

# Handy Reference for Canning *Vegetables*

2006

## 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)		
Squash, winter, cubed, DO NOT PUREE	70	90
Tomatoes, acidified (see Special Instructions)	55	90
Crushed (hot pack)	15	15
Whole or halved, packed in water (hot or raw pack)	10	10
Whole or halved, without added liquid	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

Vegetable	Pints	Quarts
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*, 4th Edition, Cooperative Extension Service, University of Georgia, 1999. For additional information, contact your local Cornell Cooperative Extension Office. Revised by Judy Price, Katherine Humphrey, Christina Stark and Donna Scott, 2002. Original by Ruth Klippstein; revised by Mary Lou Tenney, 1987, Division of Nutritional Sciences, Cornell University.

# Handy Reference for Canning *Fruits*

2006

## Approximate Amount of Fruit Needed to Yield 1 Quart of Canned Fruit

Fruit	Amount
Apples	2½ to 3 pounds
Apricots	2 to 2½ pounds
Berries, except Strawberries	1½ to 3 pounds (1 to 2 quart boxes)
Cherries, unpitted	2 to 2½ pounds
Grapes	4 pounds
Peaches, Nectarines	2 to 2½ pounds
Pears	2 to 2½ pounds
Plums	2 to 2½ pounds
Rhubarb	2 pounds

In 1 pound, there are about 3 medium apples or pears, 4 medium peaches or 8 medium plums.

The number of quarts of canned food obtained from a given quantity of fresh fruit depends upon the quality, variety, maturity and size of the fruit; whether it is whole, in halves or in slices; and whether it is packed raw or hot. Generally the above amounts of fresh fruit (as purchased or picked) make 1 quart of canned food.

## Sugar Syrup

Choose the type of syrup to suit the sweetness of the fruit and your taste. The sweet syrup helps the fruit hold its shape, color and flavor, however it does not prevent spoilage. The very light syrup approximates natural sugar levels in most fruits and adds the fewest calories.

Type of Syrup	Percent Sugar	Cups Sugar	Cups Water	Yield in Cups
Very Light	10%	½	4	4½
Light	20%	1	4	4¾
Medium	30%	1¾	4	5
Heavy	40%	2¾	4	5½
Very Heavy	50%	4	4	6

**Other Sweeteners:** Light corn syrups or mild-flavored honey may be used to replace up to half the table sugar called for in syrups. The amount of water is the same.

**Canning Unsweetened Fruit:** Fruit may be canned without sweetening because sugar does not prevent spoilage. Use the fruit's own juice, other juice or water. Processing time is the same for unsweetened fruit as for sweetened.

**Prevent Fruit from Darkening:** Place fruit in a holding solution of 1 teaspoon or 3000 milligrams ascorbic acid (vitamin C) and 1 gallon water. Drain before packing.

## Timetable

All fruits are processed in a boiling water canner. The processing time applies to products canned at altitudes of 0 to 1000 feet. For processing times at higher altitudes or for canning information for other fruits, check with your local Cornell Cooperative Extension office.

## Time (minutes)

Fruit	Pack	Pints	Quarts
Apples, sliced	Hot	20	20
Applesauce	Hot	15	20
Apricots	Hot	20	25
	Raw	25	30
Berries (except Strawberries)	Hot	15	20
Cherries, sweet or sour	Hot	15	20
	Raw	25	25
Fruit juices	Hot	5	5
Fruit purees	Hot	15	15
Grapes	Hot	10	10
	Raw	15	20
Peaches, Nectarines	Hot	20	25
	Raw	25	30
Pears	Hot	20	25
Plums	Hot	20	25
	Raw	20	25
Rhubarb	Hot	15	15

References: *USDA's Complete Guide to Home Canning*, 1994. *So Easy To Preserve*, 4th Edition, Cooperative Extension Service, University of Georgia, 1999. For additional information, contact your local Cornell Cooperative Extension Office. Revised by Judy Price, Katherine Humphrey, Christina Stark and Donna Scott, 2002. Original by Ruth Klippstein; revised by Mary Lou Tenney, 1987, Division of Nutritional Sciences, Cornell University.