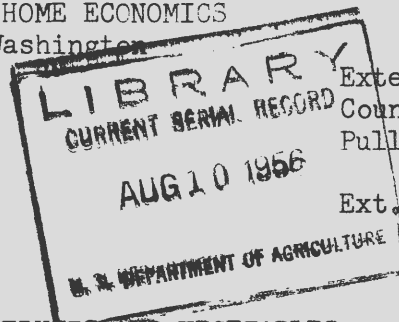


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COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
State of Washington

State College of Washington
U. S. Department of Agriculture
Cooperating



Extension Service
County Agent Work
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PROCEDURES FOR CANNING FRUITS AND VEGETABLES

Agricultural Research Service
Human Nutrition Research Branch

The attached pages on canning procedures are excerpts from a revision of U.S.D.A. Home and Garden Bulletin No. 8, Home Canning of Fruits and Vegetables, which is now in preparation. Since the new edition of the bulletin will not be ready for distribution for several months, these sections, which include all essential changes, are being sent in advance to the State Extension Services so that the new information will be available to those who may wish to use it in their canning programs this year.

The new material gives revised processing times for a number of fruits and vegetables. The changes are based in part on additional heat penetration studies carried out by the Human Nutrition Research Branch and by cooperators at the Texas Agricultural Experiment Station and the University of Massachusetts; in part on re-evaluation of previous heat penetration data in the light of new information on the thermal resistance of canned food spoilage organisms; and in part on new information provided by continuing investigations on canning processes in both public and commercial laboratories.

Raw-pack procedures have been added in some instances and a few new items have been included. The procedure for strawberries has been omitted. The canning of strawberries is not being recommended in the revised bulletin because the product is considered unsatisfactory.

A few other minor revisions have been made, among them a change in the proportions of sugar to water for sirups for canning fruit.

GENERAL CANNING PROCEDURES

Fruits and Vegetables--Fresh, Top Quality

Choose fresh, firm fruits...young, tender vegetables. Can them quickly, before they lose their freshness. If you must hold them, keep them in a cool, airy place. If you buy fruits and vegetables to can, try to get them from a nearby garden or orchard.

For best quality in the canned product, use only perfect fruits and vegetables. Sort them for size and ripeness--they cook more evenly that way.

Wash all fruits and vegetables thoroughly, whether or not they are to be pared. Dirt contains some of the bacteria hardest to kill. Wash small lots at a time, under running water or through several changes of water. Lift the food out of the water each time so dirt that has been washed off won't be drained back over it. Rinse pan thoroughly between washings. Don't let fruits or vegetables soak--they may lose flavor and food value. Handle them gently to avoid bruising.

Ways To Pack

Fruits and vegetables may be packed raw or they may be preheated and packed hot into jars or cans. In this publication directions for both raw and hot packs are given for many of the fruits and vegetables.

Raw Pack.--Cold, raw fruits are put into containers and covered with boiling hot sirup, juice, or water. Tomatoes packed raw are pressed down in the containers so that they are covered with their own juice; no liquid is added. Cold, raw vegetables are packed into containers and covered with boiling water.

Raw foods should be packed tightly because they shrink during processing.

Hot Pack.--Fruits are heated in sirup, in water, or in extracted juice before they are packed. Or juicy fruits may be preheated without added liquid and packed in the juice that cooks out. Tomatoes also are packed in their own juice. Vegetables may be preheated in water or steam.

Have the food at or near boiling when filling either glass jars or tin cans. Pack fairly loosely.

Filling Containers.--Whether to fill containers to the top or to leave headspace depends on the food and the type of container used. In packing, follow the directions for the fruit or vegetable you are canning.

For either raw or hot pack it takes from 3/4 to 1 cup of liquid to a quart glass jar or a No. 2-1/2 tin can to fill in around solid food.

Exhausting Tin Cans

When tin cans are used, the temperature of the food must be 170° F. or higher when the cans are sealed. Food is heated to drive out air and help prevent discoloring and loss of flavor. Also, sealing hot prevents bulging of can ends and breaking of seams.

You can get the right sealing temperature by preheating the food and packing it hot or by heating it in the open cans (exhausting). Even when food is packed hot you'll need to reheat it before sealing the cans if the temperature has fallen below 170° F. To be sure of the temperature, test it with a thermometer, placing the bulb at the center of the can. Unless you make this check, always exhaust the cans.

To exhaust, place open, filled cans on a rack in a large kettle with boiling water about 2 inches below can tops. Cover kettle, bring water back to boiling, and boil until a thermometer inserted at the center of the can registers 170° F., or for the length of time given in the directions for the fruit or vegetable you are canning.

Remove cans from the water one at a time. Replace any liquid spilled from the cans by filling them to the top with boiling packing liquid or water. Place clean lid on filled can. Seal at once.

Processing

Fruits, tomatoes, and pickled vegetables are canned in a boiling-water bath; for all other vegetables use a pressure canner. The procedures to follow with a water-bath canner are given on page 3; those for a pressure canner are on page 11.

Out of the Canner

Glass jars.--As you take glass jars from canner, complete seals at once if jars are not a self-sealing type. If liquid boiled out in processing, seal jar just as it is. Do not open to add more liquid.

Cool jars top side up. Give each jar room so air can get at all sides. Never set a hot jar on a cold surface--use a rack or folded cloth to protect it. Keep hot jars away from drafts but don't slow down cooling by covering them.

Tin cans.--Cool tin cans in cold, clean water, changing the water as needed to cool them quickly. Take cans out of water while still warm so they will dry in the air. Stagger cans if you stack them so air can get around them.

HOW TO CAN FRUITS, TOMATOES, PICKLED VEGETABLES

Fruits, tomatoes, and pickled vegetables are canned in a boiling-water bath according to the general directions on the preceding page. Detailed directions for different kinds of fruits are given on pages 4 to 10. Below is additional information about sweetening fruits and processing in a water-bath canner.

Sweetening Fruit

To sweeten fruit you can make a sugar sirup, or for very juicy fruit use sugar without added liquid.

Sugar sirup.--For making sugar sirup you can use for the liquid either water or juice extracted from some of the fruit. The proportion of sugar to liquid will depend on the natural sweetness of the fruit and your own taste. Proportions for thin, medium, and heavy sirups are as follows;

Type of sirup	Sugar to 1 qt. water	Yield of sirup
	(cups)	(cups)
Thin	2	5
Medium	3	5-1/2
Heavy	4-3/4	6-1/2

Boil the sugar and water or fruit juice together for 5 minutes. Skim if necessary.

To extract juice, crush thoroughly ripe, sound, juicy fruit. Heat to simmering point over low heat. Strain through jelly bag or other cloth.

For juicy fruit.-- With the hot-pack method you can add sugar directly to the raw juicy fruit. Use about 1/2 cup sugar to a quart of prepared fruit. Bring to simmering point over low heat. Pack fruit in the juice that cooks out.

Instead of sugar.-- You can use light corn sirup or mild-flavored honey to replace as much as half the sugar called for in canning fruit. Do not use brown sugar or molasses, sorghum, or other strong-flavored sirups. Their flavor overpowers the fruit flavor and they may darken the fruit.

Canning Without Sweetening

You may can fruit without sweetening--in its own juice, in extracted juice, or in water. Sugar helps canned fruit hold its shape, color, and flavor, but is not needed to prevent spoilage. Process unsweetened fruit the same as sweetened.

Processing in Boiling-Water Bath

For raw pack in glass jars have water in the canner hot but not boiling to prevent breakage. For all other packs have water boiling.

Put filled glass jars or tin cans in canner. Add boiling water if needed to bring water an inch or two over tops of containers. Don't pour boiling water directly on glass jars. Put cover on canner.

Count time as soon as the water comes to a rolling boil. Then boil gently and steadily for the time given for the food you are canning. Add boiling water during processing if needed to keep the containers covered. Remove containers from the canner immediately when processing time is up.

If You Live Above Sea Level

If you live at an altitude of 1,000 feet or more, you'll need to process food in a boiling-water bath for a longer time. For each 1,000 feet above sea level, add 1 minute to processing time if the time called for is 20 minutes or less. If the processing time called for is more than 20 minutes, add 2 minutes for each 1,000 feet.

Processing Times

Processing times recommended are for fruits prepared and packed only according to directions given in this publication.

To Figure Yield of Canned Fruit From Fresh

The number of quarts of canned food you can get from a given quantity of fresh fruit depends upon the quality, variety, maturity, and size of the fruit, whether it is canned whole or in halves or slices, and whether a raw pack or hot pack is used.

For 1 quart of canned food, it takes the following amounts of fresh fruit or tomatoes as purchased or picked:

	<u>Pounds</u>
Apples	2 to 3
Berries, except strawberries	1-1/2 to 3 (1 to 2 quart boxes)
Cherries	2 to 2-1/2 (unpitted)
Peaches	2 to 3
Pears	2 to 3
Plums	1-1/2 to 2-1/2
Tomatoes	2-1/2 to 3-1/2

In 1 pound there are about 4 medium apples, peaches, or tomatoes; 3 medium pears; 12 medium plums.

Apples

Pare and core apples; cut in pieces. To keep fruit from darkening, drop it into water containing 2 tablespoons each of salt and vinegar per gallon. Drain, then boil 5 minutes in thin sirup or water.

In glass jars.--Pack hot fruit to 1/2 inch of top. Cover with hot sirup or water, leaving 1/2-inch space at top of jar. Adjust jar lids. Process in boiling-water bath (212°F.)--

Pint jars.....15 minutes

Quart jars.....20 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

In tin cans.--Pack hot fruit to 1/4 inch of top. Fill to top with hot sirup or water. Exhaust to 170° F. (about 10 min.) and seal cans. Process in boiling-water bath (212° F.)--

No. 2 cans.....10 minutes

No. 2-1/2 cans..10 minutes

Applesauce

Make applesauce, sweetened or unsweetened. Heat to simmering point (185-210°F.) stirring to keep it from sticking to pan.

In glass jars.--Pack hot applesauce to 1/4 inch of top. Adjust lids. Process in boiling-water bath (212° F.)--

Pint jars.....10 minutes

Quart jars.....10 minutes

As soon as you remove jars from canner, complete seals if closures are not a self-sealing type.

In tin cans.--Pack hot applesauce to top. Exhaust to 170° F. (about 10 min.) and seal cans. Process in boiling-water bath (212° F.)--

No. 2 cans.....10 minutes

No. 2-1/2 cans....10 minutes

Apricots

Follow method for peaches. Peeling may be omitted.

Beets, Pickled

Cut off beet tops, leaving 1 inch of stem. Also leave root. Wash beets, cover with boiling water, and cook until tender. Remove skins and slice beets. For pickling sirup, use 2 cups vinegar (or 1-1/2 cups vinegar and 1/2 cup water) to 2 cups sugar. Heat to boiling.

Pack beets in glass jars to 1/2 inch of top. Add 1/2 teaspoon salt to pints, 1 teaspoon to quarts. Cover with boiling sirup, leaving 1/2-inch space at top of jar. Adjust jar lids. Process in boiling-water bath (212° F.)--

Pint jars.....30 minutes

Quart jars.....30 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

Berries, (except strawberries)

Raw Pack.--Wash berries and drain well.

In glass jars.--Fill jars to 1/2 inch of top. Shake while filling for a full pack. Cover with boiling sirup, leaving 1/2-inch space at top of jar. Adjust lids. Process in boiling-water bath (212° F.)--

Pint jars.....10 minutes

Quart jars.....15 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

In tin cans.--Fill cans to 1/4 inch of top. Shake while filling for a full pack. Fill to top with boiling sirup. Exhaust to 170° F. (about 10 min.) and seal cans. Process in boiling-water bath (212° F.)--

No. 2 cans.....15 minutes

No. 2-1/2 cans....20 minutes

Hot Pack (for firm berries).--Wash berries and drain well. Add 1/2 cup sugar to each quart fruit. Cover pan and bring to boil, shaking pan to keep berries from sticking.

In glass jars.--Pack hot berries to 1/2 inch of top. Adjust jar lids. Process in boiling-water bath (212° F.)--

Pint jars.....10 minutes

Quart jars.....15 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

In tin cans.--Pack hot berries to top. Exhaust to 170° F. (about 10 min.) and seal cans. Process in boiling-water bath (212° F.)--

No. 2 cans.....15 minutes

No. 2-1/2 cans.....20 minutes

Cherries

Raw Pack.--Wash cherries; remove pits, if desired.

In glass jars.--Fill jars to 1/2 inch of top. Shake while filling for a full pack. Cover with boiling sirup, leaving 1/2-inch space at top. Adjust lids. Process in boiling-water bath (212° F.)

Pint jars.....20 minutes

Quart jars.....25 minutes

As soon as you remove jars from canner, complete seals if closures are not a self-sealing type.

In tin cans.--Fill cans to 1/4 inch of top. Shake down while filling for a full pack. Fill to top with boiling sirup. Exhaust to 170° F. (about 10 min.) and seal cans. Process in boiling-water bath (212° F.)--

No. 2 cans.....20 minutes

No. 2-1/2 cans.....25 minutes

Hot Pack.--Wash cherries; remove pits, if desired. Add 1/2 cup sugar to each quart fruit. Add a little water to unpitted cherries to keep them from sticking while heating. Cover pan and bring to a boil.

In glass jars.--Pack hot to 1/2 inch of top. Adjust jar lids. Process in boiling-water bath (212° F.)

Pint jars.....10 minutes

Quart jars.....15 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

In tin cans.--Pack hot to top of cans. Exhaust to 170° F.(about 10 min.) and seal cans. Process in boiling-water bath (212° F.)--

No. 2 cans.....15 minutes

No. 2-1/2 cans.....20 minutes

Fruit Juices

Wash; remove pits, if desired, and crush fruit. Heat to simmering (185-210°F.). Strain through cloth bag. Add sugar, if desired--about 1 cup to 1 gallon juice. Reheat to simmering.

In glass jars.--Fill jars to top with hot juice. Adjust jar lids. Process in boiling-water bath (212° F.)--

Pint jars.....5 minutes

Quart jars.....5 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

In tin cans.--Fill cans to top with hot juice. Seal at once. Process in boiling-water bath (212° F.)--

No. 2 cans.....5 minutes

No. 2-1/2 cans.....5 minutes

Fruit Purees

Use sound, ripe fruit. Wash; remove pits, if desired. Cut large fruit in pieces. Simmer until soft, adding a little water if needed to keep fruit from sticking. Put through a strainer or food mill. Add sugar to taste. Heat again to simmering (185-210° F.)

In glass jars.--Pack hot to 1/4 inch of top. Adjust lids. Process in boiling-water bath (212° F.)--

Pint jars.....10 minutes

Quart jars.....10 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

In tin cans.--Pack hot to top. Exhaust to 170° F. (about 10 min.) and seal cans. Process in boiling-water bath (212° F.)--

No. 2 cans.....10 minutes

No. 2-1/2 cans.....10 minutes

Peaches

Wash peaches and remove skins....Dipping the fruit in boiling water, then quickly in cold water makes peeling easier. Cut peaches in halves; remove pits. Slice if desired. To prevent darkening during preparation, drop fruit into water containing 2 tablespoons each of salt and vinegar per gallon. Drain just before heating or packing raw.

Raw Pack.--Prepare peaches as directed above.

In glass jars.--Pack raw fruit to 1/2 inch of top. Cover with boiling sirup, leaving 1/2-inch space at top of jar. Adjust jar lids. Process in boiling-water bath (212° F.)--

Pint jars.....25 minutes

Quart jars.....30 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

In tin cans.--Pack raw fruit to 1/4 inch of top. Fill to top with boiling sirup. Exhaust to 170° F. (about 10 min.) and seal cans. Process in boiling-water bath (212° F.)--

No. 2 cans.....30 minutes

No. 2-1/2 cans.....35 minutes

Hot Pack.--Prepare peaches as directed above. Heat peaches through in hot sirup. If fruit is very juicy you may heat it with sugar, adding no liquid.

In glass jars.--Pack hot fruit to 1/2 inch of top. Cover with boiling liquid, leaving 1/2-inch space at top of jar. Adjust jar lids. Process in boiling-water bath (212° F.)--

Pint jars.....20 minutes

Quart jars.....25 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

In tin cans.--Pack hot fruit to 1/4 inch of top. Fill to top with boiling liquid. Exhaust to 170° F. (about 10 min.) and seal cans. Process in boiling-water bath (212° F.)--

No. 2 cans.....25 minutes

No. 2-1/2 cans.....30 minutes

Pears

Wash pears. Peel, cut in halves, and core. Continue as with peaches, either raw pack or hot pack.

Plums

Wash plums. To can whole, prick skins. Freestone varieties may be halved and pitted.

Raw Pack.--Prepare plums as directed above.

In glass jars.--Pack raw fruit to 1/2 inch of top. Cover with boiling sirup, leaving 1/2-inch space at top of jar. Adjust jar lids. Process in boiling-water bath (212° F.)--

Pint jars.....20 minutes

Quart jars.....25 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

In tin cans.--Pack raw fruit to 1/4 inch of top. Fill to top with boiling sirup. Exhaust to 170° F. (about 10 min.) and seal cans. Process in boiling-water bath (212° F.)--

No. 2 cans.....15 minutes

No. 2-1/2 cans.....20 minutes

Hot Pack.--Prepare plums as directed above. Heat to boiling in sirup or juice. If fruit is very juicy you may heat it with sugar, adding no liquid.

In glass jars.--Pack hot fruit to 1/2 inch of top. Cover with boiling liquid, leaving 1/2-inch space at top of jar. Adjust jar lids. Process in boiling-water bath (212°F.)--

Pint jars.....20 minutes

Quart jars.....25 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

In tin cans.--Pack hot fruit to 1/4 inch of top. Fill to top with boiling liquid. Exhaust to 170° F. (about 10 min.) and seal cans. Process in boiling-water bath (212° F.)--

No. 2 cans.....15 minutes

No. 2-1/2 cans.....20 minutes

Rhubarb

Wash rhubarb and cut into 1/2-inch pieces. Add 1/2 cup sugar to each quart rhubarb and let stand to draw out juice. Bring to boiling.

In glass jars.--Pack hot to 1/2 inch of top. Adjust lids. Process in boiling-water bath (212° F.)--

Pint jars.....10 minutes

Quart jars.....10 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

In tin cans.--Pack hot to top of cans. Exhaust to 170° F. (about 10 min.) and seal cans. Process in boiling-water bath (212° F.)--

No. 2 cans.....10 minutes

No. 2-1/2 cans.....10 minutes

Sauerkraut

Heat well-fermented sauerkraut to simmering (185-210° F.). Do not boil.

In glass jars.--Pack hot kraut to 1/2 inch of top. Cover with hot juice, leaving 1/2-inch space at top of jar. Adjust jar lids. Process in boiling-water bath (212° F.)--

Pint jars.....15 minutes

Quart jars.....20 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

In tin cans.--Pack hot kraut to 1/4 inch of top. Fill to top with hot juice. Exhaust to 170° F. (about 10 min.) and seal cans. Process in boiling-water bath (212° F.)--

No. 2 cans.....20 minutes

No. 2-1/2 cans.....25 minutes

Tomatoes

Use only perfect, ripe tomatoes. To loosen skins, dip into boiling water for about 1/2 minute; then dip quickly into cold water. Cut out stem ends and peel tomatoes.

Raw Pack.--Leave tomatoes whole or cut in halves or quarters.

In glass jars.--Pack tomatoes to 1/2 inch of top, pressing gently to fill spaces. Add no water. Add 1/2 teaspoon salt to pints; 1 teaspoon to quarts. Adjust jar lids. Process in boiling-water bath (212° F.)--

Pint jars.....35 minutes

Quart jars.....45 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

In tin cans.--Pack tomatoes to top of cans, pressing gently to fill spaces. Add no water. Add 1/2 teaspoon salt to No. 2 cans; 1 teaspoon to No. 2-1/2 cans. Exhaust to 170° F. (about 15 min.) and seal cans. Process in boiling-water bath (212° F.)--

No. 2 cans.....45 minutes

No. 2-1/2 cans.....55 minutes

Hot Pack.--Quarter peeled tomatoes. Bring to boil, stirring to keep from sticking.

In glass jars.--Pack boiling hot tomatoes to 1/2 inch of top. Add 1/2 teaspoon salt to pints; 1 teaspoon to quarts. Adjust jar lids. Process in boiling-water bath (212° F.)--

Pint jars.....10 minutes

Quart jars.....10 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

In tin cans.--Pack boiling hot tomatoes to 1/4 inch of top. Add no water. Add 1/2 teaspoon salt to No. 2 cans; 1 teaspoon to No. 2-1/2 cans. Exhaust to 170° F. (about 10 min.) and seal cans. Process in boiling-water bath (212° F.)--

No. 2 cans.....10 minutes

No. 2-1/2 cans.....10 minutes

Tomato Juice

Use ripe, juicy tomatoes. Wash, remove stem ends, cut into pieces. Simmer until softened, stirring often. Put through strainer. Add 1 teaspoon salt to each quart juice. Reheat at once just to boiling.

In glass jars.--Fill jars with boiling hot juice to 1/4 inch of top. Adjust jar lids. Process in boiling-water bath (212° F.)--

Pint jars.....10 minutes

Quart jars.....10 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

In tin cans.--Fill cans to top with boiling hot juice. Seal cans at once. Process in boiling-water bath (212° F.)--

No. 2 cans.....15 minutes

No. 2-1/2 cans.....15 minutes

HOW TO CAN VEGETABLES

For canning all vegetables except tomatoes and pickled vegetables a steam-pressure canner is used. The general procedures on pages 1 and 2 apply to the canning of vegetables and specific directions for the different kinds are given on pages 12 to 22. Additional information is given below.

Processing in a Pressure Canner

Follow the manufacturer's directions for operating your own canner. Here are general pointers.

Put 2 or 3 inches of water in bottom of canner.

Set filled glass jars or tin cans on rack in canner so steam can flow all around each one. If two layers of containers are put in the canner, stagger the second layer. Use a rack between layers of glass jars.

Fasten canner cover securely so that no steam can escape except through vent (petcock or weighted-gage opening).

Watch until steam pours steadily from vent. Let it escape for 10 minutes or more to drive all air from the canner. Then close petcock or put on weighted gage and let pressure rise to 10 pounds (240° F.).

The moment the right pressure is reached start counting time. Keep pressure constant by regulating heat under canner. Do not lower pressure by opening petcock. Keep drafts from blowing on canner. When time is up remove canner from heat.

With glass jars, let canner stand until pressure is zero. Never try to rush the cooling by pouring cold water over canner. When pressure registers zero, wait a minute or two, then slowly open petcock or take off weighted gage. Unfasten cover and tilt the far side up so steam escapes away from you. Take jars from canner.

With tin cans, release steam in canner as soon as the processing time is up by opening petcock or taking off weighted gage. Then take off canner cover and remove cans.

If You Live Above Sea Level

At altitudes above sea level, it takes more than 10 pounds pressure to reach 240° F. You need to increase pressure by 1 pound for each 2,000 feet altitude. A weighted gage may need to be corrected for altitude by the manufacturer.

Processing Times

Processing times recommended are for vegetables prepared and packed only according to directions given in this publication.

Asparagus

Raw Pack.--Wash asparagus; trim off scales and tough ends and wash again. Cut into 1-inch pieces.

In glass jars.--Pack asparagus as tightly as possible without crushing to 1/2 inch of top. Add 1/2 teaspoon salt to pints; 1 teaspoon to quarts. Cover with boiling water, leaving 1/2-inch space at top of jar. Adjust jar lids. Process in pressure canner at 10 pounds pressure (240° F.)--

Pint jars.....25 minutes

Quart jars.....30 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

In tin cans.--Pack asparagus as tightly as possible without crushing to 1/4 inch of top. Add 1/2 teaspoon salt to No. 2 cans; 1 teaspoon to No. 2-1/2 cans. Fill to top with boiling water. Exhaust to 170° F. (about 10 min.) and seal cans. Process in pressure canner at 10 pounds pressure (240° F.)--

No. 2 cans.....20 minutes

No. 2-1/2 cans.....20 minutes

Hot Pack.--Wash asparagus; trim off scales and tough ends and wash again. Cut into 1-inch pieces. Cover with boiling water. Boil 2 or 3 minutes.

In glass jars.--Pack hot asparagus loosely to 1/2 inch of top. Add 1/2 teaspoon salt to pints; 1 teaspoon to quarts. Cover with boiling hot cooking liquid, or if liquid contains grit use boiling water. Leave 1/2-inch space at top of jar. Adjust jar lids. Process in pressure canner at 10 pounds pressure (240° F.)--

Pint jars25 minutes

Quart jars.....30 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

In tin cans.--Pack hot asparagus loosely to 1/4 inch of top. Add 1/2 teaspoon salt to No. 2 cans; 1 teaspoon to No. 2-1/2 cans. Fill to top with boiling hot cooking liquid, or if liquid contains grit use boiling water. Exhaust to 170° F. (about 10 min.) and seal cans. Process in pressure canner at 10 pounds pressure (240° F.)--

No. 2 cans.....20 minutes

No. 2-1/2 cans.....20 minutes

Beans, Dry, With Tomato or Molasses Sauce

Sort and wash dry beans (kidney, navy, or yellow eye). Cover with boiling water; boil 2 minutes, remove from heat and let soak 1 hour. Heat to boiling, drain, and save liquid for making sauce.

In glass jars.--Fill jars 3/4 full with hot beans. Add a small piece of salt pork, ham, or bacon. Fill to 1/2 inch of top with hot sauce (see recipes page 13). Adjust jar lids. Process in pressure canner at 10 pounds pressure (240° F.)--

Pint jars.....65 minutes

Quart jars.....75 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

In tin cans.--Fill cans three-fourths full with hot beans. Add a small piece of salt pork, ham, or bacon. Fill to 1/4 inch of top with hot sauce (see recipes below). Exhaust to 170° F. (about 20 min.) and seal cans. Process in pressure canner at 10 pounds pressure (240° F.)--

No. 2 cans.....65 minutes

No. 2-1/2 cans.....75 minutes

Tomato sauce.--Mix 1 quart tomato juice, 3 tablespoons sugar, 2 teaspoons salt, 1 tablespoon chopped onion, and 1/4 teaspoon mixture of ground cloves, allspice, mace and cayenne. Heat to boiling.

Or mix 1 cup tomato catsup with 3 cups of water or soaking liquid from beans and heat to boiling.

Molasses sauce.--Mix 1 quart water or soaking liquid from beans, 3 tablespoons dark molasses, 1 tablespoon vinegar, 2 teaspoons salt, and 3/4 teaspoon powdered dry mustard. Heat to boiling.

Beans, Dry, Baked

Soak and boil beans according to directions for beans with tomato or molasses sauce.

Place small pieces of salt pork, ham, or bacon in ~~earthenware~~ crock. Add beans. Add enough molasses sauce to cover beans. Cover crock and bake 4 to 5 hours at 350° F. (moderate oven). Add water as needed--about every hour.

In glass jars.--Pack hot beans to 1/4 inch of top. Adjust jar lids. Process in pressure canner at 10 pounds pressure (240° F.)--

Pint jars.....80 minutes

Quart jars.....100 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

In tin cans.--Pack hot beans to 1/4 inch of top. Exhaust to 170° F. (about 15 min.) and seal cans. Process in pressure canner at 10 pounds pressure (240° F.)--

No. 2 cans.....95 minutes

No. 2-1/2 cans.....115 minutes

Beans, Fresh Lima

Can only young, tender beans.

Raw Pack.--Shell and wash beans.

In glass jars.--Pack raw beans into clean jars. For small-type beans, fill to 1 inch of top of jar for pints and 1-1/2 inches for quarts; for large beans of the "baby potato" type, fill to 3/4 inch of top for pints and 1-1/4 inches for quarts. Beans should not be pressed or shaken down. Add 1/2 teaspoon salt to pints; 1 teaspoon to quarts. Fill jars to top with boiling water. Adjust jar lids. Process in pressure canner at 10 pounds pressure (240° F.)--

Pint jars.....40 minutes

Quart jars.....50 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

In tin cans.--Pack raw beans to 3/4 inch of top; do not shake or press beans down. Add 1/2 teaspoon salt to No. 2 cans; 1 teaspoon to No. 2-1/2 cans. Fill cans to top with boiling water. Exhaust to 170° F. (about 10 min.) and seal cans. Process in pressure canner at 10 pounds pressure (240° F.)--

No. 2 cans.....40 minutes

No. 2-1/2 cans.....40 minutes

Hot Pack.--Shell the beans, cover with boiling water, and bring to boil. Pack hot beans loosely to 1 inch of top. Add 1/2 teaspoon salt to pints; 1 teaspoon to quarts. Cover with boiling water, leaving 1-inch space at top of jar. Adjust jar lids. Process in pressure canner at 10 pounds pressure (240° F.)--

Pint jars.....40 minutes

Quart jars.....50 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

In tin cans.--Pack hot beans loosely to 1/2 inch of top. Add 1/2 teaspoon salt to No. 2 cans; 1 teaspoon to No. 2-1/2 cans. Fill to top with boiling water. Exhaust to 170° F. (about 10 min.) and seal cans. Process in pressure canner at 10 pounds pressure (240° F.)--

No. 2 cans.....40 minutes

No. 2-1/2 cans.....40 minutes

Beans, Snap

Raw Pack.--Wash beans. Trim ends; cut into 1-inch pieces.

In glass jars.--Pack raw beans tightly to 1/2 inch of top. Add 1/2 teaspoon salt to pints; 1 teaspoon to quarts. Cover with boiling water, leaving 1/2-inch space at top of jar. Adjust jar lids. Process in pressure canner at 10 pounds pressure (240° F.)--

Pint jars.....20 minutes

Quart jars.....25 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

In tin cans.--Pack raw beans tightly to 1/4 inch of top. Add 1/2 teaspoon salt to No. 2 cans; 1 teaspoon to No. 2-1/2 cans. Fill to top with boiling water. Exhaust to 170° F. (about 10 min.) and seal cans. Process in pressure canner at 10 pounds pressure (240° F.)--

No. 2 cans.....25 minutes

No. 2-1/2 cans.....30 minutes

Hot Pack.--Wash beans. Trim ends; cut into 1-inch pieces. Cover with boiling water; boil 5 minutes.

In glass jars.--Pack hot beans loosely to 1/2 inch of top. Add 1/2 teaspoon salt to pints; 1 teaspoon to quarts. Cover with boiling hot cooking liquid, leaving 1/2-inch space at top of jar. Adjust jar lids. Process in pressure canner at 10 pounds pressure (240° F.)--

Pint jars.....20 minutes

Quart jars.....25 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

In tin cans.--Pack hot beans loosely to 1/4 inch of top. Add 1/2 teaspoon salt to No. 2 cans; 1 teaspoon to No. 2-1/2 cans. Fill to top with boiling hot cooking liquid. Exhaust to 170° F. (about 10 min.) and seal cans. Process in pressure canner at 10 pounds pressure (240° F.)--

No. 2 cans.....25 minutes

No. 2-1/2 cans.....30 minutes

Beets

Sort beets for size. Cut off tops, leaving an inch of stem. Also leave root. Wash beets. Cover with boiling water and boil until skins slip easily--15 to 25 minutes, depending on size. Skin and trim. Leave baby beets whole; cut medium or large beets in 1/2-inch cubes or slices; halve or quarter very large slices.

In glass jars.-- Pack beets to 1/2 inch of top. Add 1/2 teaspoon salt to pints; 1 teaspoon to quarts. Cover with boiling water, leaving 1/2-inch space at top of jar. Adjust jar lids. Process in pressure canner at 10 pounds pressure (240° F.)--

Pint jars.....30 minutes

Quart jars.....35 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

In tin cans.--Pack beets to 1/4 inch of top. Add 1/2 teaspoon salt to No. 2 cans; 1 teaspoon to No. 2-1/2 cans. Fill to top with boiling water. Exhaust to 170° F. (about 10 min.) and seal cans. Process in pressure canner at 10 pounds pressure (240° F.)--

No. 2 cans.....30 minutes

No. 2-1/2 cans.....30 minutes

Carrots

Raw Pack.--Wash and scrape carrots. Slice or dice.

In glass jars.--Pack raw carrots tightly into clean jars, to 1 inch of top of jar. Add 1/2 teaspoon salt to pints; 1 teaspoon to quarts. Fill jars to top with boiling water. Adjust jar lids. Process in pressure canner at 10 pounds pressure (240° F.)--

Pint jars.....25 minutes

Quart jars.....30 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

In tin cans.--Pack raw carrots tightly into cans to 1/2 inch of top. Add 1/2 teaspoon salt to No. 2 cans; 1 teaspoon to No. 2-1/2 cans. Fill cans to top with boiling water. Exhaust to 170° F. (about 10 min.) and seal cans. Process in pressure canner at 10 pounds pressure (240° F.)--

No. 2 cans.....25 minutes

No. 2-1/2 cans.....30 minutes

Hot Pack.--Wash and scrape carrots. Slice or dice. Cover with boiling water and bring to boil.

In glass jars.--Pack hot carrots to 1/2 inch of top. Add 1/2 teaspoon salt to pints; 1 teaspoon to quarts. Cover with boiling hot cooking liquid, leaving 1/2-inch space at top of jar. Adjust jar lids. Process in pressure canner at 10 pounds pressure (240° F.)--

Pint jars.....25 minutes

Quart jars..... 0 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

In tin cans.--Pack hot carrots to 1/4 inch of top. Add 1/2 teaspoon salt to No. 2 cans; 1 teaspoon to No. 2-1/2 cans. Fill with boiling hot cooking liquid. Exhaust to 170° F. (about 10 min.) and seal cans. Process in pressure canner at 10 pounds pressure (240° F.)--

No. 2 cans.....20 minutes

No. 2-1/2 cans.....25 minutes

Corn, Cream-Style

Raw Pack.--Husk corn and remove silk. Wash. Cut corn from cob at about center of kernel and scrape cobs.

In glass jars.--Use pint jars only. Pack corn to 1 inch of top; do not shake or press down. Add 1/2 teaspoon salt to each jar. Fill to top with boiling water. Adjust jar lids. Process in pressure canner at 10 pounds pressure (240° F.)--

Pint jars.....95 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

In tin cans.--Use No. 2 cans only. Pack corn to 1/2 inch of top; do not shake or press down. Add 1/2 teaspoon salt to each can. Fill cans to top with boiling water. Exhaust to 170° F. (about 25 min.) and seal cans. Process in pressure canner at 10 pounds pressure (240° F.)--

No. 2 cans.....105 minutes

Hot Pack.--Husk corn and remove silk. Wash. Cut corn from cob at about center of kernel and scrape cob. To each quart of corn add 1 pint boiling water. Heat to boiling.

In glass jars.--Use pint jars only. Pack hot corn to 1 inch of top. Add 1/2 teaspoon salt to each jar. Adjust jar lids. Process in pressure canner at 10 pounds pressure (240° F.)--

Pint jars.....85 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

In tin cans.--Use No. 2 cans only. Pack hot corn to top. Add 1/2 teaspoon salt to each can. Exhaust to 170° F. (about 10 min.) and seal cans. Process in pressure canner at 10 pounds pressure (240° F.)--

No. 2 cans.....105 minutes

Corn, Whole-Kernel

Raw Pack.--Husk corn and remove silk. Wash. Cut from cob at about two-thirds the dept of kernel.

In glass jars.--Pack corn to 1 inch of top; do not shake or press down. Add 1/2 teaspoon salt to pints; 1 teaspoon to quarts. Fill to top with boiling water. Adjust jar lids. Process in pressure canner at 10 pounds pressure (240 F.)--

Pint jars.....55 minutes

Quart jars.....85 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

In tin cans.--Pack corn to 1/2 inch of top; do not shake or press down. Add 1/2 teaspoon salt to No. 2 cans; 1 teaspoon to No. 2-1/2 cans. Fill to top with boiling water. Exhaust to 170° F. (about 10 min.) and seal cans. Process in pressure canner at 10 pounds pressure (240° F.)--

No. 2 cans.....60 minutes

No. 2-1/2 cans.....60 minutes

Hot Pack.--Husk corn and remove silk. Wash. Cut from cob at about two-thirds the depth of kernel. To each quart of corn add 1 pint boiling water. Heat to boiling.

In glass jars.--Pack hot corn to 1 inch of top and cover with boiling hot cooking liquid, leaving 1-inch space at top of jar. Or fill to 1 inch of top with mixture of corn and liquid. Add 1/2 teaspoon salt to pints; 1 teaspoon to quarts. Adjust jar lids. Process in pressure canner at 10 pounds pressure (240° F.)--

Pint jars.....55 minutes

Quart jars.....85 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

In tin cans.--Pack hot corn to 1/2 inch of top and fill to top with boiling hot cooking liquid. Or fill to top with mixture of corn and liquid. Add 1/2 teaspoon salt to No. 2 cans; 1 teaspoon to No. 2-1/2 cans. Exhaust to 170° F. (about 10 min.) and seal cans. Process in pressure canner at 10 pounds pressure (240° F.)--

No. 2 cans.....60 minutes

No. 2-1/2 cans.....60 minutes

Hominy

Place 2 quarts of dry field corn in a porcelain pan, add 8 quarts of water and 2 ounces of lye. Boil vigorously 1/2 hour, then allow to stand for 20 minutes. Rinse off the lye with several hot water rinses, follow with cold water rinses to cool for handling. Work hominy with the hands until dark tips are removed (about 5 min.). Separate the tips from the corn by floating them off in water or by placing the corn in a coarse sieve and washing thoroughly. Add sufficient water to cover hominy about 1 inch and boil 5 minutes. Change water and repeat 4 times. Then cook until kernels are soft (1/2 to 3/4 hour) and drain. This will make about 6 quarts of hominy.

In glass jars.--Pack hot hominy to 1/2 inch of top. Add 1/2 teaspoon salt to pints; 1 teaspoon to quarts. Cover with boiling water, leaving 1/2-inch space at top of jar. Adjust jar lids. Process in pressure canner at 10 pounds pressure (240° F.)--

Pint jars.....60 minutes

Quart jars.....70 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

In tin cans.--Pack hot hominy to 1/4 inch of top. Add 1/2 teaspoon salt to No. 2 cans; 1 teaspoon to No. 2-1/2 cans. Fill to top with boiling water. Exhaust to 170° F. (about 10 min.) and seal cans. Process in pressure canner at 10 pounds pressure (240° F.)--

No. 2 cans.....60 minutes

No. 2-1/2 cans.....70 minutes

Mushrooms

Trim stems and discolored parts of mushrooms. Soak mushrooms in cold water for 10 minutes to remove adhering soil. Wash in clean water. Leave small mushrooms whole; cut larger ones in halves or quarters. Steam 4 minutes or heat gently for 15 minutes without added liquid in a covered saucepan.

In glass jars.--Pack hot mushrooms to 1/2 inch of top. Add 1/4 teaspoon salt to 1/2 pints; 1/2 teaspoon to pints. For better color, add ascorbic acid--1/16 teaspoon (125 milligrams) to 1/2 pints, 1/8 teaspoon (250 milligrams) pints. Add boiling hot cooking liquid or boiling water to cover mushrooms, leaving 1/2 inch space at top of jars. Adjust jar lids. Process in pressure canner at 10 pounds pressure (240° F.)--

Half-pint jars.....30 minutes

Pint jars.....30 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

In tin cans.--Pack hot mushrooms to 1/4 inch of top of cans. Add 1/4 teaspoon salt to No. 1 cans; 1/2 teaspoon to No. 2 cans. For better color retention, add ascorbic acid--1/16 teaspoon (125 milligrams) to No. 1 cans; 1/8 teaspoon (250 milligrams) to No. 2 cans. Fill to top with boiling hot cooking liquid or boiling water. Exhaust to 170° F. (about 10 min.) and seal cans. Process in pressure canner at 10 pounds pressure (240° F.)--

No. 1 cans.....30 minutes

No. 2 cans.....30 minutes

Peas, Fresh Green

Raw Pack.--Shell and wash peas.

In glass jars.--Pack peas to 1 inch of top; do not shake or press peas down. Add 1/2 teaspoon salt to pints; 1 teaspoon to quarts. Cover with boiling water, leaving 1-inch space at top of jar. Adjust jar lids. Process in pressure canner at 10 pounds pressure (240° F.)--

Pint jars.....40 minutes

Quart jars.....40 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

In tin cans.--Pack peas to 1/4 inch of top; do not shake or press peas down. Add 1/2 teaspoon salt to No. 2 cans; 1 teaspoon to No. 2-1/2 cans. Fill to top with boiling water. Exhaust to 170° F. (about 10 min.) and seal cans. Process at 10 pounds pressure (240° F.)--

No. 2 cans.....30 minutes

No. 2-1/2 cans.....35 minutes

Hot Pack.--Shell and wash peas. Cover with boiling water. Bring to boil.

In glass jars.--Pack hot peas loosely to 1 inch of top. Add 1/2 teaspoon salt to pints; 1 teaspoon to quarts. Cover with boiling water, leaving 1-inch space at top of jar. Adjust jar lids. Process in pressure canner at 10 pounds pressure (240° F.)--

Pint jars.....40 minutes

Quart jars.....40 minutes

As soon as you remove jars from canner, complete seals if closures are not self-sealing type.

In tin cans.--Pack hot peas loosely to 1/4 inch of top. Add 1/2 teaspoon salt to No. 2 cans; 1 teaspoon to No. 2-1/2 cans. Fill to top with boiling water. Exhaust to 170° F. (about 10 min.) and seal cans. Process at 10 pounds pressure (240° F.)--

No. 2 cans.....30 minutes

No. 2-1/2 cans.....35 minutes

Potatoes, Whole

Use potatoes 1 to 2-1/2 inches in diameter. Wash, pare, and cook in boiling water for 10 minutes. Drain.

In glass jars.--Pack hot potatoes to 1/2 inch of top. Add 1/2 teaspoon salt to pints; 1 teaspoon to quarts. Cover with boiling water, leaving 1/2-inch space at top of jar. Adjust jar lids. Process in pressure canner at 10 pounds pressure (240° F.)--

Pint jars.....30 minutes

Quart jars.....40 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

In tin cans.--Pack hot potatoes to 1/4 inch of top. Add 1/2 teaspoon salt to No. 2 cans; 1 teaspoon to No. 2-1/2 cans. Fill to top with boiling water. Exhaust to 170° F. (about 10 min.) and seal cans. Process in pressure canner at 10 pounds pressure (240° F.)--

No. 2 cans.....35 minutes

No. 2-1/2 cans.....40 minutes

Pumpkin, Cubed

Wash, remove seeds, and pare pumpkin. Cut into 1-inch cubes. Add just enough water to cover; bring to boil.

In glass jars.--Pack hot cubes to 1/2 inch of top. Add 1/2 teaspoon salt to pints; 1 teaspoon to quarts. Cover with hot cooking liquid, leaving 1/2-inch space at top of jar. Adjust jar lids. Process in pressure canner at 10 pounds pressure (240° F.)--

Pint jars.....55 minutes

Quart jars.....90 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

In tin cans.--Pack hot cubes to 1/4 inch of top. Add 1/2 teaspoon salt to No. 2 cans; 1 teaspoon to No. 2-1/2 cans. Fill to top with hot cooking liquid. Exhaust to 170° F. (about 10 min.) and seal cans. Process in pressure canner at 10 pounds pressure (240° F.)--

No. 2 cans.....50 minutes

No. 2-1/2 cans.....75 minutes

Pumpkin, Strained

Wash, remove seeds, and pare pumpkin. Cut into 1-inch cubes. Steam until tender, about 25 minutes. Put through food mill or strainer. Simmer until heated through, stirring to keep from sticking to pan.

In glass jars.--Pack hot to 1/2 inch of top. Add no liquid or salt. Adjust jar lids. Process at 10 pounds pressure (240° F.)--

Pint jars.....65 minutes

Quart jars.....80 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

In tin cans.--Pack hot to 1/8 inch of top. Add no liquid or salt. Exhaust to 170° F. (about 10 min.) and seal cans. Process in pressure canner at 10 pounds pressure (240° F.)--

No. 2 cans.....75 minutes

No. 2-1/2 cans.....90 minutes

Squash, Summer

Raw Pack.--Wash but do not pare squash. Trim ends. Cut squash into 1/2-inch slices; halve or quarter to make pieces of uniform size.

In glass jars.--Pack raw squash tightly into clean jars to 1 inch of top of jar. Add 1/2 teaspoon salt to pints; 1 teaspoon to quarts. Fill jar to top with boiling water. Adjust jar lids. Process in pressure canner at 10 pounds pressure (240° F.)--

Pint jars.....25 minutes

Quart jars.....30 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

In tin cans.--Pack raw squash tightly into cans to 1/2 inch of top. Add 1/2 teaspoon salt to pints; 1 teaspoon to quarts. Fill can to top with boiling water. Exhaust to 170° F. (about 10 min.) and seal cans. Process in pressure canner at 10 pounds pressure (240° F.)--

No. 2 cans.....20 minutes

No. 2-1/2 cans.....20 minutes

Hot Pack.--Wash squash; do not pare; trim ends. Cut squash into 1/2-inch slices; halve or quarter to make pieces of uniform size. Add just enough water to cover. Bring to boil.

In glass jars.-- Pack hot squash loosely to 1/2 inch of top. Add 1/2 teaspoon salt to pints; 1 teaspoon to quarts. Cover with boiling hot cooking liquid, leaving 1/2-inch space at top of jar. Adjust jar lids. Process in pressure canner at 10 pounds pressure (240° F.)--

Pint jars.....30 minutes

Quart jars.....40 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

In tin cans.--Pack hot squash loosely to 1/4 inch of top. Add 1/2 teaspoon salt to No. 2 cans; 1 teaspoon to No. 2-1/2 cans. Fill to top with boiling hot cooking liquid. Exhaust to 170° F. (about 10 min.) and seal cans. Process in pressure canner at 10 pounds pressure (240° F.)--

No. 2 cans.....20 minutes

No. 2-1/2 cans.....20 minutes

Squash, Winter

Prepare, pack, and process like pumpkin.

Sweetpotatoes, Dry Pack

Wash sweetpotatoes, sort for size. Boil or steam until partially soft (20 to 30 minutes). Skin. Cut in pieces if large.

In glass jars.--Pack hot sweetpotatoes tightly to 1 inch of top, pressing gently to fill spaces. Add no salt or liquid. Adjust jar lids. Process in pressure canner at 10 pounds pressure (240° F.)--

Pint jars.....65 minutes

Quart jars.....95 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

In tin cans.--Pack hot sweetpotatoes tightly to top of can, pressing gently to fill spaces. Add no salt or liquid. Exhaust to 170° F. (about 10 min.) and seal cans. Process in pressure canner at 10 pounds pressure (240° F.)--

No. 2 cans.....80 minutes

No. 2-1/2 cans.....95 minutes

Sweetpotatoes, Wet Pack

Wash sweetpotatoes. Sort for size. Boil or steam just until skins slip easily. Skin and cut in pieces.

In glass jars.--Pack hot sweetpotatoes to 1 inch of top. Add 1/2 teaspoon salt to pints; 1 teaspoon to quarts. Cover with boiling water, leaving 1-inch space at top of jar. Adjust jar lids. Process in pressure canner at 10 pounds pressure (240° F.)--

Pint jars.....55 minutes

Quart jars.....90 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.