

Canning Okra

Wash Okra, remove stem and blossom ends without cutting into pod and rinse. Slice into little wagon wheels or leave whole.

Boil for 2 minutes. Pack hot Okra into hot jars leaving 1-inch headspace. Add 1/2-teaspoon salt to each pint, 1 teaspoon to each quart.

Cover with boiling water leaving 1-inch headspace - remove air bubbles.

Process pints 30 minutes, quarts 35 minutes, at 10 pounds pressure in a pressure canner.