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putting up

A Year-Round Guide to Canning in the Southern Tradition

Stephen Palmer Dowdney

For many, delectable home-canned goods often seem to stir up happy childhood memories and provide great comfort food. *Putting Up* teaches how to safely can our favorite fruits, vegetables, and preserves from days gone by, and helps to add that touch of comfort that our pantries have been missing.

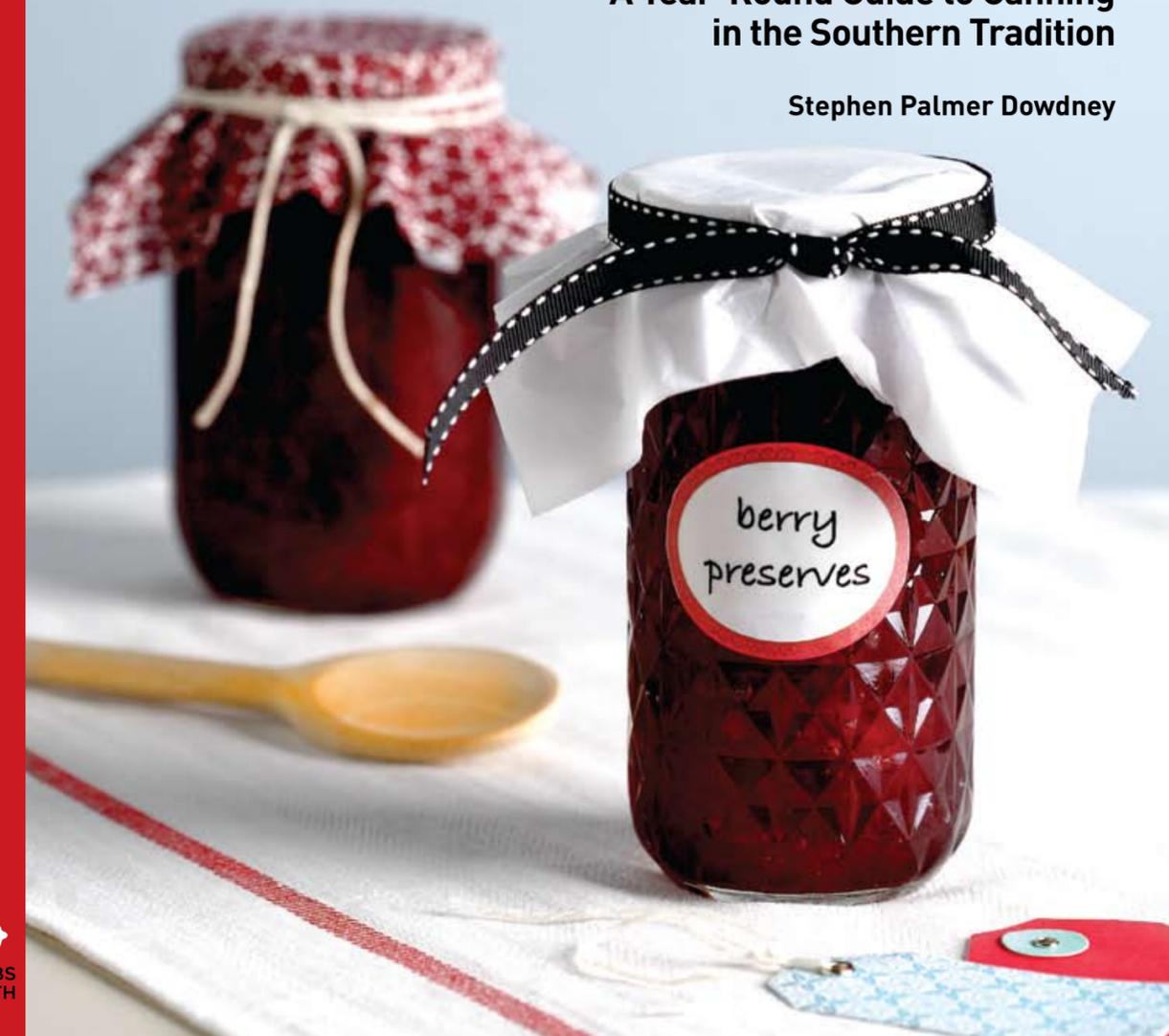
In his plainspoken narrative, Steve Dowdney explains how to put up crops harvested during each month of the year and includes many delicious recipes he has produced for his successful canning business, Rockland Plantation Products. Dowdney discusses in great detail the techniques of hot pack and water bath canning, and also supplies a list of resources where essential canning supplies can be purchased.

More than just a how-to manual, *Putting Up* is a wonderful guide for experienced canners and those just getting started. It is chock-full of anecdotes, stories, and vignettes of the long-gone agrarian South that filled the author's youth, and pertinent, up-to-date information for canning today.

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Try these recipe favorites:

- Artichoke Relish
- Pickled Asparagus
- Green Tomato Soup
- Dilled String Beans
- Peach Chutney
- Garlic Pepper Jelly
- Blueberry Marmalade
- Okra Pickles
- Ginger Pear Preserves
- Pumpkin Chips
- Mint Jelly
- and more!



Bring home great taste and the best of comfort food with home canning!

For twelve years, **Steve Dowdney** was the owner and chief operator of South Carolina's premiere "small batch" processing and canning company. As founder of Rockland Plantation Products, he takes great pride in the knowledge that the company's products taste exactly like the best of a grandmother's home put-up stores.

Dowdney is a former Ranger, Airborne and Special Forces qualified combat veteran, and a graduate of The Citadel, where he and fellow classmate Pat Conroy co-wrote the yearbook. He resides in Charleston, South Carolina. Steve can be reached at www.stevedowdney.com.

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very berry preserves

Near the end of May or by the first of June there is often a moment when all of the season's berries are ripe; some at the end of their run, like strawberries, and others just beginning. When the ripe fruits coalesce, about once every three years, it is the opportunity to make this popular and unique preserve. Of course, in this day of fast delivery, if one fruit is not vine ready it can be found. For best results, just make sure store-bought berries are sweet.

CANNING NOTES

- **This is a hot pack, acid recipe.**
- **pH is not an issue. No testing is required.**
- **This recipe makes 10 half pints.**
- **The recipe should not be altered.**

INGREDIENTS

3 cups crushed strawberries
1¹/₂ cups crushed red raspberries
1¹/₂ cups crushed blueberries
1/4 cup lemon juice
1 tablespoon butter
1 pack pectin or 1/3 cup bulk pectin
8¹/₂ cups sugar

Prepare, measure and place all ingredients except sugar in a pot; mix well. Over high heat, stirring often, bring to a rolling boil.

When boil can no longer be stirred down, add the sugar and mix well.

Now stirring continuously, bring to a full, rolling boil.

Hold rolling boil for at least 1 minute and then test for jelling.

Hot pack according to the safe canning practices on page 51.

green tomato chutney

This is less sweet than the other chutneys you will encounter in this book. It is one of the reasons it is so popular. Used on pork, chicken and curry dishes, the southern heritage of the green tomato adds a little something special to this blend. A favorite way to serve as hors d'oeuvres is to mix a can of white chicken meat with $\frac{1}{3}$ to $\frac{1}{2}$ cup Green Tomato Chutney, 1 tablespoon mayonnaise, and 2 teaspoons curry powder. Mix and blend well. Serve on crackers or on Melba rounds.

CANNING NOTES

- This is a hot pack, acidified recipe.
- Initial pH will be below 4.
- The recipe makes approximately 6 pint jars.
- The recipe can be doubled.

INGREDIENTS

2 pounds green tomatoes, diced
2 pounds Granny Smith apples, peeled, cored and diced
 $\frac{3}{4}$ pound onion, diced

2 lemons, sliced and seeded and slices halved

$\frac{1}{2}$ ounce garlic, diced fine

$\frac{1}{2}$ pound raisins

$1\frac{1}{2}$ tablespoons mustard seed

$\frac{1}{2}$ tablespoon cayenne pepper

1 tablespoon ground ginger

$\frac{1}{2}$ tablespoon cinnamon

SOLUTION

2 cups cider vinegar

$1\frac{1}{2}$ pounds brown sugar

Prepare ingredients. Place mixed solution in pot, add ingredients and bring to boil.

Reduce heat and cook down until thick, about 1 hour.

Conduct initial pH test. If pH is below 4.3, it is fine. To reduce, add vinegar 2 tablespoons at a time.

Hot pack above 190 degrees F according to the safe canning practices outlined on page 51.

Perform final pH testing after 24 hours to ensure safe canning was accomplished and the pH is below 4.5.