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Georgia Lauritzen
Utah State University

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Vegetable Canning Methods in the Pressure Cooker

Georgia Lauritzen
Food and Nutrition Specialist

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The Basics

Select vegetables at optimum maturity; neither overripe nor immature. Process them as soon as possible following harvest. Sort them for size, and remove all blemished or undesirable products. Wash vegetables thoroughly. Select only perfect jars and closures, no cracks, chips, dents or rust. Wash jars and lids in hot, soapy water and rinse well. Metal lids with sealing compound may need boiling. Follow the manufacturer's directions.

ALL VEGETABLES MUST BE PROCESSED IN A PRESSURE COOKER.

Due to the nature of vegetables, pressure cooking is necessary to render the food safe for human consumption.

Follow the manufacturer's directions for the canner you are using. Make sure you know how to operate your equipment. Generally:

- Jars should be placed so that steam can flow around each jar.
- Two layers of pints can be placed in a cooker, if the size allows this, and if a flat rack is placed between layers.
- Never take chances or rely on guess work with a pressure cooker.

Understand how to operate the pressure cooker you are using. After processing has been done according to the food you are preserving, remove the cooker from the stove to a place where air can circulate around it. Do not place on a cold surface. Do not force cooling by running cold water on the cooker.

When the cooker gauge or weight indicates that the cooker has cooled sufficiently to decrease the pressure inside, wait another minute or two, and then remove the weight or open the petcock, depending on the type of cooker you are using. Make sure there is no pressure in the cooker before attempting to remove the lid. Remove lid carefully.

Remove the jars, and place them away from cold drafts on a rack or folded cloth, where air can circulate around them.

NOTE: An accurate pressure gauge is necessary to get the processing temperatures needed to make food safe to eat. The accuracy of the pressure cooker should be determined by having the gauge tested before the canning season, or more often if the canner is used a number of times during the season. Ask your county extension agent, dealer or manufacturer about checking its accuracy.

Preparation of Vegetables

Optional: 1 teaspoon salt can be added for each quart or ½ teaspoon salt for each pint of vegetables.

Canning Vegetables

Vegetable	Dial Gauge Pressure Canner*					
	2001–4000 ft 12 lbs		4001–6000 ft 13 lbs		6001–8000 ft 14 lbs	
	pints	*quarts*	*pints*	*quarts*	*pints*	*quarts*
ASPARAGUS: Wash asparagus. Remove scales and tough ends; cut into 1-inch pieces. ***Hot Pack:*** Cover asparagus with boiling water. Boil 2–3 minutes. Loosely fill jars with asparagus, leaving 1-inch headspace. Add boiling water, leaving 1-inch headspace. Adjust lids. Process.	30	40	30	40	30	40
Raw Pack: Fill jars with raw asparagus, packing as tightly as possible without crushing, leaving 1-inch headspace. Add boiling water, leaving 1-inch headspace. Adjust lids. Process.	30	40	30	40	30	40
BEANS, GREEN: Wash beans, trim ends and cut into 1-inch pieces. ***Hot Pack:*** Cover beans with boiling water; boil 5 minutes. Fill jars, leaving 1-inch headspace. Add boiling water, leaving 1-inch headspace. Adjust lids . Process.	20	25	20	25	20	25
Raw Pack: Fill jars tightly with raw beans, leaving 1-inch headspace. Add boiling water, leaving 1-inch headspace. Adjust lids. Process.	20	25	20	25	20	25
BEETS, WHOLE, CUBED OR SLICED: Wash beets and trim, leaving on root and 1-inch of the tops. Cover beets with boiling water and boil until skins slip off easily, 15–25 minutes, depending on size. Remove skins and trim. Cut medium or large beets in cubes or slices, halves, or quarters. Leave baby beets whole. Pack hot beets into jars leaving 1-inch headspace. Cover with boiling water, leaving 1-inch headspace. Adjust lids. Process.	30	35	30	35	30	35

Vegetable	Dial Gauge Pressure Canner*					
	2001–4000 ft 12 lbs		4001–6000 ft 13 lbs		6001–8000 ft 14 lbs	
	pints	*quarts*	*pints*	*quarts*	*pints*	*quarts*
CARROTS, SLICED OR DICED: Wash, peel or scrape carrots, and re-wash. Slice or dice.						
Hot Pack: Cover carrots with boiling water, simmer 5 minutes. Pack carrots into jars, leaving 1-inch headspace. Cover with boiling water, leaving 1-inch headspace. Adjust lids. Process.	25	30	25	30	25	30
Raw Pack: Fill jars tightly with raw carrots, leaving 1-inch headspace. Cover with boiling water, leaving 1-inch headspace. Adjust lids. Process.	25	30	25	30	25	30
CORN, WHOLE KERNEL: Blanch corn 3 minutes in boiling water and cut from cob at three-fourths depth. **CAUTION: Do not scrape cob.**						
Hot Pack: Add 1 cup hot water per quart of corn, heat to boiling and simmer 5 minutes. Add 1 tsp salt per quart, if desired. Fill jars with corn and cooking liquid, leaving 1-inch headspace. Adjust lids. Process.	55	85	55	85	55	85
Raw Pack: Pack corn loosely into hot jars, leaving 1-inch headspace. Cover with boiling water, leaving 1-inch headspace. Adjust lids. Process.	55	85	55	85	55	85
CORN, CREAM STYLE: Blanch corn 4 minutes in boiling water and cut from cob at about the center of kernel. Scrape remaining corn from cobs with a table knife. **Use pint jars, only.** Add 2 cups boiling water per quart of corn and scrapings in a saucepan. Heat to boiling. Fill jars with hot corn mixture, leaving 1-inch headspace. Add fresh boiling water, leaving 1-inch headspace. Adjust lids. Process.	85	—	85	—	85	—
PEAS, GREEN OR ENGLISH—SHELLED: Shell and wash peas. Add 1 tsp salt per quart, if desired.						
Hot Pack: Cover peas with boiling water. Bring to a boil in a saucepan, and boil 2 minutes. Fill jars loosely with hot peas and add cooking liquid, leaving 1-inch headspace. Adjust lids. Process.	40	40	40	40	40	40
Raw Pack: Fill jars with raw peas, add boiling water, leaving 1-inch headspace. Do not shake or press down peas. Adjust lids. Process.	40	40	40	40	40	40

Vegetable	Dial Gauge Pressure Canner*					
	2001–4000 ft 12 lbs		4001–6000 ft 13 lbs		6001–8000 ft 14 lbs	
	pints	*quarts*	*pints*	*quarts*	*pints*	*quarts*
POTATOES, WHITE—CUBED OR WHOLE: Wash and peel potatoes. Place in solution of 1 teaspoon ascorbic acid per gallon of water to prevent darkening. If desired, cut into ½ inch cubes. Drain. Cook 2 minutes in boiling water and drain again. For whole potatoes, boil 10 minutes and drain. Fill jars with hot potatoes and fresh hot water, leaving 1-inch headspace. Adjust lids. Process.	35	40	35	40	35	40
PUMPKIN AND WINTER SQUASH—CUBED: Wash, remove seeds, cut into 1-inch wide slices, and peel. Cut flesh into 1-inch cubes and boil 2 minutes in water. **CAUTION: Do not mash or puree.** Fill jars with cubes and cooking liquid, leaving 1-inch headspace. Adjust lids. Process.	55	90	55	90	55	90
SPINACH AND OTHER GREENS: 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. Fill jars loosely with greens and add fresh boiling water, leaving 1-inch headspace. Adjust lids. Process.	70	90	70	90	70	90
SOUPS—Vegetable, Dried Bean or Pea, Meat or Poultry: Select, wash, and prepare vegetables and meat 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 and combine with meat broth, tomatoes, or water to cover. Boil 5 minutes. **CAUTION: Do not thicken.** Salt to taste, if desired. Fill jars halfway with solid mixture. Add remaining liquid, leaving 1-inch headspace. Adjust lids. Process.	60	75	60	75	60	75

*If a weighted-gauge pressure canner is used, process all the vegetables at the 15 lb setting for the time shown on the chart.

For further canning information, contact your County Extension office.

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