

Canning and Processing Vegetables

Vegetables	Quantity	Yield		Preparation	Pack Type	Time in Minutes		Pressure or Hot Water Bath
		Canned Quarts	Frozen Pints			Quarts	Pints	
Asparagus	1 crate (12 - 2lbs. Bunches)	7 to 11	15 to 22	Cut 1/4 inch shorter than jar top. Pack tightly to within 1/2" of top. Add 1/2 teaspoon salt per pint. Cover with boiling water, process.	Raw	30	25	10 lbs.
	1 to 1-1/2 lbs.	NA	1					
Beans, Lima in pods	1 bushel (32 lbs.)	6 to 8	12 to 16	Fill to within 1 inch of jar top for pints or 1-1/2 inches for quarts. Add 1/2 teaspoon salt per pint. Fill to top with boiling water, process.	Raw	50	40	10 lbs.
	2 to 2-1/2 lbs.	NA	1					
Beans, Snap, Green, Wax	1 bushel (30 lbs.)	15 to 23	30 to 45	Pack tightly to within 1/2 inch of jar top. Add 1/2 teaspoon salt per pint. Cover with boiling water, process.	Raw	25	20	10 lbs.
	2/3 to 1 lb.	NA	1					
Beets, Without tops	1 bushel (52 lbs.)	17 to 21	35 to 42	Cover beets with boiling water, boil 15 to 25 minutes, dip in cold water to remove skins. Beets should be cubed into 1/2 inch pieces. Pack hot beets into jars Add 1/2 teaspoon salt and 1 tablespoon vinegar per pint. Fill to top with boiling water, process in pressure canner	Hot	35	30	10 lbs.
	1-1/4 to 1-1/2 lbs.	NA	1					
Broccoli	1 crate (25 lbs.)	12	24	Freeze	NA	NA	NA	Freeze
	1 lb.	NA	1					
Brussels Sprouts	4 quarts boxes	3	6	Freeze	NA	NA	NA	Freeze
	1 lb.	NA	1					
Carrots (without tops)	1 bushel (50 lbs.)	16 to 20	32 to 40	Pack tightly to within 1 inch of jar top. Add 1/2 teaspoon salt per pint. Cover with boiling water, process in pressure canner.	Raw	30	25	10 lbs.
	1 lb.	NA	1					

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		Canned Quarts	Frozen Pints			Quarts	Pints	
Cauliflower	2 medium heads	1 to 2	3	Freeze	Raw	NA	NA	Freeze
	1-1/3 lbs.	NA	1					
Corn (kernels)	1 bushel (35 lbs.)	7 to 9	14 to 17	Pack tightly to within 1 inch of jar top. Add 1/2 teaspoon salt per pint. Cover with boiling water, process in pressure canner.	Raw	85	55	10 lbs.
	2 to 3-1/2 lbs.	NA	1					
Greens, Beet Greens	15 lbs.	5 to 8	10 to 15	Place leaves in cheesecloth bag and steam until well wilted. Pack loosely to within 1/2" of top. Cover with boiling water, process in pressure canner.	Hot	90	70	10 lbs.
	1 to 1-1/2 lbs.	NA	1					
Greens, Chard, Collard, Mustard	1 bushel (12 lbs.)	4 to 6	8 to 12	Same as beet greens	Hot	90	70	10 lbs.
	1 to 1-1/2 lbs.	NA	1					
Greens, Kale, Spinach	1 bushel (18 lbs.)	6 to 9	12 to 18	Same as beet greens	Hot	90	70	10 lbs.
	1 to 1-1/2 lbs.	NA	1					
Peas (Green, black eyed)	1 bushel (30 lbs.)	6 to 8	12 to 15	Pack tightly to within 2 inches of jar top. Add 1/2 teaspoon salt per pint. Cover with boiling water, process in pressure canner.	Raw	40	40	10 lbs.
	2 to 2-1/2 lbs.	NA	1					
Peppers, Green Bell	2/3 lbs. (3 peppers)	NA	1	Blanch peppers for 2 to 3 minutes to flatten and remove skins. Pack strips carefully to within 1/2 inch of top. Add 1/2 teaspoon salt and 1 tablespoon vinegar per pint. Fill to top with boiling water, process in pressure canner	Hot	60	50	5 lbs.

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		Canned Quarts	Frozen Pints			Quarts	Pints	
Pumpkin, Winter Squash	3 lbs	1	2	Piece should be cubed into 1 inch pieces and steamed in a small amount of water until soft. Pack hot beets into jars process in pressure canner Fill to top with hot cooking water, process in pressure canner	Hot	90	55	10 lbs.
Squash Summer	1 bushel (40 lbs.)	16 to 20	32 to 40	Cut into uniform pieces or 1/2 inch slices. Add 1/2 teaspoon salt per pint. Fill to top with hot boiling water, process in pressure canner.	Raw	30	25	10 lbs.
	1 to 1-1/4 lbs.	NA	1					
Sweet Potatoes	2/3 lb.	NA	1	Peel and cube. Boil or steam 20 to 30 minutes until soft. Pack hot tightly to fill air space to within 1" of jar top. D not add salt or liquid. Process in pressure canner.	Dry Hot	95	65	10 lbs.
Tomatoes (Raw)	Bushel	20	40	Place hot tomatoes in boiling water for 1 to 2 minutes then ice water to remove skins and core. Place whole, chopped or diced into jar to within 1/2" of top. Add 1/2 teaspoon salt per pint.	Hot	45	35	Bath
	2-1/2 to 3-1/2 lbs	1	2					

NOTE: Altitude Adjustments: for each 1,000 feet above sea level add 1/2 lbs pressure to the canner.

Disclaimer: There are serious dangers and health risks including possible death through improperly freezing, preserving or processing foods and they should be clearly understood before attempting any such processes. The author of this webpage assumes no responsibility of any kind arising from the preparation, processing and or eating of foods by any reader of this document. This document is intended to give the reader an vague idea of what to expect and it is not intended to be a reference or guide.