



Canning Vegetables

These processing recommendations are for West Virginia conditions (maximum altitude, 4,000 feet). For canning directions in other locations, consult with your county Extension office.

Begin with high-quality, fresh foods. Discard diseased and moldy food. Remove small diseased cuts and spots from food. Vegetables must be processed in a pressure canner to ensure food safety. Processing time varies according to the specific vegetable, size of container pack, and type of pressure canner. Processing times are listed on the chart according to specific characteristics. Note that salt is for seasoning only and is not necessary to preserve. Salt may be omitted if desired. However, if you wish to add salt, 1 teaspoon may be added per quart, or $\frac{1}{2}$ teaspoon per pint.

General Recommendations for Packing Glass Jars

Raw Pack—Pack the vegetable tightly without crushing. Cover with boiling water, leaving 1-inch headspace at top of jar. (Note exceptions for specific vegetables.) Adjust lids and process.

Hot Pack—Heat vegetables as directed. Pack hot vegetables loosely to about 1 inch of top. Cover with boiling hot cooking liquid, or if liquid contains grit, use fresh boiling water. Leave 1-inch headspace at top of jar.

Test for Seal—After the jars have cooled for 12 to 24 hours, remove the screw bands and test seals with one of the following options:

Option 1: Press the middle of the lid with a finger or thumb. If the lid springs up when you release your finger, the lid is unsealed.

Option 2: Tap the lid with the bottom of a teaspoon. If it makes a dull sound, the lid is not sealed. If the food is in contact with the underside of the lid, it will also cause a dull sound. If the jar is sealed correctly, it will make a ringing, high-pitched sound.

Option 3: Hold the jar at eye level and look across the lid. The lid should be concave (curved downward slightly in the center). If the center of the lid is either flat or bulging, it may not be sealed.

Check for Spoilage

Check the jars before opening. Examine the jars for signs of broken seals such as spurting liquid, an off-odor, or mold. NEVER taste food as a check for spoilage. Home canned food may contain botulism-causing toxins if foods are not canned properly. Always boil home canned vegetables 13 minutes before tasting.

Vegetable	Pack	Preparation	Canner Type—Process Time
Beans, snap and Italian pieces	Hot	About 14 pounds is needed to make 7 quarts. Wash, trim, and cut or snap in 1-inch pieces or leave whole. Pack hot beans loosely almost to top. Cover with boiling hot water leaving 1-inch headspace.	Dial gauge; pints—12 pounds for 20 minutes; quarts—12 pounds for 25 minutes. Weighted gauge; pints—15 pounds for 20 minutes; quarts—15 pounds for 25 minutes.
Beans, snap and Italian pieces	Raw	Wash, trim, and cut or snap in 1-inch pieces or leave whole. Pack tightly almost to top jar. Cover with boiling water leaving 1-inch headspace.	Processing times the same as for hot pack, above.
Beets	Hot	About 21 pounds is needed to make 7 quarts. Trim off beet tops; leave 1-inch stem and roots to reduce bleeding of color. Scrub well. Cover with boiling water. Boil until skins slip off easily (15-25 minutes). Cool; remove skin and trim off stems and roots. Leave small beets whole; cut large in 1/2-inch cubes or slices. Pack hot beets almost to top. Cover with fresh hot water, leaving 1-inch headspace.	Dial gauge; pints—12 pounds for 30 minutes; quarts—12 pounds for 35 minutes. Weighted gauge; pints—15 pounds for 30 minutes; quarts—15 pounds for 35 minutes.
Carrots	Hot	About 17 1/2 pounds are needed to make 7 quarts. Select small carrots no more than 1 1/4 inch in diameter. Larger carrots are too fibrous. Wash, peel, and rewash carrots. Slice or dice. Cover with boiling water; bring to boil and simmer for 5 minutes. Fill jars. Cover with cooking liquid or hot water leaving 1-inch headspace.	Dial gauge; pints—12 pounds for 25 minutes; quarts—12 pounds for 30 minutes. Weighted gauge; pints—15 pounds for 25 minutes; quarts—15 pounds for 30 minutes.
Carrots	Raw	Wash, peel, and rewash carrots. Slice or dice. Pack tightly into jars. Add fresh hot water, leaving 1-inch headspace.	Process the same as for hot pack, above.

Corn, cream style	Hot	About 20 pounds (in husk) is needed to make 9 pints. Husk corn, remove silk, and wash ears. Blanch ears 4 minutes in boiling water. Cut corn from cob at about the center of kernel. Scrape remaining corn from cob with a table knife. In saucepan, to each quart of corn and scrapings, add 2 cups of boiling water. Heat to boiling. Use pints only. Add $\frac{1}{2}$ teaspoon salt to each jar, if desired. Fill pint jar with hot corn mixture, leaving 1-inch headspace.	Dial gauge; pints—12 pounds for 85 minutes. Weighted gauge; pints—15 pounds for 85 minutes.
Corn, whole kernel	Hot	About 31 $\frac{1}{2}$ pounds (in husk) is needed to make 7 quarts. Canning of some sweeter varieties or too immature kernels may cause browning. Select corn ready for eating fresh. Husk corn, remove silk, and wash. Blanch 3 minutes in boiling water for hot or raw pack. Cut corn from cob at about three-fourths the depth of the kernel. Do not scrape cob. In saucepan, add 1 cup of hot water for each quart of corn, bring to a boil, and simmer 5 minutes. Fill jars with hot corn and liquid, leaving 1-inch headspace.	Dial gauge; pints—12 pounds for 55 minutes; quarts—12 pounds for 85 minutes. Weighted gauge; pints—15 pounds for 55 minutes; quarts—15 pounds for 85 minutes.
Corn, whole kernel	Raw	After blanching and cutting kernels from cob, fill jars with corn, leaving 1-inch headspace. Do not shake or press down. Add 1 teaspoon of salt to each jar, if desired. Add fresh boiling water, leaving 1-inch headspace.	Process as for hot pack, above.
Peas, green or English, shelled	Hot	About 31 $\frac{1}{2}$ pounds (in pods) is needed to make 7 quarts. Shell and wash peas. In saucepan, cover with boiling water and bring to boil for 2 minutes. Fill jars loosely with hot peas and added cooking liquid, leaving 1-inch headspace.	Dial gauge; pints or quarts—12 pounds for 40 minutes. Weighted gauge; pints or quarts—15 pounds for 40 minutes.
Peas, green or English, shelled	Raw	Shell and wash peas. Fill jars with raw peas, add boiling water, leaving 1-inch headspace. Do not shake or press down peas.	Process as for hot pack, above.

<p>Peppers, hot, sweet, jalapeno, chile, and pimento</p>	<p>Hot</p>	<p>About 9 pounds is needed to make 9 pints. Use pints or half-pints only. Select firm, yellow, red, or green peppers. Don't use diseased or soft peppers. Caution: If you choose hot peppers, wear plastic gloves while handling them or wash hands thoroughly with soap and water before touching your face. Remove core and seeds. Quarter large peppers; small can be left whole. Slash two or four slits in each pepper, and either blanch or blister peppers. (Blister: oven or broiler—place peppers in 400 degree F oven or broiler for 6-8 minutes until skin blisters. Range top—cover hot burner with heavy iron mesh. Place peppers on burner for several minutes until they blister.) Allow peppers to cool. Place in pan and cover with cool cloth. After several minutes, peel each pepper. Add 1/2 teaspoon salt to each pint jar, if desired. Fill jars loosely with peppers and add fresh boiled water, leaving 1-inch headspace.</p>	<p>Dial gauge; half-pints or pints — 12 pounds for 35 minutes. Weighted gauge; half-pints or pints—15 pounds for 35 minutes.</p>
<p>Potatoes, sweet</p>	<p>Hot</p>	<p>About 17-1/2 pounds is needed to make 7 quarts. Do not dry pack sweet potatoes. Choose small- to medium-size potatoes. Can within 1-2 months after harvest. Wash potatoes and boil or steam until partially soft (15-20 minutes). Remove skins; cut medium potatoes to uniform size. Caution: Do not mash or puree pieces. Fill jars, leaving 1-inch headspace. Add 1 teaspoon salt per quart jar, if desired. Cover with your choice of fresh boiling water or syrup, leaving 1-inch headspace.</p>	<p>Dial gauge; pints—12 pounds for 65 minutes; quarts—12 pounds for 90 minutes. Weighted gauge; pints—15 pounds for 65 minutes; quarts—15 pounds for 90 minutes.</p>

<p>Pumpkin and winter squash, cubed</p>	<p>Hot</p>	<p>About 16 pounds is needed to make 7 quarts. Wash, remove seeds, cut into 1-inch slices, and peel. Cut flesh into 1-inch cubes. Boil 2 minutes in water. Caution: Do not mash or puree. Fill jars with cubes and cooking liquid, leaving 1-inch headspace.</p>	<p>Dial gauge; pints—12 pounds for 55 minutes; quarts—12 pounds for 90 minutes. Weighted gauge; pints—15 pounds for 55 minutes; quarts—15 pounds for 90 minutes.</p>
<p>Spinach and other greens</p>	<p>Hot</p>	<p>About 28 pounds is needed to make 7 quarts. Can only freshly harvested greens. Wash only small amounts of greens at a time. Drain water and continue rinsing until water is clear and free of grit. Don't soak greens. Cut out tough stems and midribs. Place 1 pound of greens at a time in a cheesecloth bag or blancher basket and steam 3-5 minutes, or until wilted. Add 1/2 teaspoon salt to each quart jar, if desired. Fill jars loosely with greens and add fresh boiling water, leaving 1-inch headspace.</p>	<p>Dial gauge; pints—12 pounds for 70 minutes; quarts—12 pounds for 90 minutes. Weighted gauge; pints—15 pounds for 70 minutes; quarts—15 pounds for 90 minutes.</p>

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