

Pantry Jumpstart Checklist for New Canners

Welcome to your Pantry Jumpstart! If you're brand new to canning, overwhelmed, and unsure where to begin—this guide is for you. Whether you're joining the Wylder Space Canning Circle or just dipping your toes into food sovereignty, here's your go-to checklist for everything you need to get started confidently.

BASIC CANNING EQUIPMENT (Absolute Must-Haves)

1. Water Bath Canner or Large Stockpot with Rack

Use for high-acid foods: jams, jellies, fruits, tomatoes with acid, pickles. Must fully submerge jars with 1-2 inches of water overhead.

2. Canning Rack

Prevents jars from rattling against the pot's bottom. If you don't have one, repurpose a round cake rack or use extra metal jar rings.

3. Mason Jars with New Lids + Bands

Start with a 12-pack each of half-pint, pint, and quart jars. Always use fresh lids every time.

4. Jar Lifter (aka Jar Grabber)

Helps lift hot jars safely from boiling water.

5. Canning Funnel

Keeps rims clean and allows accurate headspace filling.

6. Bubble Remover/Headspace Tool (or clean chopstick)

Used to remove trapped air and check proper headspace.

7. Kitchen Timer

Critical for tracking exact processing time for safety.

8. Clean Towels & Labels

Wipe rims clean before sealing. Label each jar with content + date.

SUPPORTING GEAR (Nice-to-Haves for Workflow & Sanitation)

- Dishwasher or large sink for jar sterilization
- Digital thermometer or pH test strips (for safety, especially tomato-based goods)
- Apron & Hair Ties
- Sharp knife + cutting board
- Big mixing bowls + large ladle
- Chalk or erasable marker for labeling lids

- Dedicated "canning journal"

PRODUCE & INGREDIENT PREP

- Case of peak-fresh produce (from garden or market)
- Bottled lemon juice or citric acid (for acidifying tomato products)
- Vinegar (5% acidity only)
- Kosher or canning salt (avoid iodized)
- Granulated sugar or honey (as required)
- Spices & herbs (whole and crushed)
- Fresh garlic, onions, citrus for flavor layering

STORAGE PREP

- Cool, dark pantry or storage cabinet
- Label system (write-on lids, stickers, etc.)
- Flat trays or bins for easy jar organization
- Optional: cardboard dividers or boxes for stacking

STARTER RECIPES FROM THE ESSENTIAL CANNING COOKBOOK

(Syllabus aligned from Wylder Space's "Old-Fashioned Canning Circle")

WEEK 1

- *Strawberry Jam for Beginners* (p. 38)
- *Classic Sauerkraut* (p. 88)

WEEK 2

- *Kosher Dill Pickles* (p. 80)
- *Pickled Carrots with Garlic and Dill* (p. 91)

WEEK 3

- *Chunky Roasted Tomato Sauce* (p. 118)
- *Fresh Tomato Salsa* (p. 123)

WEEK 4

- *Strawberry Balsamic Jam* (p. 59)
- *Mixed Berry Fruit Leather* (p. 191)

WEEK 5

- *Peach Preserves with Honey* (p. 62)
- *Cherry Herb Conserve* (p. 66)

WEEK 6

- *Corn Relish with Peppers* (p. 95)
- *Sweet & Spicy Pepper Chutney* (p. 125)

WEEK 7

- *Traditional Kimchi* (p. 90)
- *Lacto-Fermented Carrots* (p. 93)

WEEK 8

- *Dilly Beans with Garlic* (p. 97)
- *Beet & Onion Pickles* (p. 94)

WEEK 9

- *Apple Butter with Cinnamon* (p. 70)
- *Simple Grape Jelly* (p. 61)

WEEK 10

- *Water-Glassed Eggs (for information only)* (custom method, not in book)
- *Dry Soup Mix with Lentils + Veg* (p. 174)

WEEK 11

- *Winter Squash & Sage Sauce* (p. 121)
- *Classic Spiced Applesauce* (p. 73)

WEEK 12

- *Celebration Jars: Your Choice!*

In sacred service,

Molly Bravo

Founder, Wylder Space