



Canning Fun Patch

Preserving food has been practiced for hundreds of years. Canning and pickling are ways that you can extend the season for eating fresh produce. Refrigeration was not always available, so food had to be saved to be used during the winter. In this fun patch, you will make some quick and easy pickles and jellies.

Girl Scouts will earn their patch by:

1. List three ways fresh food can be preserved?
 - a. Learn a little history of food preservation by visiting
 - i. [History in a Jar: The Story of Pickles](#)
 - ii. [Jelly Lessons #10 - History of Preserves](#)
2. Review the USDA safety home canning guidelines
 - a. [USDA Complete Guide to Home Canning](#)
3. Learn about some canning practices.
 - a. How do you carefully select and wash fresh food?
 - b. What happens when you add acids (lemon juice or vinegar) to some foods?
 - c. What happens when you add sugar or honey to some foods?
 - d. What is the difference between refrigerator pickles and canned pickles
4. Find your favorite refrigerator pickle recipe or follow the recipe below to make some pickles.
 - a. [Urban Preserving: Refrigerator Dill Pickles](#)
 - b. [How to Make Dill Pickles](#)
 - c. [How to Make Quick Pickled Vegetables the Right Way || A Little Help: Quick Pickling](#)
 - d. [The Best Ever Refrigerator Dill Pickles](#)
5. Follow one of the recipes below to make some dandelion or apple jelly.
 - a. [How to make dandelion Jelly](#)
 - b. [Dandelion Jelly Recipe](#)
 - c. [Homemade Apple Jelly Recipe](#)

Reflection: After completing making either a can of refrigerator pickles or a can of jelly, you can share the process with your troop or your family. What did you not like about it? Think about how this process can be used to extend the shelf life of some vegetables or fruit.

Interested in more? Check out this curriculum: [PUT IT UP! A Food Preservation Curriculum for Youth](#)

When you're finished: Congratulations, you have earned your canning fun patch! You can purchase using this link for \$2.00 each patch - <https://www.girlscoutshop.com/GSKSMO-Canning-Fun-Patch>

