

# The Start-Up Cost of Canning

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It's canning season! Food preservation is one of my favorite activities in the summer and sometimes in the winter when I make jelly from the juice I froze in the summer.

Because canning is a hobby of mine, I have had all the necessary supplies for years and didn't think much about the cost of getting started until a recent trip to Kansas.

I was already on the road, to visit my sister and her family when my nieces called to ask me if I would help them make jam and jelly to exhibit in 4-H at their County Fair.

Since I didn't pack any of my canning supplies, once I got to Kansas, it was time to take the girls shopping. I figured that this way, after they learn the basics they could continue to preserve food in future years.

When we returned home with the supplies and I turned the receipt into my sister, she was a little more than surprised to learn the cost of canning equipment.

This made me realize that I should spend some time breaking down the cost of equipment for those new to canning so they can better understand the investment they will need to make.

Canning supplies can be purchased at grocery stores, some hardware stores, other retailers where kitchen items can be found, and online retailers.

## Canner Cost

What you plan to preserve will determine the type of canner you need to purchase.

If you are canning low-acid foods, like vegetables and meat, you will need a pressure canner. When it comes to pressure canners, there are two options: you can buy a weighted gauge or dial gauge canner. Either one will do the job.

A pressure canner will run you anywhere from \$65 to \$100. I have used both types and opted to go with a weighted gauge. Since I have such a large family, I decided to spend a little more and bought a double stack pressure canner. This way, I can process twice the number of jars at the same time. There is also a "Cadillac" canner that operates without a gasket and has both a weight and a dial gauge on the lid. These canners sell for up to \$250.

If you purchase one at a garage/rummage sale, check the gasket. If a new one is needed they can be purchased for \$10-\$15. Before you purchase a second had one, be sure that the lid or the pan is not warped. You can test this by securing the lid on and taking it off again without extra effort. Also, if you do decide to go with a dial gauge canner have the dial checked annually to make sure it is still correct.

If you are canning acid or acidified foods (jams, jellies, salsa, fruit) you will need a hot water bath canner. These



are relatively inexpensive.

You can buy one for about \$20. Again, I bought a larger one that cost about \$45 in order to process more jars than the average canner.

## Jars & Lids

Jars are another item that has an upfront investment. You need to make sure you are purchasing mason-type jars with two piece lids. Commercial jars have a narrower sealing surface and are tempered less than Mason jars, and may be weakened by repeated contact with metal spoons or knives used in dispensing mayonnaise or salad dressing. Seemingly insignificant scratches in glass may cause cracking and breakage while processing jars in a canner. Two piece lids are recommended in home food preservation because they allow for a vacuum seal (take all the air out) without the use of machines.

The cost will depend on the size of jar you purchase. For a dozen jars plan on spending between \$7 and \$15. Jars are reusable and should last for many

years. Just double-check that there are no chips on the rim before use. Again, you can purchase these second hand, just check them for cracks and chips. Wash the jars before use. If the jars are processed for at least 10 minutes, they do not need to be sterilized.

As for lids, you can reuse the rings year after year; however, you will need to buy new flats every year. These are relatively inexpensive costing only about \$2 to \$3 dollars for a dozen.

## Utensils

Extra utensils make canning a little easier, such as a jar lifter, magnetic lid lifter, head-space measurer/bubble freer and funnel.

These can be purchase separately for a few dollars apiece, or you can get a starter kit. I bought my nieces one for around \$7.

For more information about needed equipment you can read the short information sheet Canning Equipment at iGrow.org.

# Don Gray of Elk Point to Head Masons in South Dakota

OACOMA – In action taken over the weekend, Don Gray of Elk Point, S.D., was tapped to head up the over 5,500 Masons in South Dakota for the next 12 months as their Grand Master, a title that dates back to 1700's England.

Also elected were Mike Rodman as Deputy Grand Master and Yancey Smith as Senior Grand Warden, both from Rapid City. DaNiel Wood of Sioux Falls was elected Junior Grand Warden while Dennis Robinson of Mitchell was elected Grand Treasurer/Secretary.

The keynote speaker was Rear Admiral William G. Sizemore II, U.S. Navy Retired, a third generation Navy veteran and a second generation Naval Aviator. Admiral Sizemore is currently serving as Grand Executive Director of the Scot-



DON GRAY

tish Rite, Southern Jurisdiction, at its national headquarters in Washington, D.C. Rear Admiral Sizemore II and his Father, Rear Admiral Sizemore, have the distinction of being the only father and son who have each logged over 1,000 carrier arrested landings.

Masonry, a benevolent, educational and charitable organization is the world's oldest and largest fraternity of men dedicated to helping each other and contribute to

the betterment of society. Masonic Lodges across South Dakota support various local youth and community projects and humanitarian efforts including the South Dakota Child Identification Program, Masonic Model Student Assistance Program and various scholarships.

For more information contact:

Gwen Olson  
Grand Lodge of South Dakota  
520 S. First Avenue  
Sioux Falls, SD 57104  
office@mygrandlodge.org  
http://mygrandlodge.org

## Noem's Accepting Applications For Interns

Washington, D.C. – Representative Kristi Noem is accepting applications for fall internships in her Washington, D.C., office, as well as in her offices in Sioux Falls, Rapid City and Watertown.

Student interns in Representative Noem's office will assist staff with various constituent service and communications projects, as well as assist with legislative research. Both South Dakota and Washington, D.C., internships provide students with first-hand knowledge of the legislative process and the countless other functions of a congressional office.

College students who are interested in interning in any of Representative Noem's offices should submit a resume, cover letter, and references to Christiana.Fraze@mail.house.gov by August 3.

For more information, contact Christiana Fraze at 202-225-2801.

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## The Civil Air Patrol Cadet Program

The Civil Air Patrol has three congressionally mandated missions – Emergency Services, Aerospace Education and the Cadet Program. The Cadet Program seeks youths 12 to 18 who are interested in aviation and emergency services for its leadership training program. This dynamic and challenging program includes participation in actual search-and-rescue and disaster relief missions, flying, encampments on a military base, and training in the aerospace sciences and outer space exploration as well as opportunities to assist at community events such as parades, festivals and airshows.

The Civil Air Patrol is the all-volunteer official auxiliary of the U.S. Air Force. As such we are organized along similar lines as the Air Force and wear air force-style uniforms. However, those joining the CAP Cadet Program have no military commitment of any kind.

"With some 100,000 cadets across the nation, the CAP Cadet Program offers young people an excellent way to learn, grow and become the future leaders of our communities, state and nation and have a lot of fun along the way," said South Dakota Wing Commander Col. John Seten.

The South Dakota Wing currently has six units: Brookings squadron meets Thursdays, 7-9pm at 413 2nd Street SW, Brookings, 605-366-6402; Custer squadron meets Thursdays, 7-9pm at 12216 Aviation Way, Custer, 605-673-4816; Pierre squadron meets Tuesdays at 7-9pm at 3900 Airport Road, Pierre, 605-682-1420; Rapid City squadron meets Mondays, 6:30-8pm at 22936 Forest Road, Rapid City, 605-787-8230; Sioux Falls squadron meets Thursdays, 6:45-8:45pm at the Sioux Falls Regional Airport at 3401 Aviation Ave, Sioux Falls, 605-321-3298; Spearfish squadron meets Thursdays, 6:30-8:30pm at 314 Aviation Place, Spearfish, 605-920-0895.

If there is no Civil Air Patrol unit near you it is easy to set one up. All it takes is a minimum of three adults and five youth. For more information on forming a CAP unit contact Wing Headquarters at 605-393-4215.

## The Saint John's Bible To Be Displayed

YANKTON – The Benedictine Institute of Leadership, Ethics and Social Justice is pleased to host The Saint John's Bible at Mount Marty College in Yankton for the 2015 year. Two volumes of a seven-volume Heritage Edition set have been available at MMC since the start of 2015. The public may now view all seven volumes of The Saint John's Bible on Tuesdays and Thursdays from 10:00 am to 2:00 pm and Wednesdays from 6:00 to 8:00 pm in the boardroom on campus.

The first public opportunity to view all seven volumes of The Saint John's Bible will be Wednesday, July 8 in the boardroom at MMC. The event will be from 6:00 to 8:00 pm and will include a DVD and viewing of the bible, along with a free reception. The boardroom is located in the Scholastica Learning Center (SLC) just down the hall from the library.

The Saint John's Bible, the first hand-written, hand-illuminated bible in over 500 years, was made possible through the efforts of St. John's University and the monks of St. John's Abbey in Collegeville, MN.

Other viewings and arrangements for groups and organizations to engage with The Saint John's Bible can be made by contacting Andrew Henrickson, 605-668-1495, ahenrickson@mtmc.edu. Arrangements may also be made for a volume of The Saint John's Bible to be brought to you. Visit [www.mtmc.edu/benedictineinstitute/stjohnsbible.aspx](http://www.mtmc.edu/benedictineinstitute/stjohnsbible.aspx) for more information.

## UNL Spring Semester Deans' List Named

LINCOLN, Nebraska – The University of Nebraska-Lincoln has announced its Deans' List and Honor Roll for the spring semester of the 2014-15 academic year.

Qualification for the Deans' List varies among the eight undergraduate colleges and the Honor Roll for undeclared students.

The following is a list of area Deans' List and Honor Roll students.

Blair Nicole Gilkyson, junior, Dean's List, College of Education and Human Sciences, textiles, merchandising and fashion design (merchandising).

Sarah Signe Hughes Berheim, freshman, Dean's List, College of Arts and Sciences, pre-health.

Christopher Alan Lubbers junior, Dean's List, College of Arts and Sciences, chemistry and Dean's List, College of Engineering, chemical engineering.

Tanner Robert Settles, sophomore, Dean's List, College of Business Administration, accounting.

Anthony Charles Thomas, senior, Dean's List, Hixon-Lied College of Fine and Performing Arts, theatre.

## MTI President's List Released

MITCHELL – A total of 385 students at Mitchell Technical Institute have been placed on the Spring Semester 2015 President's List, according to MTI President Greg Von Wald. To be named to the list, students must earn a term GPA of at least 3.5 on a 4.0 scale and complete at least 12 credit hours of academic work during the semester.

Included from the area on the Spring 2015 President's List are:

Tracy Howe, Medical Laboratory Technology  
Anthony Leber, Farm Power Technology  
Devlin Eichelberg, Industrial Maintenance Technology

## Regional Writer Wins Top National Award

WASHINGTON, D.C. – Longtime regional columnist Paula Bosco Damon was awarded first-place in the National Federation of Press Women (NFPW) Communications Contest, it was announced recently in Washington, D.C.

Earning top honors in the Personal Opinion category of the 2015 NFPW contest were Damon's columns "The song of my neighbor" and "Too much TGIF, not so good."

Prior to winning the national award, Damon took home two first-place honors for her Informational and Personal Opinion entries and two second place awards for her Humorous and General entries in the 2015 South Dakota Press Women (SDPW) Communications Contest.

During her career as a news correspondent for the Sioux City Journal from 1985 to 2005, the freelance writer/editor was a contributor to the Journal's popular "My Turn" column. Today, Damon writes a weekly column for the Vermillion Plain Talk (S.D.) and Carroll Times Daily Herald (Iowa) and is looking to further syndicate her column online and in print to reach broader newspaper audiences.

Over the years, her writing has garnered numerous awards in Iowa Press Women, SDPW and NFPW communications contests. Recently, two of her poems, "A father and daughter reunion" and "Free writing exercise" have been selected for publishing in the Scurpea Anthology, a literary journal of the University of Sioux Falls, S.D.

In her more than 30-year career, Damon oversaw Global Internal Communications for Gateway, Inc., North Sioux City, S.D., and was director of marketing and communications for Briar Cliff University, Sioux City. Formerly an English and writing instructor at local colleges and universities, she continues to teach workshops for aspiring writers in the Upper Midwest.

Damon holds a bachelor's degree in mass communications and a master's degree in English, both from the University of South Dakota, Vermillion. For more information or to order her collection, "Look. Don't Look," email [boscodamon.paula@gmail.com](mailto:boscodamon.paula@gmail.com).

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