



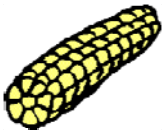




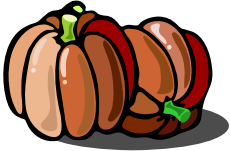



Canning Vegetables in a Pressure Canner

General directions: Work quickly. Raw pack or Hot pack foods following the directions below. If desired, add ½ teaspoon salt to pints and 1 teaspoon of salt to quart jars. Vegetables may be canned without salt as salt isn't needed as a preservative. **Hot pack:** Fill hot jars with hot vegetables; add boiling-hot cooking liquid or boiling water leaving 1-inch head space at top of jar. Remove air bubbles. Wipe jar rims. Adjust lids and process. **Raw pack:** Cover raw vegetables in hot jars with boiling water leaving 1-inch head space. Remove air bubbles. Wipe jar rims. Adjust lids and process.

Vegetables	Preparation	Jar Size and Processing Time	Dial Gauge Canner* Pressure at Altitudes of 0-2,000 ft.	Weighted Gauge Canner* Pressure at Altitudes of 0-1,000 ft.
Asparagus 	<p>Wash, trim scales. Break off tough stems, rewash. Cut into 1" pieces or can whole.</p> <p>Hot pack: Cover with boiling water. Boil 2-3 minutes. Fill hot jars. Add boiling water or cooking liquid.</p> <p>Raw pack: Fill hot jars tightly with raw asparagus. Add boiling water.</p>	<p>Pints 30 Minutes Quarts 40 Minutes</p> <p>Pints 30 Minutes Quarts 40 Minutes</p>	<p>11 Lb. 11 Lb.</p> <p>11 Lb. 11 Lb.</p>	<p>10 Lb. 10 Lb.</p> <p>10 Lb. 10 Lb.</p>
Beans, snap, wax, or Italian 	<p>Wash, trim ends. Leave whole or cut or snap into 1" pieces</p> <p>Hot pack: Cover with boiling water, boil 5 minutes. Fill hot jars. Add boiling water or cooking liquid.</p> <p>Raw pack: Fill hot jars tightly with raw beans. Add boiling water.</p>	<p>Pints 20 Minutes Quarts 25 Minutes</p> <p>Pints 20 Minutes Quarts 25 Minutes</p>	<p>11 Lb. 11 Lb.</p> <p>11 Lb. 11 Lb.</p>	<p>10 Lb. 10 Lb.</p> <p>10 Lb. 10 Lb.</p>
Beets, whole, cubed, or sliced 	<p>Sort for size. Cut off tops, leaving 1" stem and root. Wash. Cover with boiling water, boil until skins slip easily. Skin, trim off stem and root and cut into ½" cubes or slices. Halve or quarter large slices. Leave baby beets whole (1-2" in diameter).</p> <p>Hot pack: Fill hot jars with beets and fresh hot water.</p>	<p>Pints 30 Minutes Quarts 35 Minutes</p>	<p>11 Lb. 11 Lb.</p>	<p>10 Lb. 10 Lb.</p>

Vegetables	Preparation	Jar Size and Processing Time	Dial Gauge Canner* Pressure at Altitudes of 0-2,000 ft.	Weighted Gauge Canner* Pressure at Altitudes of 0-1,000 ft.
Carrots 	<p>Wash, peel, rewash. Slice or dice.</p> <p>Hot pack: Cover with boiling water, bring to a boil, simmer 5 minutes. Fill hot jars. Add boiling water.</p> <p>Raw pack: Fill jars tightly with raw carrots. Add boiling water.</p>	<p>Pints 25 Minutes Quarts 30 Minutes</p> <p>Pints 25 Minutes Quarts 30 Minutes</p>	<p>11 Lb. 11 Lb.</p> <p>11 Lb. 11 Lb.</p>	<p>10 Lb. 10 Lb.</p> <p>10 Lb. 10 Lb.</p>
Corn, cream style	<p>Husk corn, remove silk, wash. Blanch ears 4 minutes in boiling water. Cut corn from cob at center of kernel then scrape remaining corn from cob with knife.</p> <p>Hot pack: Add 1 cup of boiling water to each 2 cups of corn. Heat to boiling. Fill hot pint jars with hot mixture.</p>	<p>Pints 85 Minutes only</p>	<p>11 Lb.</p>	<p>10 Lb.</p>
Corn, Whole 	<p>Husk corn, remove silk, wash. Blanch 3 minutes in boiling water. Cut corn from cob about ¾ depth of kernel. (Do not scrape cob.)</p> <p>Hot pack: Add 1 cup of boiling water to each 4 cups corn and heat to boiling. Simmer 5 minutes. Fill jars with corn and boiling cooking liquid.</p> <p>Raw pack: Fill hot jars with raw kernels, add fresh boiling water.</p>	<p>Pints 55 Minutes Quarts 85 Minutes</p> <p>Pints 55 Minutes Quarts 85 Minutes</p>	<p>11 Lb. 11 Lb.</p> <p>11 Lb. 11 Lb.</p>	<p>10 Lb. 10 Lb.</p> <p>10 Lb. 10 Lb.</p>
Peas, Green 	<p>Shell and wash peas.</p> <p>Hot pack: Cover peas with water in a pan. Bring to a rolling boil and boil 2 minutes. Fill jars loosely, add boiling hot cooking liquid.</p> <p>Raw pack: Fill jars (Don't shake or press down.) Add boiling water.</p>	<p>Pint 40 Minutes Quarts 40 Minutes</p> <p>Pint 40 Minutes Quarts 40 Minutes</p>	<p>11 Lb. 11 Lb.</p> <p>11 Lb. 11 Lb.</p>	<p>10 Lb. 10 Lb.</p> <p>10 Lb. 10 Lb.</p>

Vegetables	Preparation	Jar Size and Processing Time	Dial Gauge Canner* Pressure at Altitudes of 0-2,000 ft.	Weighted Gauge Canner* Pressure at Altitudes of 0-1,000 ft.
<p>Potatoes, white-cubed or whole</p> 	<p>Wash and peel. If desired, cut into ½" cubes. Place in ascorbic acid solution to prevent darkening (see below). Drain.</p> <p>Hot pack: Cook cubed potatoes 2 minutes in boiling water. Drain. Cook whole potatoes 10 minutes and drain. Fill hot jars with potatoes, add fresh boiling water.</p>	<p>Pints 35 Minutes Quarts 40 Minutes</p>	<p>11 Lb. 11 Lb.</p>	<p>10 Lb. 10 Lb.</p>
<p>Pumpkin & Winter Squash, Cubed</p> 	<p>Small, stringless pumpkin such as sugar or pie pumpkins work best. Wash, remove seeds, cut into 1" wide pieces, peel. Cut flesh into 1" cubes.</p> <p>Hot pack: Boil 2 minutes in water. Do not mash or puree. Fill hot jars with hot cubes and boiling cooking liquid.</p>	<p>Pints 55 Minutes Quarts 90 Minutes</p>	<p>11 Lb. 11 Lb.</p>	<p>10 Lb. 10 Lb.</p>
<p>Spinach and other greens</p> 	<p>Wash freshly harvested leaves until free of grit. Cut out tough stems and midribs.</p> <p>Hot pack: Steam blanch 1 lb. greens 3-5 minutes. Fill hot jars loosely, add fresh boiling water.</p>	<p>Pints 70 Minutes Quarts 90 Minutes</p>	<p>11 Lb. 11 Lb.</p>	<p>10 Lb. 10 Lb.</p>

General Instructions:

WARNING: Low-acid vegetables must be processed in a pressure canner to ensure that all spoilage microorganisms are destroyed.

***Canning at Higher Altitudes:** As altitude increases, water boils at lower temperatures. Therefore, the canning pressure must be increased to ensure a safe product.

- Dial Gauge Canner: For altitudes of 2,001 to 4,000 ft. process at 12 lbs. of pressure for the recommended time.
- Weighted Gauge Canner: For altitudes above 1,000 ft. process at 15 lbs. of pressure for the recommended time.

Ascorbic Acid Mixture: Mix one teaspoon of ascorbic acid (3000 mg) or six crushed 500-milligram Vitamin C tablets in one gallon of water. Commercially prepared mixes of ascorbic and citric acid are also available in supermarkets. Follow the manufacturer's directions.

For more detailed, research-based information on food preservation go to the **National Center for Home Preservation** website – <http://www.uga.edu/nchfp/>

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