



## Vegetable Canning Methods in the Pressure Cooker

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### The Basics

Canning never improves the quality of the food you are preserving. Follow the general guidelines below for best results when canning vegetables.

#### **ALL VEGETABLES MUST BE PROCESSED IN A PRESSURE CANNER.**

- Select the best quality vegetables at the peak of maturity for best results.
- Process as soon as possible after picking.
- Sort vegetables for size, and remove any that are under ripe, over ripe, bruised, or blemished.
- Wash thoroughly.
- Check jars to make sure there are no cracks or chips and check closure bands for dents or rust.
- Wash jars and bands in hot, soapy water and rinse well.
- Follow manufacturer's directions for correct preparation of lids.

Read and follow manufacturer's directions for the canner you are using. If your pressure canner uses a dial gauge, have the gauge tested annually for accuracy. Generally, correct pressure canner methods include:

- Add two (2) inches of water to the bottom of cooker.
- Exhaust steam for 10-12 minutes.
- Start to increase pressure by closing petcock or by placing weight on vent pipe and bring pressure to that recommended for your altitude.

- Start processing time as soon as correct pressure is reached.
- Check gauge often to make sure adequate pressure is maintained. If using a weighted gauge canner, listen for the jiggle or rocking of the weight that indicates correct pressure.
- Remove canner from heat at end of processing time.
- Allow canner to cool naturally. A pressure canner may take 30-45 minutes to cool. Do not force cool a pressure canner.
- Wait an additional two minutes before opening your pressure canner after the cooker has cooled sufficiently to decrease the pressure inside. Then, remove the weight or open the petcock to make sure there is no more pressure inside.
- Carefully remove the canner lid by lifting the far side first. Using this method allows any remaining steam to vent away from the user.
- Remove jars and place away from cold drafts on a rack or folded cloth where air can freely circulate.

**NOTE:** An accurate pressure gauge is necessary to get the processing temperatures needed to make food safe to eat. The accuracy of the pressure gauge 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 the dial gauge on your pressure canner for accuracy.

# Canning Vegetables

When canning vegetables, salt is an optional ingredient that is only used for flavor. If using salt, add 1 teaspoon

to each quart or ½ teaspoon to each pint. Less or no salt can be used without affecting the safety or quality of canned 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
<b>ASPARAGUS:</b> Wash asparagus. Remove scales and tough ends; cut into 1-inch pieces. <b>Hot Pack:</b> 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. <b>Raw Pack:</b> 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
<b>BEANS, GREEN:</b> Wash beans, trim ends and cut into 1-inch pieces. <b>Hot Pack:</b> Cover beans with boiling water; boil 5 minutes. Fill jars, leaving 1-inch headspace. Add boiling water, leaving 1-inch headspace. Adjust lids. Process. <b>Raw Pack:</b> 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
<b>BEETS, WHOLE, CUBED OR SLICED:</b> 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
<b>CARROTS, SLICED OR DICED:</b> Wash, peel or scrape carrots, and re-wash. Slice or dice. <b>Hot Pack:</b> 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. <b>Raw Pack:</b> 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
<b>CORN, WHOLE KERNEL:</b> Blanch corn 3 minutes in boiling water and cut from cob at three-fourths depth. <b>CAUTION: Do not scrape cob.</b> <b>Hot Pack:</b> 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. <b>Raw Pack:</b> 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
<b>CORN, CREAM STYLE:</b> 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. <b>Use pint jars, only.</b> 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	-
<b>PEAS, GREEN OR ENGLISH—SHELLED:</b> Shell and wash peas. Add 1 tsp salt per quart, if desired. <b>Hot Pack:</b> 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. <b>Raw Pack:</b> 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
<b>POTATOES, WHITE—CUBED OR WHOLE:</b> 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
<b>PUMPKIN AND WINTER SQUASH— CUBED:</b> Wash, remove seeds, cut into 1-inch wide slices, and peel. Cut flesh into 1-inch cubes and boil 2 minutes in water. <b>CAUTION: Do not mash or puree.</b> Fill jars with cubes and cooking liquid, leaving 1-inch headspace. Adjust lids. Process.	55	90	55	90	55	90
<b>SPINACH AND OTHER GREENS:</b> 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
<b>SOUPS—Vegetable, Dried Bean or Pea, Meat or Poultry:</b> 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. <b>CAUTION: Do not thicken.</b> 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

## Sources

This document was adapted from the following publications:

"Complete Guide to Home Canning," Agriculture Information Bulletin No. 539, USDA, revised 1994 and reviewed June 2006.

Vegetable Canning Methods in the Pressure Cooker, Georgia Lauritzen, Food and Nutrition Specialist, July 1994.

The National Center for Home Food Preservation, [http://www.uga.edu/nchfp/how/can\\_04/soups.html](http://www.uga.edu/nchfp/how/can_04/soups.html)

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