



PRESSURE CANNING

The safest method of preserving food!

How Canning Works

By increasing the weight on the top of the canner the steam inside increases the boiling point of water. Most of us have heard of the air being thinner the higher we go in a plane, or mountain climbing. The canner works in the opposite way, rather than the air being thinner, we've increased the air pressure in direct proportion to the amount of weight on the steam escape valve. For example, a canner set at 10 lbs. Pressure will result in a boiling temperature of about 240 degrees Centigrade instead of the normal 100 degrees C.

FARM CO-OP

Our next meeting will include a visit from our local produce farmer & egg supplier, Larry Craig, with whom we hope to start a trial Garden Co-op this summer. So far we've been canning and discussing the kinds of food we eat and now we need to discuss how much of these foods we'd need to preserve in order to feed us until the next growing season produces food. Our winters here begin in October and last until late June in terms of food production so we need preserves for eight months (32 weeks). I was surprised, when we began putting food away for winter, to find that I really had no idea what we ate! In order to provide for our winter needs we preserve about 300 to 500 jars of main diet foods. Last year Charlie was able to can about 5 boxes of early greens (asperge, nettles, cat tail pods, etc.) and our nettles are already up as of today! So I've attached a list of foods (on desktop or little bear email farm coop) and the growing season for us to discuss. **MAY 14TH COME & MEET LARRY!**

BREAD BAKING

We all know bread is important. Many of us don't know that with the advent of bleaching wheat (to make it last longer) we had a huge increase in heart problems in the population! We grind the wheat, bake and eat our bread within hours having purchased it from the Runnel family. They do not spray their Hard Red Canadian Wheat and we've stored ours in steel drums (mouse proof) for use in our hand grinder (made by Schneider's in Germany). There is no substitute for freshly made bread.

BUSH ROLL UPS

(July 22, 2006, from
Issue 2: "...from the bush")

1 cup unbleached white Flour	1 cup whole wheat Flour
$\frac{1}{2}$ cup cornmeal Flour	$\frac{1}{4}$ cup ground Flax seed
1 tsp. Baking Powder	1 tsp. Each of chopped garlic, thyme & celery seed
$\frac{1}{4}$ cup Powdered Milk	
Mix drys then add:	
2 $\frac{1}{2}$ -3 ups water	2 eggs lightly beaten
1 tbsp. oil	

Makes a thin batter which should be cooked on lightly oiled pan until brown then turn and brown other side. Leave open on racks as they are very moist & will go mouldy if stored in a stack. Refridgerate or keep in cool place. Makes about a dozen!

BREAD FOR THE WEEK

In a small bowl
MIX 1 ½ tsp. Ginger
2 tbsp. Sugar

In a very large bowl
MIX 1/3 of a cup of Blackstrap Molasses*
1/3 of a cup of Oil (I use Sunflower)
4 tsp. Sea Salt

SCALD 2 cups Milk
ADD 1 cup of milk to each bowl

MEASURE 2 cups Cold Water
ADD 1 cup cold water to each bowl

ADD 2 tbsp. Yeast to the small bowl
when temperature is luke warm
and let yeast work for about 10 minutes

POUR contents of small bowl into very large bowl and mix lightly.

ADD 2 cups Oats (large flake) 2 cups Whole Wheat Flour
STIR well

ADD 2 cups Unbleached White Flour
KNEAD for about 10 minutes

ADD White Flour as needed while kneading
DOUGH should be elastic and without sticky feel.

COVER and let rise 1 hour (until double)

TURN onto counter and let rest 10 minutes.

DIVIDE into 3 or 4 loaves depending on size of bread pans. Mine are 3X4X9 I think...
(dough should take up 1/3 of pan)

COVER and let rise again about 1 hour until double.

BAKE at 350 degrees for about 40 minutes or until bottom
of loaf sounds hollow when tapped.

(NOTE: if bread gets too dark while baking cover with tinfoil.)

PUMPERNICKEL BREAD

INGREDIENTS

2½ - 3½ CUPS unbleached white flour
3 tbsp. dry active yeast
1 tbsp. caraway seeds
1 ½ cups warm water (115 degrees)
½ cup honey or molasses
2 tbsp. cooking oil (sunflower)
1 tsp. salt
2 cups rye flour

KNEAD in enough remaining white
flour to make a smooth, elastic dough
(about 5-8 minutes) then place in bowl with
1 tsp. Oil, turn and cover. Let rise in warm
place for 2 hours or until doubled in size.

Turn out of bowl, divide in half, cover and let rest 10 minutes.

Shape into 2 rounds then place on oiled baking sheet, flatten slightly and let rise again until doubled in
size.

BAKE in 350 degree oven 35 to 40 minutes until well browned.

COOL on a rack & paint with butter. Enjoy!

IN A SMALL BOWL
MIX Water, molasses, oil & salt
then add to large bowl.

IN A LARGE BOWL
MIX 2 cups unbleached
white flour, yeast & caraway
ADD ingredients from small bowl
MIX all with electric beater
or by hand for 3 minutes
CONTINUE with instructions
at "**KNEAD**".