1 bushel tomatoes | 2 t. celery seed |
| 12-15 red sweet onions | 2 t. mustard seed |
| 2 – 3 lbs. onions | 2 t. allspice |
| 10-12 T. salt | 2 t. cinnamon |
| 4 lbs. sugar | 2 t. cloves |
| 2 -3 pods hot pepper | ½ gallon vinegar |
| 2 t. paprika | |

Cook tomatoes, peppers, onions, and hot peppers together and run through juicer. Return to kettle and add the remaining ingredients; cook until reduced ½ in volume.

Pizza Sauce

1 ½ bushel tomatoes
16 green peppers

16 large onions

Cook together and put through juicer.

Return to kettle and add the following:

| | |
|--|---------------|
| 16 T. garlic salt | 8 t. oregano |
| 12 T. chili powder | 8 t. parsley |
| 4 c. sugar | 8 t. fennel |
| 4 t. salt | 2 t. anise |
| 2 t. black pepper | 2 t. rosemary |
| 8 t. basil | 2 t. sage |
| 2 c. corn starch mixed with cold water | |

Cook until thick.

Chili Beans

15 lbs. ground beef, browned and drained
9 medium onions
8 oz. chili powder (more to taste)
18 quarts tomatoes
4 gallons canned kidney beans or chili beans
1 t. red pepper
3 oz. garlic
1 c. Karo syrup

Cook all ingredients together; put into cans leaving ½" space at top.

Tomato Salsa

| | |
|---------------------------------------|---------------------|
| ½ bushel tomatoes, peeled and chopped | |
| 4 c. mild green chili peppers | 5 c. chopped onions |
| ½ c. seeded jalapeño peppers | 1 c. chopped garlic |
| 2 T. salt | 1 T. black pepper |
| 1 c. vinegar | |

Cook until thick.

Green Beans

Select nice beans and have them broken before coming to the Cannery. They may be prepared the day before but you must keep them cool. Wash them after you get to the Cannery.

Applesauce

Making applesauce is one of my favorite things to make. Have your apples cut into quarters before you come to the Cannery. You *do not* have to peel them; the machine will do that for you. Wash them after you come to the Cannery. We add your sugar before the apples are put through the pulp finisher; after that is complete, you won't have to stir.

Apple Butter

We make the best apple butter in the country. Follow the same procedure as in making applesauce, and then return the apples and sugar mixture to the kettle, stirring until the sugar is dissolved. Cook for 30 minutes. During this time, mix all spices with water. Add to applesauce and stir for about three (3) hours. Apple butter may be put into cans or jars because it doesn't need processed again.

| | |
|-------------------------------------|----------------------|
| 1 bushel apples | 1 small box allspice |
| 20 lbs. sugar | 3 T. salt |
| 1 qt. vinegar | 1 large box cinnamon |
| 1 small bottle real vanilla extract | 1 medium box nutmeg |

"Fruitcake In The Can"

People sometimes make this for giving as Christmas gifts.

6 eggs
3 c. butter
3 t. vanilla extract
6 c. sugar
1 t. salt

Mix the first five ingredients together at home for batter. Next mix together 7 cups flour, 3 t. cinnamon and 3 t. nutmeg.

After arriving at the Cannery, mix 6 c. applesauce and 6 t. baking soda. Add batter to flour and applesauce mixtures.

6 c. raisins
3 c. currants or golden raisins
2 c. flour
1 lb. fruit cake mix
3 c. chopped nuts

Spray inside cans with Pam cooking spray. Mix remaining ingredients together and fill cans 2/3 full. Cover with aluminum foil. This is cooked for one hour at 212°F, then removed from retort and sealed, and cooked at 240°F for 30 minutes.

Yield Chart

| | Quantity | Yield |
|-------------------------|------------------|--------------|
| Apples (for Applesauce) | 1 bushel 48 lbs. | 15-20 quarts |
| Peaches | 1 bushel 48 lbs. | 18-20 quarts |
| Pears | 1 bushel 50 lbs. | 18-20 quarts |
| Tomatoes | 1 bushel 53 lbs. | 18-20 quarts |
| Tomato (Juice) | 1 bushel 53 lbs. | 12-16 quarts |
| Green beans | 1 bushel 30 lbs. | 18-20 quarts |
| Lima beans | 1 bushel 32 lbs. | 12-20 pints |
| Corn | 1 bushel 35 lbs. | 12-16 pints |
| Greens | 1 bushel 18 lbs. | 3-8 quarts |
| Squash | 40 lbs. | 10-20 quarts |

Food Weights & Measures

| Weight / Measure | Equivalent |
|--------------------|----------------------------------|
| Dash | Less than 1/8 teaspoon |
| 1 1/2 teaspoons | 1/2 tablespoon |
| 3 teaspoons | 1 tablespoon |
| 2 tablespoons | 1/8 cup (1 fluid ounce) |
| 4 tablespoons | 1/4 cup (2 fluid ounces) |
| 5 1/3 tablespoons | 1/3 cup |
| 8 tablespoons | 1/2 cup (4 fluid ounces) |
| 10 2/3 tablespoons | 2/3 cup |
| 12 tablespoons | 3/4 cup (6 fluid ounces) |
| 16 tablespoons | 1 cup (8 fluid ounces) |
| 3/8 cup | 1/4 cup + 2 tablespoons |
| 5/8 cup | 1/2 cup + 2 tablespoons |
| 7/8 cup | 3/4 cup + 2 tablespoons |
| 1 tablespoon | 1/2 fluid ounce |
| 1 cup | 1/2 pint (8 fluid ounces) |
| 2 cups | 1 pint (16 fluid ounces) |
| 4 cups | 1 quart (32 fluid ounces) |
| 2 pints | 1/2 quart |
| 2 quarts | 1/2 gallon |
| 4 quarts (liquid) | 1 gallon |
| 8 quarts (dry) | 1 peck |
| 4 pecks | 1 bushel |
| 16 ounces (dry) | 1 pound |
| 1 gram | .035 ounces |
| 1 kilogram | 2.21 pounds |
| 1 ounce | 28.35 grams |
| 1 teaspoon | 4.9 milliliters |
| 1 tablespoon | 14.8 milliliters |
| 1 cup | 236.6 milliliters |
| 1 liter | 1.06 quarts or 1,000 milliliters |

Comments.....

A crisp fall morning – stew, apples, tomatoes, etc.
Simmering in gigantic steam powered pots ...
A place to exchange recipes and ideas...
A place to conveniently cut, cook and can large quantities of produce...
Perfect sauces in no time without scorching...
All at the Worsham Cannery.

Forever Spoiled,
Joan Coblentz

I don't know what I'd do without the Cannery! It's so handy to can all my sauces, make soups, cut up and grind meat, and my apple butter turns out perfect every time. Don't ever think of closing up!

Anna Miller

Everyone should experience the Cannery at least once in a lifetime. The social interaction is something that you won't find anywhere in today's society. The quality of the food and the price you have in having prepared it yourself is something that you can't put a price on.

As a Prince Edward taxpayer, I'm proud to say that our county still supports its rural roots. So many of our neighboring counties have forgotten the real value of local government.

Charles Puckett

We love to take our bushels of apples to the cannery to make applesauce! It's so much faster than doing it at home! The applesauce is so nice and smooth! We don't ever want to see it close.

The Shetlers

The main reason I like the Cannery is that it is so convenient and the ones that operate it are excellent. There are so many retired people that use it.

Lindy Hamlett

Why we like going to the Cannery to process our vegetables:

I had always done my canning at home, using a pressure cooker or hot water bath. It would take all day.

A friend of my husband was telling him about going out to the cannery and how many cans he had fixed, and that we should give it a try. We did – it's the way to go. Everything you need is there. We go early and are finished and back home before lunch.

Tommy and Lena, Manager, are just so good. With their recipes and help we have been able to can so many different things. It has been a real plus for our family!

Tal and Mary Yeatts

I like the Prince Edward Cannery because it has helped me to store meats, vegetables, and fruits. It has also helped me to make our communities cleaner and greener by saving gas and energy.

Kenneth Walker
and family

Going to the Cannery with tomatoes was a first time for me on my own. When I arrived I asked Mrs. Huddleston not to say anything about what I was doing. I'm going to only act like I know what I'm doing, but I really don't know what to do first. With a few jokes and laughter, Lena Rose made me feel as if I had been canning for years. This facility is a great asset to all who will take advantage of the opportunity to better their quality of home grown produce for year round consumption.

Jimmy Carwile

I have been Cannery Manager now for 31 years. It has really been my second "home." I try to run it as if it was my business. I have met some wonderful people. I feel like I am helping people feed their families food still grown on the farm.

People take pride in canning their produce and storing it for the winter months. We have young and old, experienced and no-experience-at-all come to the cannery. The fellowship you have with people really is enjoyable.

The elderly people still enjoy canning because it is so much quicker and safer than canning at home.

Lena Rose Huddleston

