

# Handy Reference for Canning Vegetables

2006 Recommendations

## Basic Canning Methods

**ALL VEGETABLES EXCEPT TOMATOES SHOULD BE CANNED IN A PRESSURE CANNER.** Use 10 lb. of pressure (240°F) in a weighted gauge canner and 11 lb. of pressure in a dial gauge canner for the amount of time designated in the timetable.

The boiling water method is recommended for fruits and acid foods such as tomatoes, preserves, sauerkraut and pickles.

### Approximate Amounts of Vegetables Needed To Yield 1 Quart of Canned Vegetables

Vegetable	Amount
Beans, snap (green or wax)	1 ½ to 2½ pounds
Beets, without tops	2½ to 3½ pounds
Carrots, without tops	2½ to 3 pounds
Corn, sweet, in husks	4 to 5 pounds
Peas, green, in pods	4 to 5 pounds
Spinach and other Greens	2 to 6 pounds
Squash (winter), Pumpkin	1½ to 3 pounds
Sweet Potatoes	2 to 3 pounds
Tomatoes	2½ to 3½ pounds

The number of quarts of canned food you can get from a given amount of fresh vegetables depends on quality, condition, maturity and variety of the vegetable; size of pieces; and on the way the vegetable is packed – raw or hot pack. Generally, the above amounts of fresh vegetables (as purchased or picked) make 1 quart of canned food.

### Packing Methods

Hot Pack (preferred method) – Preheat vegetables in water or steam. Cover with cooking liquid, boiling water or syrup.

Raw Pack – tightly pack raw vegetables (except corn, lima beans, and peas – pack loosely) into container and cover with boiling water.

### Special Instructions

- To ensure safety, DO NOT add any other ingredients to the vegetables when following these canning directions.
- Salt may be omitted in all canning except in pickles, relishes and sauerkraut.
- Do not can tomatoes from dead or frost-killed vines.
- Tomatoes, because of their borderline acid content, should be acidified by adding 1 tablespoon of bottled lemon juice per pint (2 tablespoons per quart), or ¼ teaspoon citric acid per pint (½ teaspoon per quart).
- Sugar may be added to vegetables to augment flavor or counteract acidic taste in tomatoes.

Times and pressures in these timetables apply to products canned at altitudes of 0 to 1000 feet (weighted gauge); 0 to 2000 feet (dial gauge). For higher altitudes or for further information, check with your local Cornell Cooperative Extension Office.

## Pressure Canning Timetable

Vegetable	Time (minutes)		
	10 lbs. (weighted gauge) or 11 lbs. (dial gauge)	Pints	Quarts
Beans, snap, green or wax	20	25	
Beets	30	35	
Carrots	25	30	
Corn, cream style (hot pack)	85	*	
Corn, whole kernel	55	85	
Peas, green, fresh		40	40
Pumpkin, cubed (hot pack), DO NOT PUREE	55	90	
Spinach and other Greens (hot pack)	70	90	
Squash, winter, cubed, DO NOT PUREE	55	90	
Tomatoes, acidified (see Special Instructions)			
Crushed (hot pack)	15	15	
Whole or halved, packed in water (hot or raw pack)	10	10	
Whole or halved, without added liquid or packed in juice (hot or raw pack)	25	25	
Juice (hot pack)	15	15	
Sauce – only use USDA tested recipe			

\*No safe directions recommended for quarts of cream style corn.

## Boiling Water Timetable

Tomatoes, acidified (See Special Instructions)		
Crushed (hot pack)	35	45
Whole or halved, packed in water (hot or raw pack)	40	45
Whole or halved, without added liquid or packed in juice (hot or raw pack)	85	85
Juice (hot pack)	35	40
Sauce – only use USDA tested recipe		

### References:

USDA's *Complete Guide to Home Canning*, 1994.  
*So Easy To Preserve*, 4<sup>th</sup> Edition, Cooperative Extension Service, University of Georgia, 1999.

For additional information, contact your local Cornell Cooperative Extension Office.

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