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# University of Arizona

COLLEGE OF AGRICULTURE  
AGRICULTURAL EXTENSION SERVICE

ARIZONA  
BOYS' AND GIRLS' 4-H CLUB WORK  
FIRST YEAR CANNING CLUB



By  
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P. H. Ross, *Director*

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### CLUB EMBLEM

The four-leaf clover with an H on each leaflet is the National Boys' and Girls' 4-H Club emblem. The four H's represent the fourfold development of head, heart, hands, and health.

### CLUB PLEDGE

As a true club member I pledge my head to clearer thinking, my heart to greater loyalty, my hands to larger service, and my health to better living for my club, my community, and my country.

### CLUB MOTTO

"Make the Best Better"

### CLUB CREED

The Arizona 4-H Club creed is:

I believe in boys' and girls' club work because of the opportunity it gives me to become a useful citizen.

I believe in the training of my head because of the power it will give me to think, to plan, and to reason.

I believe in the training of my hands because it will make me helpful, skillful, and useful.

I believe in the training for health because of the strength it will give me to enjoy life, to resist disease, and to become efficient.

I believe in the great trinity of club work—the school, the home, and achievement.

I believe in my country, in the state of Arizona, and in my responsibility for their development.

To the fulfillment of all these things I am willing to dedicate my service.

## 4-H CANNING CLUBS

The five years of 4-H club work in canning are designed to give club girls a practical working knowledge of the general field of food preservation and if possible should be taken in order.

It is highly desirable that all canning club girls should take the first year's work before taking the work of the following years, because the first year's work covers the simpler processes in food preservation. But where it is not possible to obtain fruit and tomatoes, and the girls desiring to form a canning club are of the age required for second year work, it would be permissible to take the second year before the first. The remaining years should be taken in the order specified. The third year's work is not absolutely essential but is necessary in order that club girls may receive general instructions that are very important and without which their knowledge of the entire field mapped out for them would be decidedly lacking.

The fifth year's work is not necessary in order to complete the field of canning but it does make a splendid program in canning for older girls who have had the previous work.

More than one year's canning may be carried on during any one year, particularly if the first year's work is the one taken with that of some other year. The requirements for each year's work are as follows:

### REQUIREMENTS FOR FIRST YEAR 4-H CANNING CLUBS

1. Each member will can at least 3 quarts of tomatoes or 3 pints of ripe pimientos.
2. Each member will can 9 quarts of fruit, 3 quarts each of any three varieties.

Exhibits:

1. Three jars of tomatoes or ripe pimientos.
2. One jar each of three varieties of fruit.

### REQUIREMENTS FOR SECOND YEAR 4-H CANNING CLUBS

1. Each member will can 9 quarts of vegetables, 3 quarts each of any three varieties.
2. Each member will make 9 pints of vegetable or fruit preserves, 3 pints each of any three varieties.

Exhibits:

1. Three jars of vegetables, three varieties.
2. Three jars of preserves, three varieties.

#### REQUIREMENTS FOR THIRD YEAR 4-H CANNING CLUBS

1. Each member will can 9 quarts of pickles or relishes, 3 quarts each of any three varieties.
2. Each member will make 9 pints of jams, butters, conserves, or marmalades, 3 pints each of any three varieties.

#### Exhibits:

1. Three jars pickles or relishes, three varieties.
2. Three jars jams, butters, conserves, or marmalades, three varieties.

#### REQUIREMENTS FOR FOURTH YEAR 4-H CANNING CLUBS

1. Each member will can 9 pints of meat, at least 1 pint each of any three varieties.
2. Each member will make 9 pints of jelly, at least three varieties.

#### Exhibits:

1. Three jars canned meat, three varieties.
2. Three jars jelly, three varieties.

#### REQUIREMENTS FOR FIFTH YEAR 4-H CANNING CLUBS

#### Each member will can:

1. Three varieties of fruit.
2. Three varieties of vegetables, including tomatoes and greens.
3. Three varieties of pickles or relishes.
4. Three varieties of preserves, including jams, butters, and marmalades.
5. Three varieties of jelly.
6. Three varieties of meats.

#### Exhibits: (The budget needed for a single individual for one week)

1. Three jars of vegetables, including tomatoes and greens.
2. Three jars of canned fruit, three varieties.
3. Three jars of canned meat, three varieties.
4. One jar of preserves (jam, butters, marmalades, or jellies).
5. One jar of pickles or relish.
6. One jar of tomato, fruit, or kraut juice.

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REQUIREMENTS FOR FIRST YEAR 4-H CANNING CLUBS

1. Prepare a club program of work.
2. Finish with 60 per cent of enrollment.
3. All work completed with stories and reports by November 15.

REQUIREMENTS FOR MEMBERS

1. Girls for this work must be at least twelve years of age.
2. Each member will can 3 quarts of tomatoes or 3 pints of ripe pimientos.
3. Each member will also can 9 quarts of fruit.
4. At least two thirds of this work should be done as home work by members in their own homes.
5. Each member will also make an effort to exhibit at local, county, or state fairs.
6. Each member will attend six club meetings.
7. Each member will keep records of all work.
8. Each member will write a story of work and make a final report.

DIRECTIONS FOR CANNING CLUBS

Each member will can at least 3 quarts of tomatoes or 3 pints of ripe pimientos (or pimentos).

Each member will also can 9 quarts of fruit, 3 quarts each of any three of the following fruits: apples, peaches, pears, apricots, plums, currants, grapes, berries, cherries, rhubarb, grapefruit, figs or oranges. The following are preferable combinations:

3 qts. apples	3 qts. apples	3 qts. pears	3 qts. pears	3 qts. pears
3 qts. peaches	3 qts. plums	3 qts. peaches	3 qts. grapes	3 qts. grapefruit
3 qts. rhubarb	3 qts. grapefruit	3 qts. figs	3 qts. rhubarb	3 qts. rhubarb

Each member will also make an effort to exhibit at local, county or state fairs, 3 quarts of tomatoes or 3 pints of ripe pimientos and 1 quart each of the three varieties of fruit canned. Fruits and vegetables may be exhibited in any standard type glass jars. If member cannot make complete exhibit, she should exhibit one jar of each variety canned.

## NOTES ON PROCESSING

The following recipes may be used and the processing may be done by the wash boiler or water-bath process as follows: Place a wooden rack or a wire rack with wooden cleats under it on the bottom of a wash boiler, large kettle, or saucepan that is deeper than the jars to be processed in it. Fill the boiler or kettle about half full of hot water, and as the jars are filled place them on the rack in the hot water.

Heating material to kill the bacteria, yeast, or molds is called "processing." Process at the temperature and for the time indicated in the table. Observe the following precautions in using glass jars and tin cans in water bath.

In canning tomatoes or fruit, it is necessary to sterilize jars and lids before filling them. To sterilize jars, place them on their sides in a pan or kettle with an inch or so of cold water; then cover tightly and bring to a boil. Boil for fifteen minutes. Remove from covered container as needed, being careful not to touch inside of jar or lid with the fingers. Lids that are used with rubbers may be boiled with the jars and the rubbers dipped before use in boiling water. Lids that are self sealing should not be boiled with the jars but may have boiling water poured over them and they may be allowed to stand in the boiling water while the jars are being filled.

With the water-bath canner be sure that the jars or cans are far enough apart and that the rack on which they are supported is so arranged that the water can circulate freely under and around them.

Have the water in the canner hot before putting in any jars or cans. The glass jars must be hot either from preheating in water or from filling with hot material in order to prevent breakage.

When all the containers are in the boiler, see that the level of the water comes over the tops.

Count time as soon as the water begins to boil vigorously.

As soon as the processing time is up, remove the jars or cans from the water. If the jars were not sealed completely before processing, seal wire-clamp or screw-top jars upon removal from the canner; with self-sealing type the seal is automatic and is already complete. Place all glass jars so that they will cool quickly to room temperature *but do not invert*.

First year canning club girls should follow this process and not use steam under pressure.

## SCORE CARD

	Per cent
Pack—full, attractive, practical.....	20
Liquid—clean, clear, enough to cover for fruits or tomatoes.....	10
Color—natural color, not faded or unnaturally bright.....	20

Quality of products—distinct, uniform pieces, well · prepared, firm, keeping original shape.....	40
Appearance of container—clean, suitable container, clear glass, neat label.....	10
Total—perfect score.....	100

### SIRUPS USED IN CANNING

In canning fruits, it is advisable to prepare in advance the sirup which will be needed. The degree of concentration of the sirup recommended for different fruits varies and is designated as thin, medium, and thick.

For thin sirup use one cup of sugar and three cups of water.

For medium sirup use one cup of sugar and two cups of water.

For thick sirup use one cup of sugar and one cup of water.

In each case the sugar and water are heated together and stirred carefully until the sugar is dissolved and the sirup brought to a boil. Fruit juice may be substituted for the water in the sirup with marked improvement in flavor, or honey may be substituted for sugar. In strong flavored fruits honey may be used in equal amount for all the sugar required. In delicately flavored fruits it is better to use one half sugar and the other half honey.

### PREPARATION FOR SEALING

When the jar is filled, wipe off the top carefully, and if using rubbers, place the rubber band in position, adjust the lid according to instructions for that particular type of jar. If using the spring-type jar, adjust the lid, put the clamp in place by leaving the spring up. If using the screw-top jar, adjust the lid and turn the screw as tight as possible, using the thumb and small finger only. If using the type of jar with the composition in the lid, take the lid out of the water, place on the jar with the sealing composition next to the glass, and screw the band firmly tight.

Do not turn jar upside down as it is removed from the cooker.

### VEGETABLES

#### Ripe Pimientos (or Pimentos)

Heat in hot fat or oven to loosen the peel. Peel and pack in small containers. Add one half teaspoon salt to each pint and process required time by table.

#### Tomatoes

Select firm, ripe tomatoes of uniform size and shape. Do not use tomatoes which are overripe or parts of which are spotted or decayed. Put tomatoes into trays or shallow layers in wire baskets and dip in boiling water until skins slip. Remove and plunge quickly into cold water for an instant. Drain at once, and core and skin promptly. Pack into jars or cans as closely as possible without crushing. Fill with tomato juice made by boiling tomatoes that cannot be canned whole. Strain off juice to fill cans of whole

tomatoes and can the remainder for stewed tomatoes as it is, with only a teaspoon of salt per quart of tomatoes in each case. For home use, fill with a thick tomato sauce or with the juice of other tomatoes without straining; but if the tomatoes are to be sold under federal regulations, add only the juice which drains from them during peeling and trimming. Process immediately

## FRUITS

### Apples

Pare the apples and cut them into the sizes desired. If the pieces must stand place them in a mild salt solution (one fourth cup salt to 1 gallon water) to prevent them from turning dark. They may be packed directly into jars and covered with boiling hot, thin sirup. Apples packed raw shrink in canning so that the containers are not full. This can be prevented if they are boiled for five minutes in the sirup before packing. In this case fill the cans hot, cover with sirup boiling hot, and place immediately on the rack in the wash boiler. Apples may also be baked as for serving, adding sugar to taste and water if necessary. Pack hot in the containers, cover with hot sirup, and process immediately.

### Apricots

Same as peaches.

### Berries

Gather the berries in shallow vessels so as to prevent crushing, and can them as soon as possible after gathering. Sort the fruit and use the smaller and any imperfect berries for the preparation of juice to use in making a sirup of medium sweetness. Wash carefully and remove caps and stems. Pack the fruit in containers, press it gently into place, and cover with the prepared medium sirup boiling hot. Some berries shrink so much during processing that the containers are not well filled and the berries tend to float. This can be prevented by precooking the berries before filling the containers. To each pound of berries, add  $\frac{1}{4}$  to  $\frac{1}{2}$  pound of sugar, according to the sweetness of the fruit. Place in a kettle and heat to boiling, stirring gently, and boil for five minutes. Pack boiling hot and process immediately.

### Cherries

Cherries may be canned pitted or unpitted, depending upon personal taste and the way in which they are to be served. If used unpitted they should be pricked to prevent shrinkage. Pack them in clean, sterilized jars and cover with boiling sirup, using thick sirup for sour cherries and medium for sweet. A better flavor will be obtained if the sirup is made from the juice which collects on pitting the cherries. To avoid shrinkage in jar, pre-cook by boiling gently for three minutes before packing, and then process required time by table.

### Currants

Same as berries.

**Figs**

Sprinkle one cup of soda over 6 quarts of figs. Add 1 gallon of boiling water. Allow figs to stand in this five minutes. Drain and rinse well. Add 2 quarts boiling medium sirup. Boil for one hour. Fill in containers and cover with hot sirup. Process required time by table

**Gooseberries**

Use the method suggested for berries, substituting a thick for a medium sirup. Or, if desired, prepare a sauce by adding a small quantity of water to the berries after they have been sorted and washed and boil until the fruit is cooked to a pulp. To each quart of this pulp add one half cup of sugar or more if preferred. Heat until the sugar is dissolved, and while boiling hot pack in jars.

**Grapefruit**

Remove peel and as much of the white lining as possible. Separate into segments. With scissors clip the ends of membrane covering each segment and peel this membrane or skin off carefully, using scissors to clip away the little or stringy membrane running down the back of each segment. With careful handling the pulp in each section will retain its original size and shape. This pulp may be packed directly into the jars and the jars filled up with juice that has been strained, and then process, or put the sections into a kettle and cover with strained juice and bring to a boil. Boil gently for three minutes. Pack into jars and cover with boiling juice. Process five minutes.

If preferred, sugar, honey, or Karo sirup may be added for sweetening but since the canned fruit may be desired for salads it is not necessary. If sweetness is desired use one cup sugar, sirup, or honey, to three cups juice. Honey or sugar are apt to give grapefruit a creamy color while light Karo or no sweetening leaves it uncolored or natural.

**Grapes (First Method)**

Wash the grapes and prick each one to prevent the skins from breaking. Pack the grapes and cover with a hot sirup. Adjust the lids and process.

**(Second Method)**

Prepare the grapes as in the first method. Boil gently for five minutes. Pack hot into hot, sterilized jars and cover with hot sirup. Process.

**Oranges**

Same as grapefruit.

**Peaches**

Before preparing fruit make thin sirup or richer if desired. Put in one cracked peach pit for every quart of sirup. Boil for five minutes and strain. Immerse the peaches in boiling water for about one minute or until the skins will slip easily, plunge at once into cold water for a few seconds. Remove the skins, cut the

peaches into halves or slice them, and discard the pits. Pack at once, placing the halves in overlapping layers, the concave surface of each half being downward. Fill the containers with boiling sirup. To avoid shrinkage in the jar boil the peaches in the sirup for five minutes before packing the jar. Process the required length of time according to the table.

#### Pears

Peel, cut in halves, core, and cook in boiling, medium sirup for four to eight minutes, according to the size of the fruit. This pre-cooking makes hard varieties of pears pack better. Pack the pears hot into containers and fill them with boiling sirup. Process immediately.

#### Plums

Plums are ordinarily canned whole, and should be gathered just as they are commencing to ripen. After they are washed, prick each plum to prevent the skin from bursting. To avoid shrinkage precook three to five minutes before packing into jar. Fill into jars and cover with boiling, medium sirup. Process immediately. Or, if preferred, prepare sauce by cooking the plums with sugar to taste until the sugar has dissolved. The pits and skins may be strained out or not as desired. Fill the containers boiling hot.

#### Rhubarb

Select young, tender stalks. Trim and wash carefully, cut into ½-inch lengths, pack into the containers, and cover with boiling hot, thick sirup. Another method is to cut the rhubarb in ½-inch lengths, add one fourth as much sugar as rhubarb by measure, and

TIMETABLE FOR PROCESSING VEGETABLES AND FRUITS

Product Vegetables	Processed— boiler with false bottom	Product Fruits	Processed— boiler with false bottom
Pimientos .....	40 min.*	Apples .....	15 min.*
Tomatoes .....	45 min.*	Apricots .....	15 min.*
		Berries .....	20 min.*
		Cherries .....	25 min.*
		Currants .....	20 min.*
		Figs .....	5 min.*
		Gooseberries .....	20 min.*
		Grapefruit .....	5 min.
		Grapes .....	20 min.*
		Oranges .....	5 min.
		Peaches .....	15 min.*
		Pears .....	20 min.*
		Plums .....	20 min.*
		Rhubarb .....	5 min.*

\*From U. S. Department of Agriculture Farmers' Bulletin No. 1471, Revised 1933.

Note: This time given for processing in boiling water applies only to altitude of 1,000 feet or less. For higher altitudes than this increase the period of time 20 per cent for each 1,000 feet. (Farmers' Bulletin No. 1471, Revised 1933, Page 18.) The time given is for quart jars. Pints may be given same time without harm to contents.

bake until tender in a covered dish. Pack this sauce boiling hot into the jar and process immediately, being careful not to mash rhubarb in filling the jar.

Note: For further information see U. S. Department of Agriculture Farmers' Bulletin No. 1471, "Canning of Fruits and Vegetables."

TIMETABLE SHOWING INCREASED TIME FOR DIFFERENT  
ALTITUDES IN ARIZONA  
WATER-BATH METHOD

Place	Elevation	Boiling times at given elevations for varying times at sea level				
		5 min.	15 min.	20 min.	25 min.	45 min.
Ajo .....	1,770	6.77	20.3	26.1	33.8	60.9
Alpine .....	8,500	13.5	40.5	54.0	67.5	121.5
Ashfork .....	5,160	10.2	30.5	40.8	51.0	91.8
Benson .....	3,523	8.5	25.5	34.0	42.5	76.5
Bisbee .....	5,425	10.4	31.2	41.6	52.0	93.6
Bouse .....	1,100	6.1	18.3	24.4	30.5	54.9
Bowie .....	3,756	8.7	26.1	34.8	43.5	78.3
Buckeye .....	980	6.0	18.0	24.0	30.0	54.0
Camel Back .....	1,249	6.2	18.6	24.8	31.0	55.8
Canille .....	5,255	10.3	30.9	41.2	51.5	92.7
Casa Grande .....	1,400	6.4	19.2	25.6	32.0	57.6
Chandler .....	1,213	6.2	18.6	24.8	31.0	55.8
Clemenceau .....	3,460	8.5	25.5	34.0	42.5	76.5
Clifton .....	3,465	8.5	25.5	34.0	42.5	76.5
Cochise Stronghold .....	4,950	9.9	29.7	39.6	49.5	89.1
Douglas .....	3,930	8.9	26.7	35.6	44.5	80.1
Fairbank .....	3,862	8.86	26.6	35.4	44.3	80.0
Flagstaff .....	6,907	11.9	35.7	47.6	59.5	107.1
Florence .....	1,500	6.5	19.5	26.0	32.5	58.5
Ft. Apache .....	5,300	10.3	30.9	41.2	51.5	92.7
Ft. Defiance .....	6,950	11.95	35.8	47.8	59.7	107.5
Ganado .....	6,840	11.8	35.4	47.2	59.0	106.2
Gila Bend .....	737	5.7	17.1	22.8	28.5	51.3
Globe .....	3,440	8.4	25.2	33.6	42.0	75.6
Grand Canyon .....	6,866	11.86	35.6	47.4	59.3	106.7
Holbrook .....	5,089	10.1	30.3	40.4	50.5	90.9
Jerome .....	5,250	10.2	30.6	40.8	51.0	91.8
Kingman .....	3,266	8.3	24.9	33.2	41.5	74.7
Litchfield Park .....	1,180	6.2	18.6	24.8	31.0	55.8
Maricopa .....	1,186	6.2	18.6	24.8	31.0	55.8
Marinette .....	1,150	6.1	18.3	24.4	30.5	54.9
McNary .....	7,251	12.2	36.6	48.8	61.0	109.8
Mesa .....	1,245	6.2	18.6	24.8	31.0	55.8
Miami .....	3,603	8.6	25.8	34.4	43.0	77.4
Mohawk .....	538	5.4	16.2	21.6	27.0	48.6
Mormon Lake .....	7,000	12.0	36.0	48.0	60.0	108.0
Nogales .....	3,839	8.8	26.4	35.2	44.0	79.2
Oracle .....	4,522	9.5	28.5	38.0	47.5	85.5
Parker .....	350	5.3	15.9	21.2	26.5	47.7
Payson .....	4,906	9.9	29.7	39.6	49.5	89.1
Phoenix .....	1,108	6.1	18.3	24.4	30.5	54.9
Pinedale .....	6,500	11.5	34.5	46.0	57.5	103.5
Prescott .....	5,389	10.4	31.2	41.6	52.0	93.6
Quartzsite .....	871	5.9	17.7	23.6	29.5	53.1

TIMETABLE SHOWING INCREASED TIME FOR DIFFERENT  
ALTITUDES IN ARIZONA  
WATER-BATH METHOD—Continued

Place	Elevation	Boiling times at given elevations for varying times at sea level				
		5 min.	15 min.	20 min.	25 min.	45 min.
Redrock .....	1,856	6.9	20.7	27.6	34.5	62.1
Roll .....	257	5.3	15.9	21.2	26.5	47.7
Roosevelt (Gila) .....	2,275	7.3	21.9	29.2	36.5	65.7
Rucker Canyon .....	5,634	10.6	31.8	42.4	53.0	95.4
Sacaton .....	1,280	6.3	18.9	25.2	31.5	56.7
St. Johns .....	5,650	10.6	31.8	42.4	53.0	95.4
Salome .....	1,775	6.8	20.4	27.2	34.0	61.2
Seligman .....	5,219	10.2	30.6	40.8	51.0	91.8
Snowflake .....	5,644	10.6	31.8	42.4	53.0	95.4
San Simon .....	3,609	8.6	25.8	34.4	43.0	77.4
Springerville .....	6,822	11.8	35.4	47.2	59.0	106.2
Superior .....	3,000	8.0	24.0	32.0	40.0	72.0
Tempe .....	1,159	6.2	18.6	24.8	31.0	55.8
Thatcher .....	2,800	7.8	23.4	31.2	39.0	70.2
Tombstone .....	4,580	9.6	28.8	38.4	48.0	86.4
Tuba City .....	4,500	9.5	28.5	38.0	47.5	85.5
Tucson .....	2,423	7.4	22.2	29.6	37.0	66.6
Vail .....	3,241	8.2	24.6	32.8	41.0	73.8
Wellton .....	225	5.2	15.6	20.8	26.0	46.8
Wickenburg .....	2,072	7.1	21.3	28.4	35.5	63.9
Willcox .....	4,200	9.2	27.6	36.8	46.0	82.8
Williams .....	6,750	11.7	35.1	46.8	58.5	105.3
Winslow .....	4,848	9.8	29.4	39.2	49.0	88.2
Yuma Valley .....	110	5.1	15.3	20.4	25.5	45.9

Note: For other communities not listed here increase the processing time 20 per cent for every 1,000 feet increase in elevation above sea level.