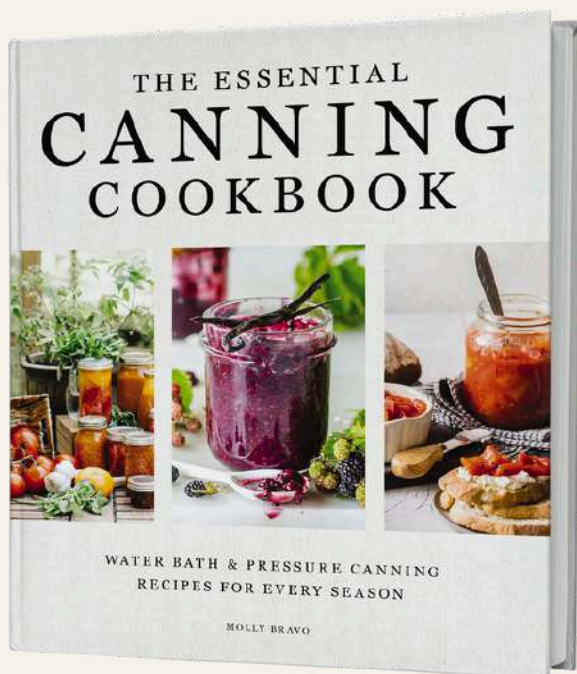


# *Canning Quickstarter Kit*

## EVERYTHING YOU NEED TO BEGIN PRESERVING FOOD SAFELY AND CONFIDENTLY



Ready to Get Started?  
The Canning Quickstarter Kit gives you all the knowledge, tools, checklists, and safety insights to preserve food safely—so you can launch your first batch today!

BY MOLLY BRAVO

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# Introduction & Mindset

## Why canning matters

- Embrace sustainability, reduce waste, reconnect with traditional food skills, and ensure delicious, homemade staples on your shelf year-round.

## How to use this kit

- Use as a step-by-step workbook and reference. Highlight key steps, jot notes in margins, track your batches, and mark successes.



## *Must Have's*

### Starter Equipment & Kit Checklist

Enhance your setup with thoughtful, safe tools:

- Mason Jar Sizes: 4 oz, 8 oz, 16 oz
  - Water Bath Canner + Lid/Steam Rack
  - Jar Lifter & Funnel
  - Headspace Tool & Bubble Remover
  - Digital Thermometer (for sugar syrup jams)
  - pH Test Strips (for experimental recipes)
  - Canning Labels & Permanent Marker
  - Magnetic Lid Lifter
  - Silicone Jar Grippers
  - Dish Towels, Heatproof Gloves, Timer
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# Safety & Quality Control



1. pH Awareness: Always check if a recipe includes an acidifier (vinegar, lemon juice) and test with pH strips—target  $\leq 4.6$  for water bath safety
  2. Altitude Adjustments: Every 1,000 ft above 1,000 ft requires +1 extra minute processing time
  3. Sterilization Standards: Boil jars for 10 min, then keep them hot until filling; discard any lids that bend, dent, or rust
  4. Headspace Precision: Follow the  $\frac{1}{4}$ "- $\frac{1}{2}$ " guideline based on recipe; too little = seal failure, too much = spoilage
  5. Cooling Protocol: Keep jars straight for 12-24 hrs in a draft-free area; allow at least 8 hrs before refrigerator use if seal is uncertain
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## *Advanced Canning Tips*

- **Double-Check Lid Vacuum:** Once cool, press center—no movement = sealed; a 'pop' when pressed = seal effected
  - **Reprocessing Failed Seals:** Rewash jars, use new lids, reprocess within 24 hrs
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- **Sterile Environment:** Always use clean, residue-free utensils to avoid introducing bacteria
  - **Hot Jar Fill Advantage:** Fills should be within 10°F of the boiling water bath to prevent breakage
  - **Natural Preservatives:** Rosemary extract, ascorbic acid, and succinic acid can boost shelf life
  - **Burping High-Sugar Jams:** After initial cool-down, briefly release jar ring to allow steam to escape, then retighten
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## Starter Recipes & Pro Tips

1. Strawberry Jam (No Pectin)
  - Pro Tip: Use a candy thermometer —heat to 220°F for perfect set
  - Variation: Swap ½ fresh strawberries with blueberries for mixed berry depth
2. Pickled Asparagus (Steeper Vinegar Pickle)
  - Pro Tip: Add spices like dill, peppercorns, chili flakes
  - Advance: Cure at room temp for 2 weeks (“fermented asparagus”) before canning for probiotic complexity
3. Chunked Stewed Tomatoes
  - Pro Tip: Peel jars after processing to preserve rings and grill marks
  - Enhance: Stir in a tbsp basil or oregano just before filling



## Troubleshooting Cheatsheet

### Common Canning Problems + How to Fix Them

#### PROBLEM: Lid “Pops” or Doesn’t Seal

 Cause:

- Cold jars placed in hot water
- Not enough processing time
- Dirty jar rims or misaligned lids
  - Overtightened bands

Fix It:

- Reprocess within 24 hours
- Keep jars hot before processing
  - Clean rims thoroughly
- Use new lids and tighten bands just finger-tight

#### PROBLEM: Cloudy Liquid Inside Jar

Cause:

- Hard water with minerals
- Dirty or dusty produce
- Salt with additives (not pickling salt)

Fix It:

- Use distilled or softened water
  - Wash produce thoroughly
- Only use pure canning/pickling salt

#### PROBLEM: Jar Cracked During Processing

Cause:

- Jars were too cold when submerged
  - Old jars with hairline cracks
    - No rack used in canner

Fix It:

- Preheat jars in hot water
- Check jars for chips and cracks
- Always use a rack or insert in the canning pot

#### PROBLEM: Foaming in Jams or Preserves

 Cause:

- Air bubbles or active fruit enzymes
  - Low sugar ratio in jam

Fix It:

- Skim foam before sealing
  - Use a 4:1 fruit-to-sugar ratio
  - Stir slowly and remove bubbles before filling jars
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## Conclusion and Next Steps

You stepped into your role as a sovereign steward of your kitchen.

You now hold the knowledge to preserve food safely, confidently, and seasonally. And with every jar, you reclaim more than nourishment—you reclaim tradition, autonomy, and ancestral rhythm.

Whether this is your very first batch or a return to a forgotten skill, let this moment anchor you in your purpose and power.

### Your Journey Is Just Beginning

To keep the momentum going, your next steps are simple—and deeply aligned:

**Join the Sovereign Kitchen Society**



*Molly xoxo*

Step into a community of women reclaiming ancestral foodways.

Inside, you'll find:

- ✓ Live canning circles
- ✓ Seasonal masterclasses (ferments, broths, herbal care)
- ✓ A private, rooted sisterhood
- ✓ Exclusive recipes, video guides, and deep nourishment

👉 Join the Membership

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