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Revised

1939

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Extension
Circular
9927

CANNING NON-ACID VEGETABLES

(See Extension Circular 9925 for general directions and methods)

A steam pressure cooker is preferred for canning non-acid vegetables, but the boiling water bath has been used with success by careful workers. For altitudes of 2,000 feet and above, the pressure cooker method should be followed. Temperatures of 240° F. to 250° F. are recommended for adequate sterilization of foods low in acidity. The water of the hot water bath never reaches a temperature above the boiling point (212° F. at sea level) and the contents of the jars will not be hotter than the water around them. Research has shown that some bacterial spores may survive 212° F. for six hours or longer. The spores of "clostridium botulinum," the toxin of which may cause food poisoning, are not destroyed at a temperature of 212° F. unless this temperature is maintained for at least six hours. It is for these reasons that the Bureau of Home Economics, Washington, D. C., does not recommend the boiling water bath method for canning of non-acid foods.

If the boiling water bath is used, it is particularly important to boil the canned non-acid vegetables, meat and poultry uncovered for at least five minutes before tasting.

Foods processed for six hours in the boiling water bath would obviously be overcooked. If a pressure cooker is not available and the water bath is risked for canning non-acid vegetables, the Bacteriology Department of the University of Nebraska, has approved the processing time given in the table below. Sometimes one tablespoon of vinegar or lemon juice is added to each pint of vegetables before processing but this changes the flavor somewhat.

Time Table for Processing Non-acid Vegetables

Product	Method of treatment	Pressure cooker	Water bath
		10 lb. pressure Time	Glass Pt. & Qt. & tin cans
Aspar- agus	Prepare as desired for table use taking particular care to wash well. Boil until limp. Pack boiling hot into containers. Cover with the water in which boiled and add 1 tsp. salt to each qt. Or, pack raw in No. 2 tin cans, cover with boiling water and exhaust for 4 to 5 min. before sealing. Process immediately.	Glass pt. 30 min. Glass qt. 35 min. No. 2 tin, 30 min.	180 min.
Beans, string	Prepare as for table use. Boil until the beans are wilted. Pack hot into the containers, cover with the water in which boiled and add 1 tsp. salt to each qt. Process.	Glass pt. 30 min. Glass qt. 35 min. No. 2 tin, 25 min. No. 3 tin, 30 min.	180 min.

Product	Method of treatment	Pressure Cooker	Water bath
		10 lb. pressure Time	Glass pt. & Qt. & tin cans
Beets and carrots	Trim tops of beets leaving 1 inch of stems and all the root to prevent bleeding.. Wash thoroly and scald in boiling water or steam about 15 min., or until the skins slip easily. Skin beets, trim and pack into containers. Add 1 tsp. salt to each qt. and fill with hot water. Process. Prepare carrots as for table use. Precook for 3 min. in boiling water. Pack in jars, cover with water. Add 1 tsp. salt to qt. Process.	Glass pt. 30 min. Glass qt. 35 min. No. 2 tin (R enamel) 30 min. No. 3 tin (R enamel) 30 min.	120 Min.
Corn	Prepare as for table use. <u>Whole grain style.</u> Cut corn from cob deeply enough to remove most of the kernels without objectionable hulls. Do not scrape the cob. Add 1 tsp. salt to each qt. corn and $\frac{1}{2}$ as much boiling water as corn. Heat to boiling and pack into containers at once. Process.	Glass pt. 60 min. Glass qt. 70 min. No. 2 tin (C enamel) 50 min. No. 3 tin (C enamel) 65 min.	180 Min.
	<u>Cream style.</u> With a sharp knife lightly cut off tops of kernels and with the back of knife scrape out pulp. This gives a thick pasty mass with minimum of hulls. Add 1 tsp. salt to qt. and $\frac{1}{2}$ cup boiling water for each cup of corn. Heat to boiling and fill into containers at once. Process.	For cream style use <u>15 lb. pressure</u> Glass pt. 75 min. No. 2 tin (C enamel) 70 min.	180 Min.
Greens	Pick over greens discarding defective ones. Wash in several waters lifting the greens out each time. To precook boil for 5 min. or until greens are wilted. Pack into hot containers, not too solidly, and cover with water in which precooked. Add 1 tsp. salt to qt. Process. Do not can in No. 3 tin cans.	For greens use <u>15 lb. pressure</u> Glass pt. 60 min. Glass qt. 65 min. No. 2 tin 55 min. No. 2 $\frac{1}{2}$ tin 60 min.	180 Min.
Peas, green	Use tender young peas. Prepare as for table use. Simmer for 5 min. Pack hot into pt. jars or No. 2 tin cans. Cover with water in which precooked. Add $\frac{1}{2}$ tsp. salt to pt. Process.	Glass pt. 45 min. No. 2 tin 40 min.	180 min.

(Revised by Mabel Doremus, State Extension Agent, Foods and Nutrition)