

Canning and Freezing Vegetables

Vegetable	Preparation	Pressure Canning, Raw Pack	Pressure Canning, Hot Pack	Freezing
Asparagus	Allow 2½ to 4½ 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 a ½-inch headspace.
Beans, green or wax	Allow 1½ to 2½ pounds per quart. Wash; remove ends and strings. Leave whole or snap or cut into 1-inch pieces.	Pack tightly in jars; add boiling water, leaving a 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 a 1-inch headspace. Process pints for 20 minutes; quarts 25 minutes.	Blanch for 3 minutes; cool quickly. Fill containers; shake down, leaving a ½-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 a 1-inch headspace for pints, a 1¼-inch headspace for large beans in quarts, and a 1½-inch headspace for small beans in quarts. Process pints for 40 minutes and quarts for 50 minutes.	Cover beans with boiling water; return to boiling. Fill jars loosely with beans and cooking liquid, leaving a 1-inch headspace. Process pints for 40 minutes and quarts for 50 minutes.	Blanch small beans for 2 minutes and large beans for 4 minutes; cool quickly. Fill containers loosely, leaving a ½-inch headspace.
Beets	Allow about 3 pounds per quart. Rinse. Cut off all but 1 inch of tops. Leave roots. Scrub well.	Not recommended.	Boil 15 to 25 minutes or till skins slip off easily. Cool, peel, and trim. Cube, slice, or leave small ones whole. Pack into jars; fill with <i>fresh hot</i> water, leaving a 1-inch headspace. Process pints for 30 minutes and quarts for 35 minutes.	Boil for 25 to 50 minutes or till tender. Drain; cool. Slip off skins. Cube or slice. Fill containers loosely (shake lightly), leaving a ½-inch headspace.
Broccoli	Allow about 1 pound per pint. Wash; remove outer leaves and tough parts of stalks. Wash again. Cut lengthwise into spears. Cut to fit containers.	Not recommended.	Not recommended.	Blanch 3 minutes in boiling water or 5 minutes over steam; cool quickly. Package, leaving no headspace.
Carrots	Allow 2 to 3 pounds per quart. Rinse, trim, peel, and rinse again. Leave tiny ones whole. For larger ones, slice, dice, or cut into strips.	Pack tightly into jars; add boiling water, leaving a 1-inch headspace. Process pints for 25 minutes and quarts for 30 minutes.	Simmer 5 minutes. Fill jars with carrots and cooking liquid, leaving a 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; cool quickly. Pack closely into containers, leaving a ½-inch headspace.
Cauliflower	Allow 1 to 1½ pounds per pint. Wash; remove leaves and woody stems. Break into 1-inch pieces.	Not recommended.	Not recommended.	Blanch for 3 minutes; cool quickly. Package, leaving no headspace.
Corn, cream-style	Allow 2 to 3 pounds per pint. Clean as for corn on the cob (see page 198).	Use a sharp knife to cut off just the kernel tips, then scrape corn with dull edge of knife. Pack loosely in pint jars (do not shake); add boiling water, leaving a 1-inch headspace. Process pints for 95 minutes. Quarts are not recommended.	Use a sharp knife to cut off just the kernel tips, then scrape corn with a dull knife. Bring to boiling 2 cups water for each 4 cups corn. Add corn; return to boiling. Fill pint jars, leaving a 1-inch headspace. Process pints for 85 minutes. Quarts are not recommended.	Do not cut corn off cob. Blanch 6 ears at a time for 4 minutes. Cut off just the kernel tips; scrape cobs with a table knife. Fill containers, shaking down and leaving ½-inch headspace.
Corn, whole kernel	Allow 4 to 5 pounds per quart. Clean as for corn on the cob (see page 198).	Cut corn from cobs at two-thirds depth of kernels; do not scrape. Pack loosely in jars (do not shake or press down). Add boiling water, leaving a 1-inch headspace. Process pints for 55 minutes and quarts for 85 minutes.	Cut corn from cobs at two-thirds depth of kernels; do not scrape. Bring to boiling 1 cup water for each 4 cups corn. Add corn; simmer 5 minutes. Fill jars with corn and liquid, leaving a 1-inch headspace. Process pints for 55 minutes and quarts 85 minutes.	Do not cut corn off cobs. Blanch 6 ears at a time for 4 minutes; cool quickly. Cut corn from cobs at two-thirds depth of kernels; do not scrape. Fill containers, shaking to pack lightly and leaving a ½-inch headspace.