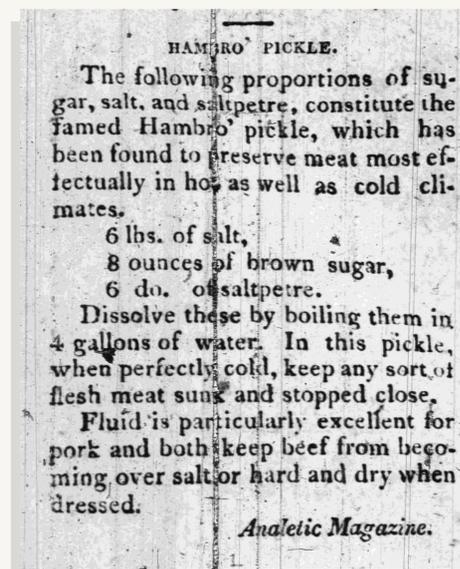


CANNING AND PRESERVATION

Preserving foods for later consumption has long been a part of food culture all across the world. In Onslow County canning or “putting up” surplus vegetables and fruits from the harvest meant that there would be vitamins and minerals available during other seasons. Often previous generations passed down the recipes and methods used to can foods like sauerkraut, tomatoes, jams and jellies, beans, and many other foods. Some people became known for their recipes, which might be shared with friends, neighbors, or even farther by the newspaper.



Newspapers printed locally and in neighboring cities carried recipes for its readers. This one printed in the *Newbern Sentinel* in 1818 describes how to make a pickle for preserving meat.

Onslow's first county fair, held in 1859, had many entries for peoples' favorite foods. The winners here submitted many items that had been canned at home. What do you think groundpea candy could be? The “do” simply stands for ditto.

Best black grape jelly, do	1
“ white do do Mrs E W Fonville,	1
2d “ do do do	50c.
Best apple jelly Mrs J B Kelley, of Duplin.	1
2d “ do do Mrs E W Montfort,	50c.
“ blackberry jam, Mrs B M Barry,	1
“ sweet tomato pickles, Mrs E W Fonville,	2
“ brandy peaches, do	1
2d “ do do Mrs E W Montfort,	50c.
“ watermelon preserves Mrs E W Fonville,	2
2d “ do do Mrs H Jarman,	1
“ groundpea candy, Miss M Pearce,	25c.
“ tomato preserves, Mrs E W Fonville,	2
“ grape, do Mrs Henry Jarman,	2
“ pear, do do	2
“ peach, do do	2
“ citron, do Mrs R J Pearsall, of Dupin,	2
Best bottle Chinese sugar cane syrup, J B Kelley, of Duplin,	50c.
2d “ bottle Chinese sugar cane syrup, by O Huggins,	25c.

Newbern Daily Progress, Tuesday, November 29, 1859

To learn more about pickled pork in Onslow County scan the QR code or visit the URL.

<https://youtu.be/5PCzRPia-PQ>



In 1914 the Smith Lever Act established the Cooperative Extension service, which soon began home demonstration programs that taught safe ways of preserving food. As electricity became more widely used refrigeration and freezing also became popular ways of preventing food from going bad. Home demonstration programs taught methods but also helped bring knowledge about better nutrition to rural families. Out of these programs grew homemakers associations, many of which still meet today. These groups often produced cookbooks which contained recipes for canned as well as cooked foods.



Today most canned foods are preserved in steel cans that are commonly purchased at the grocery store. However, many families still preserve

food using decades old methods and recipes. These goods can sometimes be purchased at farm stands and markets.

In Onslow County canning remains an important part of preserving home grown produce. The Cooperative Extension office continues to provide workshops to help teach safe canning procedures.



The county fair continues to be a showcase for Onslowans' canned fruits and vegetables.