Extra 3

Your First Pint Shelf

A 28-day plan from the book to your first row of pints



Extra content for readers of *The Pressure Canning Meals in a Jar Cookbook for One or Two*

Your First Pint Shelf in 28 Days

This plan puts the book on your calendar: one small task a day, from the first page to your first row of pints on the shelf. **The plan tells you when. The book tells you how.** Every day names the chapter that holds the steps, so keep the book open beside this page.

How to use this plan

- **One day, one task.** Most days are short: a section to read, a list to make, a jar to check. Three days are canning days, and they are long.
- **Tick the box** when a day is done. The last page has all 28 boxes on one sheet, for the fridge door.
- **Move any day you need to.** A canning day can go to the weekend. A busy evening can slide to tomorrow. The order matters more than the dates.
- **If a step doesn't go the way the recipe page says, repeat that day** before you move on. The plan waits for you.
- **Write the dates in** before you start, so the canning days land on days you are home.

Week	Theme	Canning day
Week 1	Prepare	—
Week 2	Your First Pot	Day 10
Week 3	Your First Shelf Supper	Day 19
Week 4	Your Shelf	Day 25

Plan the canning days with time to spare. Chapter 2 adds up the canner part from the published guidance: once the pot is cooked and the jars are filled, a canner load of pints takes roughly two to two and a half hours. That is a sum of the steps, not a measured time, and it leaves out the shopping, the chopping and the cooking.

> **Safety first, every time.** Follow each recipe page exactly as written, and follow your canner's manual. This plan never replaces a step in the book.

Week 1 · Prepare

This week is for reading and getting ready. Nothing goes into a jar yet.

Day 1 · How the Book Works

☐ **Book:** Introduction

Read the Introduction. Notice how every recipe page is laid out: the process details, the full ingredient list, the steps and the short “Tonight” section at the end.

Dates for my plan: Day 1 _____ Day 10 _____ Day 19 _____ Day 25 _____

Notes: _____

_____

Day 2 · Why a Pressure Canner, and Whose Times

☐ **Book:** Chapter 1, sections 1.1 and 1.2

Read why low-acid meals need a pressure canner, and where the book’s times come from. Every recipe page names its source.

Notes: _____

_____

Day 3 · Check Your Equipment

☐ **Book:** Chapter 1, section 1.3

Walk through the kit in section 1.3 and tick what you have:

- ☐ Stovetop pressure canner (weighted or dial gauge) with its rack
- ☐ Pint jars made for home canning
- ☐ Unused flat lids, and bands
- ☐ A large pot to cook in
- ☐ Jar lifter
- ☐ Canning funnel
- ☐ Headspace tool (bubble remover)
- ☐ Ladle
- ☐ Clean cloths

Still to get: _____

Notes: _____

_____

Day 4 · Get to Know Your Canner

☐ **Book:** Chapter 1, section 1.3 · your canner's manual

Find your canner's maker and model, and open its manual. Find each part on the canner. If the canner is inherited or secondhand, follow the four steps in section 1.3.

Dial gauge? Have it checked for accuracy every year before use. Section 1.3 suggests a call to your county extension office to ask where gauges are tested near you. Weighted gauges don't need testing.

☐ My canner has a weighted gauge.

☐ My canner has a dial gauge. Gauge check booked for: _____

☐ Secondhand canner: sealing ring and overpressure plug ordered on: _____

Gauge not checked yet, or parts still on the way? Move Day 10 until they're ready: section 1.3 says to check the gauge before the first batch.

Notes: _____

Day 5 · Find Your Pressure

☐ **Book:** Appendix A

Find the elevation of your home in feet: search online for your town's elevation, or ask your county extension office. Then find your row in Appendix A, for your kind of gauge, and write it here. Each recipe page prints the same numbers.

My elevation: _____ feet · My gauge: _____ · My pressure: _____ lb

Notes: _____

Day 6 · Pick Your First Pot

☐ **Book:** Chapter 2, Phases 1 and 2

Read the first two phases of the method. Then choose your first recipe. The book suggests a pot you already know how to cook; its Conclusion names Chicken Vegetable Soup in Chapter 4 as a good first choice.

My first recipe: _____ Chapter ____

Notes: _____

Day 7 · Read the Page, Make the List

☐ **Book:** your first recipe page · Chapter 2, Phase 1

Read the whole recipe page, top to bottom. From the "Makes" line, count the pint jars to wash and the unused flat lids to set out. If the page makes about 14 pints, check that your canner holds them all in one load. Write the full ingredient list, in the full amounts.

Pint jars: _____ Flat lids: _____

Shopping list: _____

Week 2 · Your First Pot

This is the week your first pints come out of the canner.

Day 8 · Read the Thirteen Steps

☐ **Book:** Chapter 2, Phase 3

Read the thirteen steps of Phase 3 slowly, with your canner and its manual beside you. They are the same for every recipe; only the numbers change, and the recipe page gives them.

Notes: _____

_____

Day 9 · Shop and Set Out

☐ **Book:** your first recipe page · Chapter 1, section 1.3

Buy the full ingredient list. Wash the jars and run a finger around each rim: a nick, a chip or a crack means that jar stays out of the canner. Lay out the small tools on a clean cloth.

Notes: _____

_____

Day 10 · Canning Day

☐ **Book:** your first recipe page · Chapter 2, Phases 2 and 3

Before you start: if your canner has a dial gauge, it has been checked this year. Cook the whole pot, exactly as the page says. Then fill and process the pints, step by step, with the recipe page open beside the canner. Lift the jars out onto a folded dry cloth and leave them alone.

Jars out of the canner at: _____ (date and time)

Notes: _____

_____

Day 11 · Check the Seals

☐ **Book:** Chapter 3, section 3.1

After the jars have cooled for 12 to 24 hours, take off the bands and check every seal three ways: press, tap and look. A jar that didn't seal is one jar, not a failed batch: section 3.1 gives you its two choices.

Sealed: _____ Not sealed: _____

Notes: _____

_____

Day 12 · Label Every Jar

☐ **Book:** Chapter 3, section 3.1 · Appendix B

Label each jar with what's in it, the date you canned it and the source. Add "Best by": the canning date plus one year.

Notes: _____

_____

Day 13 · Put the Pints Away

☐ **Book:** Chapter 3, section 3.2 · Appendix B

Find the spot section 3.2 describes: clean, cool, dark and dry. Stand the jars upright with the labels facing you. Write your first line in the Shelf Log.

Notes: _____

_____

Day 14 · Before You Open a Jar

☐ **Book:** Chapter 3, section 3.3

Read the checks you'll do every time you take a pint off the shelf, before anything goes into the pan.

Notes: _____

_____

Week 2 done? ☐ Yes. Pints on my shelf: _____

Week 3 · Your First Shelf Supper

This week you open your first pint, and you put up a second pot.

Day 15 · Open Your First Pint

☐ **Book:** Chapter 2, Phase 4 · Chapter 3, section 3.3 · the recipe's "Tonight"

Take the oldest pint. Do the checks in section 3.3. Bring it to a full boil and boil it for the time in Chapter 3, then finish it the way its "Tonight" section says. Tonight's Supper Finder has three more finishes for every recipe.

Notes: _____

_____

Day 16 · Tick It Off

☐ **Book:** Appendix B

Tick the pint in your Shelf Log. Note what you'd add next time at serving: an herb, a side, more pasta or rice. The jar itself stays exactly as the page says.

Next time at serving: _____

Notes: _____

_____

Day 17 · Pick a Second Recipe

☐ **Book:** Chapters 4 to 8 · Conclusion

Choose a different kind of recipe from your first. The Conclusion names Pinto Beans in Chapter 7 or Beef Chunks in Broth in Chapter 6. Read the whole page and check its "Makes" line against your canner.

My second recipe: _____ Chapter ____

Notes: _____

_____

Day 18 · Shop and Set Out

☐ **Book:** your second recipe page

Buy the full ingredient list. Check the jars' rims and set out unused flat lids for every jar.

Notes: _____

_____

Day 19 · Second Canning Day

☐ **Book:** your second recipe page · Chapter 2, Phases 2 and 3

Cook the whole pot, then fill and process the pints. The same thirteen steps, with this page's numbers.

Notes: _____

_____

Day 20 · Seals and Labels

☐ **Book:** Chapter 3, section 3.1 · Appendix B

After 12 to 24 hours: bands off, press, tap and look. Then label every jar.

Sealed: _____ Not sealed: _____

Notes: _____

_____

Day 21 · Onto the Shelf

☐ **Book:** Chapter 3, section 3.2 · Appendix B

New pints go to the back of the row, or to one end: first in, first out. Add the batch to your Shelf Log.

Notes: _____

_____

Week 3 done? ☐ Yes. Pints on my shelf: _____

Week 4 · Your Shelf

The last week makes it a habit: one more supper, one more pot, and a plan for the month ahead.

Day 22 · Another Shelf Supper

☐ **Book:** Chapter 3, section 3.3 · the recipe's "Tonight"

Reach for the jar at the front, the oldest date. Checks, boil, finish. Tick it in the Shelf Log.

Notes: _____

_____

Day 23 · Pick a Third Recipe

☐ **Book:** Chapters 4 to 8

Several different recipes make a better shelf than a year of the same stew. Choose a third kind, read the whole page, and check its "Makes" line against your canner.

My third recipe: _____ Chapter ____

Notes: _____

_____

Day 24 · Shop and Set Out

☐ **Book:** your third recipe page

Buy the full list, check the rims, set out unused flat lids.

Notes: _____

_____

Day 25 · Third Canning Day

☐ **Book:** your third recipe page · Chapter 2, Phases 2 and 3

The whole pot, then the pints, one step at a time.

Notes: _____

_____

Day 26 · Seals and Labels

☐ **Book:** Chapter 3, section 3.1 · Appendix B

After 12 to 24 hours: bands off, press, tap and look, then label every jar.

Notes: _____

_____

Day 27 · Put the Shelf in Order

☐ **Book:** Chapter 3, section 3.2 · Appendix B

Rows you can see, labels facing you, the oldest date at the front. Count the pints in your Shelf Log.

Pints on my shelf: _____ Oldest “best by” date: _____

Notes: _____

_____

Day 28 · Plan the Month Ahead

☐ **Book:** Chapter 3, section 3.2

Decide how many shelf suppers a week you’d like. Section 3.2 shows the sum: once a week is 52 pints in a year. For best quality, plan a shelf you’ll eat within a year. The Pint Shelf Planner works out which pints to put up next, and when.

Shelf suppers a week: _____ Next canning day: _____ Recipe: _____

Notes: _____

_____

Week 4 done? ☐ Yes. Pints on my shelf: _____

My 28 Days

Tick one box a day. Put this page where you'll see it. Canning days are in bold.

Done	Day	Task	Done	Day	Task
☐	1	How the Book Works	☐	15	Open Your First Pint
☐	2	Why a Pressure Canner, and Whose Times	☐	16	Tick It Off
☐	3	Check Your Equipment	☐	17	Pick a Second Recipe
☐	4	Get to Know Your Canner	☐	18	Shop and Set Out
☐	5	Find Your Pressure	☐	19	**Second Canning Day**
☐	6	Pick Your First Pot	☐	20	Seals and Labels
☐	7	Read the Page, Make the List	☐	21	Onto the Shelf
☐	8	Read the Thirteen Steps	☐	22	Another Shelf Supper
☐	9	Shop and Set Out	☐	23	Pick a Third Recipe
☐	10	**Canning Day**	☐	24	Shop and Set Out
☐	11	Check the Seals	☐	25	**Third Canning Day**
☐	12	Label Every Jar	☐	26	Seals and Labels
☐	13	Put the Pints Away	☐	27	Put the Shelf in Order
☐	14	Before You Open a Jar	☐	28	Plan the Month Ahead

My shelf at the end of the plan: _____ pints of _____ recipes.

This plan organizes your practice; it doesn't replace any step in the book. Follow each recipe page exactly as written, use a stovetop pressure canner with a weighted or dial gauge, and follow the manufacturer's instructions for your canner. Canning guidance can change: before you start, check the current recommendations of the USDA, the National Center for Home Food Preservation or your local extension office. If a jar has lost its seal, has a bulging lid, spurts liquid, shows mold or smells wrong, do not taste it and do not eat it. This plan is not medical advice.