

Canning and Freezing Vegetables (Continued)

Vegetable	Preparation	Pressure Canning, Raw Pack
Com on the cob	Remove husks. Scrub with a vegetable brush to remove silks. Wash and drain.	Not recommended.
Peas, green or English	Allow 2 to 2½ pounds per pint. Wash, shell, rinse, and drain.	Pack loosely in pint jars (do not shake or press down); add boiling water, leaving a 1-inch headspace. Process pints for 40 minutes. Quarts are not recommended.
Peppers, sweet	Wash. Remove stems, seeds, and membranes. Cut into large pieces or leave whole.	Not recommended.
Squash, winter, and pumpkin	Allow 1½ to 3 pounds per quart. Peel and cut into 1-inch cubes. <i>Do not can mashed squash or pumpkin.</i>	Not recommended.
Turnips, rutabagas	Rinse, trim, peel, and rinse again. Slice or cube.	Not recommended.

Pressure Canning, Hot Pack	Freezing
Not recommended.	Blanch 6 ears at a time, allowing 7 minutes for small ears, 9 minutes for medium, and 11 minutes for large. Drain well. Wrap individually in foil, molding to the shape of the ear. Seal in a freezer bag. Use within 4 to 6 months. Cook, without thawing, in boiling water for 5 to 10 minutes.
Cover with boiling water. Simmer for 2 minutes. Fill pint jars loosely with peas; add cooking liquid, leaving a 1-inch headspace. Process pints for 40 minutes. Quarts are not recommended.	Blanch 1½ minutes; chill quickly. Fill containers, shaking down and leaving ½-inch headspace.
Not recommended.	Spread peppers in a single layer on a baking sheet; freeze firm. Fill container, shaking to pack closely and leaving no headspace.
Simmer 2 minutes in water to cover. Do not mash or puree. Fill jars with cubes and cooking liquid, leaving a 1-inch headspace. Process pints for 55 minutes and quarts for 90 minutes.	Simmer about 15 minutes or till tender. Drain; place pan in ice water to cool quickly. Mash. Fill containers, shaking to pack lightly and leaving a ½-inch headspace. Cook without thawing, covered, for 20 minutes, stirring occasionally.
Not recommended.	Blanch for 2 minutes; cool quickly. Fill containers, leaving no headspace.

-"Better Homes and Gardens- New Cook Book," p. 198-199.