

Canning and Freezing: Vegetables

Food:	Preparation:	Boiling—Water Canning, Raw Pack:	Boiling—Water Canning, Hot Pack:	Freezing:
Asparagus	Allow 2-1/2 to 4-1/2 pounds per quart. Wash; scrape off scales. Break off woody bases where spears snap easily. Wash again. Sort by thickness. Leave whole or cut into 1-inch lengths.	Not recommended.	Not recommended.	Blanch small spears for 2 minutes, medium for 3 minutes, and large for 4 minutes. Cool quickly. Fill containers; shake down, leaving no headspace.
Beans, green snap, wax, or Italian	Allow 1-1/2 to 2-1/2 pounds per quart. Wash; remove ends and strings. Leave whole or cut into 1-inch pieces.	Pack tightly in jars; add boiling water, leaving 1-inch headspace. Process pints for 20 minutes and quarts for 25 minutes.	Boil 5 minutes. Loosely fill jars with beans and cooking liquid, leaving 1-inch headspace. Process pints for 20 minutes and quarts for 25 minutes.	Blanch for 3 minutes; cook quickly. Fill containers; shake down, leaving 1/2-inch headspace.
Beans, lima or butter	Allow 3 to 5 pounds unshelled beans per quart. Wash, shell, rinse, drain, and sort beans by size.	Fill jars with beans; do not shake down. Add boiling water, leaving 1-inch headspace for pints, 1-1/4-inch for large beans in quarts, and 1-1/2-inch for small beans in quarts. Process pints for 40 minutes and quarts for 50 minutes.	Cover beans with boiling water; return to boiling. Boil 3 minutes. Fill jars loosely with beans and cooking liquid, leaving 1-inch headspace. Process pints for 40 minutes and quarts for 50 minutes.	Blanch small beans for 2 minutes, medium beans for 3 minutes, and large beans for 4 minutes; cool quickly. Fill containers loosely, leaving 1/2-inch headspace. Cut to fit containers.
Broccoli	Allow about 1 pound per pint. Remove outer leaves and tough parts of stalks. Immerse in solution of 1 teaspoon salt per 1 cup water for 30 minutes to remove insects; rinse and drain. Cut lengthwise into spears.	Not recommended.	Not recommended.	Blanch 3 minutes in boiling water or 5 minutes over steam; cook quickly. Package, leaving no headspace.
Carrots	Allow 2 to 3 pounds per quart. Rinse, trim, peel, and rinse again. Leave tiny ones whole. Slice or dice 1- to 1-1/2-inch diameter carrots. (Larger carrots may be too fibrous.)	Not recommended.	Simmer 5 minutes. Fill jars with carrots and cooking liquid, leaving 1-inch headspace. Process pints for 25 minutes and quarts for 30 minutes.	Blanch tiny whole carrots for 5 minutes and cut-up carrots for 2 minutes; cook quickly. Pack closely into containers, leaving 1/2-inch headspace.
Cauliflower	Allow 1 to 1-1/2 pounds per pint. Wash; remove leaves and woody stems. Break into 1-inch pieces.	Not recommended.	Not recommended.	Blanch for 3 minutes; cook quickly. Package, leaving no headspace.

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Corn, cream-style	Allow 2 to 3 pounds per pint. Remove husks. Scrub with a vegetable brush to remove silks. Wash and drain.	Not recommended.	Cover ears with boiling water; return to boil and boil 4 minutes. Use a sharp knife to cut off just the kernel tips, then scrape corn cob with a dull knife. Bring to boiling 1 cup water for each 2 cups corn; add corn and simmer for 3 minutes. Fill pint jars loosely, leaving 1-inch headspace. Process pints for 85 minutes. Do not use quart jars.	Cover ears with boiling water; return to boil and boil 4 minutes. Cook quickly; drain. Use a sharp knife to cut off just the kernel tips, then scrape corn cob with a dull knife. Fill containers, leaving 1/2-inch headspace.
Corn, whole kernel	Allow 4 to 5 pounds per quart. Remove husks. Scrub with a vegetable brush to remove silks. Wash and drain.	Cover ears with boiling water; boil 3 minutes. Cut corn from cobs at 3/4 depth of kernels; do not scrape. Pack loosely in jars. Add boiling water, leaving 1-inch headspace. Process pints for 55 minutes and quarts for 85 minutes.	Cover ears with boiling water; boil 3 minutes. Cut corn from cobs at 3/4 depth of kernels; do not scrape. Bring to boiling 1 cup water for each 4 cups corn; add corn and simmer for 5 minutes. Fill jars with corn and liquid, leaving 1-inch headspace. Process pints for 55 minutes and quarts for 85 minutes.	Cover ears with boiling water; return to boil and boil 4 minutes. Cool quickly, drain. Cut corn from cobs at 3/4 depth of kernels; do not scrape. Fill containers, leaving 1/2-inch headspace.
Corn on the cob	Remove husks. Scrub with a vegetable brush to remove silks. Wash and drain.	Not recommended.	Not recommended.	Blanch 6 ears at a time, allowing 7 minutes for small ears (1-1/4 inches or less in diameter), 9 minutes for medium and 11 minutes for large (over 1-1/2 inches in diameter). Cool quickly and completely to prevent "cobby" taste (may take longer than blanching time). Drain well. Package, leaving no headspace.

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Peas, edible pods	Wash sugar peas, Chinese peas, snow peas, or sugar snap peas. Remove stems, blossom ends, and any strings.	Not recommended.	Not recommended.	Blanch small flat pods for 1-1/2 minutes or large flat pods 2 minutes. (If peas have started to develop, blanch for 3 minutes. If peas are already developed, shell and follow directions for green peas.) Cool, drain and fill containers leaving 1/2-inch headspace.
Peas, green or English	Allow 2 to 2-1/2 pounds per pint. Wash, shell, rinse, and drain.	Pack loosely in jars. Add boiling water, leaving 1-inch headspace. Process pints and quarts for 40 minutes.	Cover with water; heat to boiling and boil for 2 minutes. Fill jars loosely with peas and cooking liquid, leaving 1-inch headspace. Process pints and quarts for 40 minutes.	Blanch 1-1/2 minutes; chill quickly. Fill containers, shaking down and leaving 1/2-inch headspace.
Peppers, hot	Select firm chili, jalapeno or pimiento pods; wash. Halve large peppers. Remove stems, seeds, and membranes. Place, cut side down, on a foil-lined baking sheet. Bake in a 425 degrees F oven for 20 to 25 minutes or until skin is bubbly and browned. Place peppers in a new brown paper bag; seal and let stand for 20 to 30 minutes or until cool. Pull the skin off slowly using a paring knife.	Not recommended.	Pack in pint jars. Add boiling water, leaving 1-inch headspace. Process pints for 35 minutes. Leave small peppers whole, or quarter large peppers. Cover with boiling water; boil for 3 minutes.	Blanch tiny whole carrots for 5 minutes and cut-up carrots for 2 minutes; cook quickly. Pack closely into containers, leaving 1/2-inch headspace.
Peppers, sweet	Select firm green, bright red, or yellow pods; wash. Remove stems, seeds, and membranes.	Not recommended.	Pack in pint jars. Add boiling water, leaving 1 inch headspace. Process pints for 35 minutes.	Blanch for 3 minutes; cook quickly. Package, leaving no headspace.
Squash, winter, and pumpkin	Allow 1-1/2 to 3 pounds per quart. Wash and halve, removing seeds. Cut into 1 inch slices; peel and cut into 1-inch cubes.	Not recommended.	Add cubes to boiling water; boil 2 minutes. Do not mash or puree. Fill jars with cubes and cooking liquid, leaving 1-inch headspace. Process pints for 55 minutes and quarts for 90 minutes.	Blanch 1-1/2 minutes; chill quickly. Fill containers, shaking down and leaving 1/2-inch headspace.

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Squash, summer	Choose young, tenderskinned crookneck, straightneck, white scallop, or zucchini. Wash; cut into 1/2-inch slices.	Not recommended.	Not recommended.	Blanch small flat pods for 1-1/2 minutes or large flat pods 2 minutes. (If peas have started to develop, blanch for 3 minutes. If peas are already developed, shell and follow directions for green peas.) Cool, drain and fill containers leaving 1/2-inch headspace.
Tomatoes, crushed	Cut in quarters. Add enough to large kettle to cover bottom; crush with wooden spoon. Heat and stir until mixture starts to boil. Slowly add remaining quarters; stir constantly. Simmer for 5 minutes. Add lemon juice to jars. Fill jars with tomatoes, leaving 1/2-inch headspace.	Process pints for 35 minutes; quarts for 45 minutes.	Process pints and quarts for 15 minutes.	Set pan of tomatoes in cold water to cool. Fill containers, leaving 1-inch headspace.
Tomatoes, whole or halved, no added liquid	Add lemon juice to jars. Fill jars with whole or halved tomatoes, pressing to fill spaces; leave 1/2-inch headspace.	Process pints and quarts for 85 minutes.	Process pints and quarts for 25 minutes.	Fill freezer containers, leaving 1-inch headspace.
Tomatoes, whole or halved, water-packed	Add lemon juice to jars. Fill jars with whole or halved tomatoes. Add boiling water, leaving 1/2-inch headspace. Or, heat tomatoes in saucepan with water to cover; simmer 5 minutes. Add lemon juice to jars; fill jars with tomatoes and cooking liquid, leaving 1/2-inch headspace.	Process pints for 40 minutes and quarts for 45 minutes.	Process pints and quarts for 10 minutes.	If heated, set pan of tomatoes in cold water to cool. Fill containers, leaving 1-inch headspace.
Tomatoes, whole or halved, juice-packed	Add lemon juice to jars. Fill jars with whole or halved tomatoes. Add hot tomato juice. Or, heat tomatoes in saucepan with tomato juice to cover; simmer 5 minutes. Add lemon juice, tomatoes and tomato juice to jars; leave 1/2-inch headspace.	Process pints and quarts for 85 minutes.	Process pints and quarts for 25 minutes.	If heated, set pan of tomatoes in cold water to cool. Fill containers, leaving 1-inch headspace.