Complete Guide to

Home Canning

Guide 4

Selecting, Preparing, and Canning Vegetables and Vegetable Products

United States Department of Agriculture

National Institute of Food and Agriculture

Guide 4

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ASPARAGUS—SPEARS OR PIECES

Quantity: An average of 24-1/2 pounds is needed per canner load of 7 quarts; an average of 16 pounds is needed per canner load of 9 pints. A crate weighs 31 pounds and yields 7 to 12 quarts—an average of 3-1/2 pounds per quart.

Quality: Use tender, tight-tipped spears, 4 to 6 inches long.

Procedure: Wash asparagus and trim off tough scales. Break off tough stems and wash again. Cut into 1-inch pieces or can whole.

Hot pack—Cover asparagus with boiling water. Boil 2 or 3 minutes. Loosely fill hot jars with hot asparagus, leaving 1-inch headspace.

Raw pack—Fill hot jars with raw asparagus, packing as tightly as possible without crushing, leaving 1-inch headspace.

Add 1 teaspoon of salt per quart to the jars, if desired. Add boiling water, leaving 1-inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened clean paper towel. Adjust lids and process.

Recommended process time for Asparagus in a dial-gauge pressure canner

Style of Pack	Jar Size	Process Time	Canner Pressure (PSI) at Altitudes of 0–2,000 ft	2,001–4,000 ft	4,001–6,000 ft	6,001–8,000 ft
Hot and Raw	Pints	30 min	11 lb	12 lb	13 lb	14 lb
	Quarts	40	11	12	13	14

Recommended process time for Asparagus in a weighted-gauge pressure canner

Style of Pack	Jar Size	Process Time	Canner Pressure (PSI) at Altitudes of 0–1,000 ft	Above 1,000 ft
Hot and Raw	Pints	30 min	10 lb	15 lb
	Quarts	40	10	15

BEANS OR PEAS—SHELLED, DRIED

All varieties

Quantity: An average of 5 pounds is needed per canner load of 7 quarts; an average of 3-1/4 pounds is needed per canner load of 9 pints—an average of 3/4 pound per quart.

Quality: Select mature, dry seeds. Sort out and discard discolored seeds.

Procedure: Place dried beans or peas in a large pot and cover with water. Soak 12 to 18 hours in a cool place. Drain water. To quickly hydrate beans, you may cover sorted and

washed beans with boiling water in a saucepan. Boil 2 minutes, remove from heat, soak 1 hour and drain. Cover beans soaked by either method with fresh water and boil 30 minutes. Add 1/2 teaspoon of salt per pint or 1 teaspoon per quart to the jar, if desired. Fill hot jars with beans or peas and cooking water, leaving 1-inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened clean paper towel. Adjust lids and process.

Recommended process time for Beans or Peas in a dial-gauge pressure canner

Style of Pack	Jar Size	Process Time	Canner Pressure (PSI) at Altitudes of 0–2,000 ft	2,001–4,000 ft	4,001–6,000 ft	6,001–8,000 ft
Hot	Pints	75 min	11 lb	12 lb	13 lb	14 lb
	Quarts	90	11	12	13	14

Recommended process time for Beans or Peas in a weighted-gauge pressure canner

Style of Pack	Jar Size	Process Time	Canner Pressure (PSI) at Altitudes of 0–1,000 ft	Above 1,000 ft
Hot	Pints	75 min	10 lb	15 lb
	Quarts	90	10	15

BEANS, BAKED

Procedure: Soak and boil beans and prepare molasses sauce according to directions for beans with sauce on page 4-6. Place seven 3/4-inch pieces of pork, ham, or bacon in an earthenware crock, a large casserole, or a pan. Add beans and enough molasses sauce to cover beans. Cover and bake 4 to 5 hours at 350°F Add water as needed-about every hour. Fill hot jars, leaving 1-inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened clean paper towel. Adjust lids and process as for beans with sauce on page 4-7.

BEANS, DRY, WITH TOMATO OR MOLASSES SAUCE

Quantity: An average of 5 pounds of beans is needed per canner load of 7 quarts; an average of 3-1/4 pounds is needed per canner load of 9 pints—an average of 3/4 pound per quart.

Quality: Select mature, dry seeds. Sort out and discard discolored seeds.

Procedure: Sort and wash dry beans. Add 3 cups of water for each cup of dried beans or peas. Boil 2 minutes, remove from heat and soak 1 hour and drain. Heat to boiling in fresh water, and save liquid for making sauce. Make your choice of the following sauces:

Tomato Sauce—Either mix 1 quart tomato juice, 3 tablespoons sugar, 2 teaspoons salt, 1 tablespoon chopped onion, and 1/4 teaspoon each of ground cloves, allspice, mace, and cayenne pepper; or, mix 1 cup tomato ketchup with 3 cups of cooking liquid from beans. Heat to boiling.

Molasses Sauce—Mix 4 cups water or cooking liquid from beans, 3 tablespoons dark molasses, 1 tablespoon vinegar, 2 teaspoons salt, and 3/4 teaspoon powered dry mustard. Heat to boiling.

Fill hot jars three-fourths full with hot beans. Add a 3/4-inch cube of pork, ham, or bacon to each jar, if desired. Fill jars with heated sauce, leaving 1-inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened clean paper towel. Adjust lids and process.

Recommended process time for Beans, Dry, with Tomato or Molasses Sauce in a dial-gauge pressure canner

			Canner Pressure (PSI) at Altitudes of			
Style of Pack	Jar Size	Process Time	0–2,000 ft	2,001–4,000 ft	4,001–6,000 ft	6,001–8,000 ft
Hot	Pints	65 min	11 lb	12 lb	13 lb	14 lb
	Quarts	75	11	12	13	14

Recommended process time for Beans, Dry, with Tomato or Molasses Sauce in a weighted-gauge pressure canner

			Canner Pressure (PSI) at Altitudes of	
Style of Pack	Jar Size	Process Time	0–1,000 ft	Above 1,000 ft
Hot	Pints	65 min	10 lb	15 lb
	Quarts	75	10	15

BEANS, FRESH LIMA—SHELLED

Quantity: An average of 28 pounds is needed per canner load of 7 quarts; an average of 18 pounds is needed per canner load of 9 pints. A bushel weighs 32 pounds and yields 6 to 10 quarts—an average of 4 pounds per quart.

Quality: Select well-filled pods with green seeds. Discard insect-damaged and diseased seeds.

Procedure: Shell beans and wash thoroughly.

Hot pack—Cover beans with boiling water and heat to boil. Fill hot jars loosely, leaving 1-inch headspace.

Raw pack—Fill hot jars with raw beans. Do not press or shake down.
Small beans—leave 1-inch of headspace for pints and 1-1/2 inches for quarts.
Large beans—leave 1-inch of headspace for pints and 1-1/4 inches for quarts.

Add 1 teaspoon of salt per quart to the jar, if desired. Add boiling water, leaving the same headspaces listed above. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened clean paper towel. Adjust lids and process.

Recommended process time for Lima Beans in a dial-gauge pressure canner

Style of Pack	Jar Size	Process Time	Canner Pressure (PSI) at Altitudes of 0–2,000 ft	2,001–4,000 ft	4,001–6,000 ft	6,001–8,000 ft
Hot and Raw	Pints	40 min	11 lb	12 lb	13 lb	14 lb
	Quarts	50	11	12	13	14

Recommended process time for Lima Beans in a weighted-gauge pressure canner

Style of Pack	Jar Size	Process Time	Canner Pressure (PSI) at Altitudes of 0–1,000 ft	Above 1,000 ft
Hot and Raw	Pints	40 min	10 lb	15 lb
	Quarts	50	10	15

BEANS, SNAP AND ITALIAN—PIECES

Green and wax

Quantity: An average of 14 pounds is needed per canner load of 7 quarts; an average of 9 pounds is needed per canner load of 9 pints. A bushel weighs 30 pounds and yields 12 to 20 quarts—an average of 2 pounds per quart.

Quality: Select filled but tender, crisp pods. Remove and discard diseased and rusty pods.

Procedure: Wash beans and trim ends. Leave whole or cut or snap into 1-inch pieces.

Hot pack—Cover with boiling water; boil 5 minutes. Fill hot jars, loosely leaving 1-inch headspace.

Raw pack—Fill hot jars tightly with raw beans, leaving 1-inch headspace.

Add 1 teaspoon of canning salt per quart to the jar, if desired. Add boiling water, leaving 1-inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened clean paper towel. Adjust lids and process.

Recommended process time for Snap and Italian Beans in a dial-gauge pressure canner						
			Canner Pressure (PSI) at Altitudes of			
Style of Pack	Jar Size	Process Time	0–2,000 ft	2,001–4,000 ft	4,001–6,000 ft	6,001–8,000 ft
Hot and Raw	Pints	20 min	11 lb	12 lb	13 lb	14 lb
	Quarts	25	11	12	13	14

Recommended process time for Snap and Italian Beans in a weighted-gauge pressure canner				
			Canner Pressure (PSI) at Altitudes of	
Style of Pack	Jar Size	Process Time	0–1,000 ft	Above 1,000 ft
Hot and Raw	Pints	20 min	10 lb	15 lb
	Quarts	25	10	15

BEETS—WHOLE, CUBED, OR SLICED

Quantity: An average of 21 pounds (without tops) is needed per canner load of 7 quarts; an average of 13-1/2 pounds is needed per canner load of 9 pints. A bushel (without tops) weighs 52 pounds and yields 15 to 20 quarts—an average of 3 pounds per quart.

Quality: Beets with a diameter of 1 to 2 inches are preferred for whole packs. Beets larger than 3 inches in diameter are often fibrous.

Procedure: Trim off beet tops, leaving an inch of stem and roots to reduce bleeding of color. Scrub well. Cover with boiling water. Boil until skins slip off easily; about 15 to 25 minutes depending on size. Cool, remove skins, and trim off stems and roots. Leave baby beets whole. Cut medium or large beets into 1/2-inch cubes or slices. Halve or quarter very large slices. Add 1 teaspoon of salt per quart to the jar, if desired. Fill hot jars with hot beets and fresh hot water, leaving 1-inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened clean paper towel. Adjust lids and process.

Recommended process time for Beets in a dial-gauge pressure canner						
			Canner Pressure (PSI) at Altitudes of			
Style of Pack	Jar Size	Process Time	0–2,000 ft	2,001–4,000 ft	4,001–6,000 ft	6,001–8,000 ft
Hot	Pints	30 min	11 lb	12 lb	13 lb	14 lb
	Quarts	35	11	12	13	14

Recommended process time for Beets in a weighted-gauge pressure canner				
			Canner Pressure (PSI) at Altitudes of	
Style of Pack	Jar Size	Process Time	0–1,000 ft	Above 1,000 ft
Hot	Pints	30 min	10 lb	15 lb
	Quarts	35	10	15

CARROTS—SLICED OR DICED

Quantity: An average of 17-1/2 pounds (without tops) is needed per canner load of 7 quarts; an average of 11 pounds is needed per canner load of 9 pints. A bushel (without tops) weighs 50 pounds and yields 17 to 25 quarts—an average of 2-1/2 pounds per quart.

Quality: Select small carrots, preferably 1 to 1-1/4 inches in diameter. Larger carrots are often too fibrous.

Procedure: Wash, peel, and rewash carrots. Slice or dice.

Hot pack—Cover with boiling water; bring to boil and simmer for 5 minutes. Fill hot jars, leaving 1-inch of headspace.

Raw pack—Fill hot jars tightly with raw carrots, leaving 1-inch headspace.

Add 1 teaspoon of salt per quart to the jar, if desired. Add hot cooking liquid or water, leaving 1-inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened clean paper towel. Adjust lids and process.

Recommended process time for Carrots in a dial-gauge pressure canner

			Canner Pressure (PSI) at Altitudes of			
Style of Pack	Jar Size	Process Time	0–2,000 ft	2,001–4,000 ft	4,001–6,000 ft	6,001–8,000 ft
Hot and Raw	Pints	25 min	11 lb	12 lb	13 lb	14 lb
	Quarts	30	11	12	13	14

Recommended process time for Carrots in a weighted-gauge pressure canner

			Canner Pressure (PSI) at Altitudes of	
Style of Pack	Jar Size	Process Time	0–1,000 ft	Above 1,000 ft
Hot and Raw	Pints	25 min	10 lb	15 lb
	Quarts	30	10	15

CORN—CREAM STYLE

Quantity: An average of 20 pounds (in husks) of sweet corn is needed per canner load of 9 pints. A bushel weighs 35 pounds and yields 12 to 20 pints—an average of 2-1/4 pounds per pint.

Quality: Select ears containing slightly immature kernels, or of ideal quality for eating fresh.

Procedure: Husk corn, remove silk, and wash ears. Blanch ears 4 minutes in boiling water. Cut corn from cob at about the center of kernel. Scrape remaining corn from cobs with a table knife.

Hot pack—To each quart of corn and scrapings, in a saucepan, add two cups of boiling water. Heat to boiling. Add 1/2 teaspoon salt to each jar, if desired. Fill hot pint jar with hot corn mixture, leaving 1-inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened clean paper towel. Adjust lids and process.

Recommended process time for Cream Style Corn in a dial-gauge pressure canner

			Canner Pressure (PSI) at Altitudes of			
Style of Pack	Jar Size	Process Time	0–2,000 ft	2,001–4,000 ft	4,001–6,000 ft	6,001–8,000 ft
Hot	Pints	85 min	11 lb	12 lb	13 lb	14 lb

Recommended process time for Cream Style Corn in a weighted-gauge pressure canner

			Canner Pressure (PSI) at Altitudes of	
Style of Pack	Jar Size	Process Time	0–1,000 ft	Above 1,000 ft
Hot	Pints	85 min	10 lb	15 lb

CORN—WHOLE KERNEL

Quantity: An average of 31-1/2 pounds (in husks) of sweet corn is needed per canner load of 7 quarts; an average of 20 pounds is needed per canner load of 9 pints. A bushel weighs 35 pounds and yields 6 to 11 quarts—an average of 4-1/2 pounds per quart.

Quality: Select ears containing slightly immature kernels or of ideal quality for eating fresh. Canning of some sweeter varieties or too immature kernels may cause browning. Can a small amount, check color and flavor before canning large quantities.

Procedure: Husk corn, remove silk, and wash. Blanch 3 minutes in boiling water. Cut corn from cob at about 3/4 the depth of kernel.

Caution: Do not scrape cob.

Hot pack—To each clean quart of kernels in a saucepan, add 1 cup of hot water, heat to boiling and simmer 5 minutes. Add 1 teaspoon of salt per quart to the jar, if desired. Fill hot jars with corn and cooking liquid, leaving 1-inch headspace.

Raw pack—Fill hot jars with raw kernels, leaving 1-inch headspace. Do not shake or press down. Add 1 teaspoon of salt per quart to the jar, if desired.

Add fresh boiling water, leaving 1-inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened clean paper towel. Adjust lids and process.

Recommended process time for Whole Kernel Corn in a dial-gauge pressure canner						
			Canner Pressure (PSI) at Altitudes of			
Style of Pack	Jar Size	Process Time	0–2,000 ft	2,001–4,000 ft	4,001–6,000 ft	6,001–8,000 ft
Hot and Raw	Pints	55 min	11 lb	12 lb	13 lb	14 lb
	Quarts	85	11	12	13	14

Recommended process time for Whole Kernel Corn in a weighted-gauge pressure canner				
			Canner Pressure (PSI) at Altitudes of	
Style of Pack	Jar Size	Process Time	0–1,000 ft	Above 1,000 ft
Hot and Raw	Pints	55 min	10 lb	15 lb
	Quarts	85	10	15

MIXED VEGETABLES

6 cups sliced carrots
6 cups cut, whole kernel sweet com
6 cups cut green beans
6 cups shelled lima beans
4 cups whole or crushed tomatoes
4 cups diced zucchini

Yield: 7 quarts

Optional mix—You may change the suggested proportions or substitute other favorite vegetables except leafy greens, dried beans, cream-style corn, squash and sweet potatoes.

Procedure: Except for zucchini, wash and prepare vegetables as described previously for each vegetable. Wash, trim, and slice or cube zucchini; combine all vegetables in a large pot or kettle, and add enough water to cover pieces. Add 1 teaspoon salt per quart to the jar, if desired. Boil 5 minutes and fill hot jars with hot pieces and liquid, leaving 1-inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened clean paper towel. Adjust lids and process.

Recommended process time for Mixed Vegetables in a dial-gauge pressure canner

Style of Pack	Jar Size	Process Time	Canner Pressure (PSI) at Altitudes of 0–2,000 ft	2,001–4,000 ft	4,001–6,000 ft	6,001–8,000 ft
Hot	Pints	75 min	11 lb	12 lb	13 lb	14 lb
	Quarts	90	11	12	13	14

Recommended process time for Mixed Vegetables in a weighted-gauge pressure canner

Style of Pack	Jar Size	Process Time	Canner Pressure (PSI) at Altitudes of 0–1,000 ft	Above 1,000 ft
Hot	Pints	75 min	10 lb	15 lb
	Quarts	90	10	15

MUSHROOMS—WHOLE OR SLICED

Quantity: An average of 14-1/2 pounds is needed per canner load of 9 pints; an average of 7-1/2 pounds is needed per canner load of 9 half-pints—an average of 2 pounds per pint.

Quality: Select only brightly colored, small to medium-size domestic mushrooms with short stems, tight veils (unopened caps), and no discoloration. **Caution: Do not can wild mushrooms.**

Procedure: Trim stems and discolored parts. Soak in cold water for 10 minutes to remove dirt. Wash in clean water. Leave small mushrooms whole; cut large ones. Cover with water in a saucepan and boil 5 minutes. Fill hot jars with hot mushrooms, leaving 1-inch headspace. Add 1/2 teaspoon of salt per pint to the jar, if desired. For better color, add 1/8 teaspoon of ascorbic acid powder, or a 500-milligram tablet of vitamin C. Add fresh hot water, leaving 1-inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened clean paper towel. Adjust lids and process.

Recommended process time for Mushrooms in a dial-gauge pressure canner

Style of Pack	Jar Size	Process Time	Canner Pressure (PSI) at Altitudes of 0–2,000 ft	2,001–4,000 ft	4,001–6,000 ft	6,001–8,000 ft
Hot	Half-pints or Pints	45 min	11 lb	12 lb	13 lb	14 lb

Recommended process time for Mushrooms in a weighted-gauge pressure canner

Style of Pack	Jar Size	Process Time	Canner Pressure (PSI) at Altitudes of 0–1,000 ft	Above 1,000 ft
Hot	Half-pints or Pints	45 min	10 lb	15 lb

OKRA

Quantity: An average of 11 pounds is needed per canner load of 7 quarts; an average of 7 pounds is needed per canner load of 9 pints. A bushel weighs 26 pounds and yields 16 to 18 quarts—an average of 1-1/2 pounds per quart.

Quality: Select young, tender pods. Remove and discard diseased and rust-spotted pods.

Procedure: Wash pods and trim ends. Leave whole or cut into 1-inch pieces. Cover with hot water in a saucepan, boil 2 minutes and drain. Fill hot jars with hot okra and cooking liquid, leaving 1-inch headspace. Add 1 teaspoon of salt per quart to the jar, if desired. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened clean paper towel. Adjust lids and process.

Recommended process time for Okra in a dial-gauge pressure canner

Style of Pack	Jar Size	Process Time	Canner Pressure (PSI) at Altitudes of 0–2,000 ft	2,001–4,000 ft	4,001–6,000 ft	6,001–8,000 ft
Hot	Pints	25 min	11 lb	12 lb	13 lb	14 lb
	Quarts	40	11	12	13	14

Recommended process time for Okra in a weighted-gauge pressure canner

Style of Pack	Jar Size	Process Time	Canner Pressure (PSI) at Altitudes of 0–1,000 ft	Above 1,000 ft
Hot	Pints	25 min	10 lb	15 lb
	Quarts	40	10	15

PEAS, GREEN OR ENGLISH—SHELLED

It is recommended that sugar snap and Chinese edible pods be frozen for best quality.

Quantity: An average of 31-1/2 pounds (in pods) is needed per canner load of 7 quarts; an average of 20 pounds is needed per canner load of 9 pints. A bushel weighs 30 pounds and yields 5 to 10 quarts—an average of 4-1/2 pounds per quart.

Quality: Select filled pods containing young, tender, sweet seeds. Discard diseased pods.

Procedure: Shell and wash peas. Add 1 teaspoon of salt per quart to the jar, if desired.

Hot pack—Cover with boiling water. Bring to a boil in a saucepan, and boil 2 minutes. Fill hot jars loosely with hot peas, and add cooking liquid, leaving 1-inch headspace.

Raw pack—Fill hot jars with raw peas, add boiling water, leaving 1-inch headspace. Do not shake or press down peas.

Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened clean paper towel. Adjust lids and process.

Recommended process time for Peas, Green or English in a dial-gauge pressure canner

Style of Pack	Jar Size	Process Time	Canner Pressure (PSI) at Altitudes of 0–2,000 ft	2,001–4,000 ft	4,001–6,000 ft	6,001–8,000 ft
Hot and Raw	Pints or Quarts	40 min	11 lb	12 lb	13 lb	14 lb

Recommended process time for Peas, Green or English in a weighted-gauge pressure canner

Style of Pack	Jar Size	Process Time	Canner Pressure (PSI) at Altitudes of 0–1,000 ft	Above 1,000 ft
Hot and Raw	Pints or Quarts	40 min	10 lb	15 lb

PEPPERS

Hot or sweet, including chiles, jalapeño, and pimiento

Quantity: An average of 9 pounds is needed per canner load of 9 pints. A bushel weighs 25 pounds and yields 20 to 30 pints—an average of 1 pound per pint.

Quality: Select firm yellow, green, or red peppers. Do not use soft or diseased peppers.

Procedure: Select your favorite pepper(s). **Caution: If you choose hot peppers, wear plastic or rubber gloves and do not touch your face while handling or cutting hot peppers. If you do not wear gloves, wash hands thoroughly with soap and water before touching your face or eyes.** Small peppers may be left whole. Large peppers may be quartered. Remove cores and seeds. Slash two or four slits in each pepper, and either blanch in boiling water or blister skins using one of these two methods:

Oven or broiler method to blister skins – Place peppers in a hot oven (400°F) or broiler for 6-8 minutes until skins blister.

Range-top method to blister skins – Cover hot burner, either gas or electric, with heavy wire mesh. Place peppers on burner for several minutes until skins blister.

After blistering skins, place peppers in a pan and cover with a damp cloth. (This will make peeling the peppers easier.) Cool several minutes; peel off skins. Flatten whole peppers. Add 1/2 teaspoon of salt to each pint jar, if desired. Fill hot jars loosely with peppers and add fresh boiling water, leaving 1-inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened clean paper towel. Adjust lids and process.

Recommended process time for Peppers in a dial-gauge pressure canner						
			Canner Pressure (PSI) at Altitudes of			
Style of Pack	Jar Size	Process Time	0–2,000 ft	2,001–4,000 ft	4,001–6,000 ft	6,001–8,000 ft
Hot	Half-pints or Pints	35 min	11 lb	12 lb	13 lb	14 lb

Recommended process time for Peppers in a weighted-gauge pressure canner				
			Canner Pressure (PSI) at Altitudes of	
Style of Pack	Jar Size	Process Time	0–1,000 ft	Above 1,000 ft
Hot	Half-pints or Pints	35 min	10 lb	15 lb

POTATOES, SWEET—PIECES OR WHOLE

It is not recommended to dry pack sweet potatoes.

Quantity: An average of 17-1/2 pounds is needed per canner load of 7 quarts; an average of 11 pounds is needed per canner load of 9 pints. A bushel weighs 50 pounds and yields 17 to 25 quarts—an average of 2-1/2 pounds per quart.

Quality: Choose small to medium-sized potatoes. They should be mature and not too fibrous. Can within 1 to 2 months after harvest.

Procedure: Wash potatoes and boil or steam until partially soft (15 to 20 minutes). Remove skins. Cut medium potatoes, if needed, so that pieces are uniform in size. **Caution: Do not mash or puree pieces.** Fill hot jars, leaving 1-inch headspace. Add 1 teaspoon salt per quart to the jar, if desired. Cover with your choice of fresh boiling water or syrup (see page 2-5), leaving 1-inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened clean paper towel. Adjust lids and process.

Recommended process time for Sweet Potatoes in a dial-gauge pressure canner						
			Canner Pressure (PSI) at Altitudes of			
Style of Pack	Jar Size	Process Time	0–2,000 ft	2,001–4,000 ft	4,001–6,000 ft	6,001–8,000 ft
Hot	Pints	65 min	11 lb	12 lb	13 lb	14 lb
	Quarts	90	11	12	13	14

Recommended process time for Sweet Potatoes in a weighted-gauge pressure canner				
			Canner Pressure (PSI) at Altitudes of	
Style of Pack	Jar Size	Process Time	0–1,000 ft	Above 1,000 ft
Hot	Pints	65 min	10 lb	15 lb
	Quarts	90	10	15

POTATOES, WHITE—CUBED OR WHOLE

Quantity: An average of 20 pounds is needed per canner load of 7 quarts; an average of 13 pounds is needed per canner load of 9 pints. A bag weighs 50 pounds and yields 18 to 22 quarts—an average of 2-1/2 to 3 pounds per quart.

Quality: Select small to medium-size mature potatoes of ideal quality for cooking. Tubers stored below 45°F may discolor when canned. Choose potatoes 1 to 2 inches in diameter if they are to be packed whole.

Procedure: Wash and peel potatoes. Place in ascorbic acid solution to prevent darkening (see pages 1-11). If desired, cut into 1/2-inch cubes. Drain. Cook 2 minutes in boiling water and drain again. For whole potatoes, boil 10 minutes and drain. Add 1 teaspoon of salt per quart to the jar, if desired. Fill hot jars with hot potatoes and fresh hot water, leaving 1-inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened clean paper towel. Adjust lids and process.

Recommended process time for White Potatoes in a dial-gauge pressure canner

Style of Pack	Jar Size	Process Time	Canner Pressure (PSI) at Altitudes of 0–2,000 ft	2,001–4,000 ft	4,001–6,000 ft	6,001–8,000 ft
Hot	Pints	35 min	11 lb	12 lb	13 lb	14 lb
	Quarts	40	11	12	13	14

Recommended process time for White Potatoes in a weighted-gauge pressure canner

Style of Pack	Jar Size	Process Time	Canner Pressure (PSI) at Altitudes of 0–1,000 ft	Above 1,000 ft
Hot	Pints	35 min	10 lb	15 lb
	Quarts	40	10	15

PUMPKINS AND WINTER SQUASH—CUBED

Quantity: An average of 16 pounds is needed per canner load of 7 quarts; an average of 10 pounds is needed per canner load of 9 pints—an average of 2-1/4 pounds per quart.

Quality: Pumpkins and squash should have a hard rind and stringless, mature pulp of ideal quality for cooking fresh. Small size pumpkins (sugar or pie varieties) make better products.

Procedure: Wash, remove seeds, cut into 1-inch-wide slices, and peel. Cut flesh into 1-inch cubes. Boil 2 minutes in water. **Caution: Do not mash or puree.** Fill hot jars with cubes and cooking liquid, leaving 1-inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened clean paper towel. Adjust lids and process.

For making pies, drain jars and strain or sieve the cubes at preparation time.

Recommended process time for Pumpkin and Winter Squash in a dial-gauge pressure canner

Style of Pack	Jar Size	Process Time	Canner Pressure (PSI) at Altitudes of 0–2,000 ft	2,001–4,000 ft	4,001–6,000 ft	6,001–8,000 ft
Hot	Pints	55 min	11 lb	12 lb	13 lb	14 lb
	Quarts	90	11	12	13	14

Recommended process time for Pumpkin and Winter Squash in a weighted-gauge pressure canner

Style of Pack	Jar Size	Process Time	Canner Pressure (PSI) at Altitudes of 0–1,000 ft	Above 1,000 ft
Hot	Pints	55 min	10 lb	15 lb
	Quarts	90	10	15

SOUPS

Vegetable, dried bean or pea, meat, poultry, or seafoods

Caution: Do not add noodles or other pasta, rice, flour, cream, milk or other thickening agents to home canned soups. If dried beans or peas are used, they must be fully rehydrated first.

Procedure: Select, wash, and prepare vegetables, meat, and seafoods as described for the specific foods. Cover meat with water and cook until tender. Cool meat and remove bones. Cook vegetables. For each cup of dried beans or peas, add 3 cups of water, boil 2 minutes, remove from heat, soak 1 hour, and heat to boil.

Drain all foods and combine with meat broth, tomatoes, or water to cover. Boil 5 minutes. **Caution: Do not thicken.** Salt to taste, if desired.

Fill hot jars only halfway with mixture of solids. Add and cover with remaining liquid, leaving 1-inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened clean paper towel. Adjust lids and process.

Recommended process time for Soups in a dial-gauge pressure canner

Style of Pack	Jar Size	Process Time	Canner Pressure (PSI) at Altitudes of 0–2,000 ft	2,001–4,000 ft	4,001–6,000 ft	6,001–8,000 ft
Hot	Pints	60* min	11 lb	12 lb	13 lb	14 lb
	Quarts	75*	11	12	13	14

*Caution: Process 100 minutes if soup contains seafoods.

Recommended process time for Soups in a weighted-gauge pressure canner

Style of Pack	Jar Size	Process Time	Canner Pressure (PSI) at Altitudes of 0–1,000 ft	Above 1,000 ft
Hot	Pints	60* min	10 lb	15 lb
	Quarts	75*	10	15

*Caution: Process 100 minutes if soup contains seafoods.

SPINACH AND OTHER GREENS

Quantity: An average of 28 pounds is needed per canner load of 7 quarts; an average of 18 pounds is needed per canner load of 9 pints. A bushel weighs 18 pounds and yields 3 to 9 quarts—an average of 4 pounds per quart.

Quality: Can only freshly harvested greens. Discard any wilted, discolored, diseased, or insect-damaged leaves. Leaves should be tender and attractive in color.

Procedure: Wash only small amounts of greens at one time. Drain water and continue rinsing until water is clear and free of grit. Cut out tough stems and midribs. Place 1 pound of greens at a time in cheesecloth bag or blancher basket and steam 3 to 5 minutes or until well wilted. Add 1/2 teaspoon of salt to each quart jar, if desired. Fill hot jars loosely with greens and add fresh boiling water, leaving 1-inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened clean paper towel. Adjust lids and process.

Recommended process time for Spinach and Other Greens in a dial-gauge pressure canner						
			Canner Pressure (PSI) at Altitudes of			
Style of Pack	Jar Size	Process Time	0–2,000 ft	2,001–4,000 ft	4,001–6,000 ft	6,001–8,000 ft
Hot	Pints	70 min	11 lb	12 lb	13 lb	14 lb
	Quarts	90	11	12	13	14

Recommended process time for Spinach and Other Greens in a weighted-gauge pressure canner				
			Canner Pressure (PSI) at Altitudes of	
Style of Pack	Jar Size	Process Time	0–1,000 ft	Above 1,000 ft
Hot	Pints	70 min	10 lb	15 lb
	Quarts	90	10	15

SQUASH, WINTER — CUBED

Prepare and process according to instructions for "Pumpkin" (see page 4-18).

SUCCOTASH

15 lbs unhusked sweet corn or 3 qts cut whole kernels
14 lbs mature green podded lima beans or 4 qts shelled limas
2 qts crushed or whole tomatoes (optional)

Yield: 7 quarts

Procedure: Wash and prepare fresh produce as described previously for specific vegetables.

Hot pack—Combine all prepared vegetables in a large kettle with enough water to cover the pieces. Add 1 teaspoon salt to each hot quart jar, if desired. Boil succotash gently 5 minutes and fill hot jars with pieces and cooking liquid, leaving 1-inch headspace.

Raw pack—Fill hot jars with equal parts of all prepared vegetables, leaving 1-inch headspace. Do not shake or press down pieces. Add 1 teaspoon salt to each quart jar, if desired. Add fresh boiling water, leaving 1-inch headspace.

Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened clean paper towel. Adjust lids and process.

Recommended process time for Succotash in a dial-gauge pressure canner

Style of Pack	Jar Size	Process Time	Canner Pressure (PSI) at Altitudes of 0–2,000 ft	2,001–4,000 ft	4,001–6,000 ft	6,001–8,000 ft
Hot and Raw	Pints	60 min	11 lb	12 lb	13 lb	14 lb
	Quarts	85	11	12	13	14

Recommended process time for Succotash in a weighted-gauge pressure canner

Style of Pack	Jar Size	Process Time	Canner Pressure (PSI) at Altitudes of 0–1,000 ft	Above 1,000 ft
Hot and Raw	Pints	60 min	10 lb	15 lb
	Quarts	85	10	15