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EC70-925 Home Canning of Fruits and Vegetables

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Home Canning

OF

FRUITS and VEGETABLES

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Home Canning of Fruits and Vegetables

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When you can fruits and vegetables you must heat them hot enough and long enough to destroy spoilage organisms. Processing is done in either a water-bath canner or a pressure canner. The kind of canner used depends on the kind of food being canned.

Fruits, tomatoes and pickled vegetables can be processed safely in a water-bath canner. For all common vegetables except tomatoes, use a pressure canner.

A pressure sauce pan equipped with an accurate indicator or gauge for controlling pressure at 10 pounds (240°) may be used for vegetables in pint jars. If you use a pressure saucepan, add 20 minutes to the processing time given in this circular for each vegetable. This makes up for the quick climb in temperature at the beginning of the process and for the more rapid cooling to zero at the finish.

General Canning Procedure

Choose fresh, firm fruits and young, tender vegetables. Can them quickly, before they lose their freshness. Sort them for size and ripeness; they cook more evenly that way.

Washing

Wash all fruits and vegetables thoroughly. 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 go back on the food. Do not let fruits or vegetables soak; they may lose flavor and food value. Handle them gently to avoid bruising.

Filling Containers

Manufacturers of canning jars provide directions which should be followed precisely for best results. To make good seals, jars must be free from cracks or chips, and the lids must be without dents. Jars need only be washed in hot soapy water, rinsed and heated before being packed with hot foods. It is not necessary to boil jars before filling them. Any harmful bacteria will be destroyed during the processing.

Fruits and vegetables may be packed raw into glass jars or preheated and packed hot. Raw food should be packed tightly because it shrinks during processing. Hot food should be packed loosely when it is at or near boiling temperature.

There should be enough sirup, water or juice to cover the food. To remove air bubbles, work the blade of a table knife down the sides of the jar. With only a few exceptions, some space should be left between the packed food and the lid. Most fruits need 1/2 inch of space at the top of the jars. Most vegetables are packed to 1/2 inch of the top of jars and covered with liquid, leaving 1/2 inch of headspace. Leave an inch at the top of jars when packing corn, peas, lima beans and sweet potatoes because they swell during processing.

Cooling and Storing

After processing, cool jars tops up on a folded cloth or a rack so air can circulate around them. The day after canning, check seals for leakage. Wipe jars clean and label them to show contents and date. Store in a cool dry place.

Do not use canned foods that show signs of spoilage. Bring home-canned vegetables to a rolling boil and boil for 10 minutes before tasting. Burn any spoiled food or dispose of it so that it will not be eaten by humans or animals.

How To Can Fruits, Tomatoes and Pickled Vegetables

Raw Pack -- Put cold, raw fruits into jar and cover with boiling-hot sirup, juice or water. Allow 1/2 inch headspace. Press tomatoes down in the jars so they are covered with their own juice; add no liquid.

Hot Pack -- Heat fruits in sirup, in water or in extracted juice before packing. Juicy fruits and tomatoes may be preheated without added liquid and packed in the juice that cooks out.

Sweetening Fruit

Sugar helps canned fruit hold its shape, color and flavor. Sugar sirup is made by boiling sugar and water together for 5 minutes. The proportions of sugar to water depend on the sweetness of the fruit. For medium sirup, use 3 cups of sugar to 4 cups of water.

You may can fruit without sweetening -- in its own juice, in extracted juice or in water. Sugar is not needed to prevent spoilage. Processing time is the same for unsweetened fruit as for sweetened.

Processing in Boiling-Water Bath

Put filled glass jars on rack in canner containing hot water. Add boiling water to bring water an inch or two over tops of jars. Put cover on canner. When water in canner comes to a rolling boil, start to count processing time. Boil gently and steadily for the processing time recommended for the food you are canning. Remove jars from the canner immediately when processing time is up.

Altitudes

Time must be increased when boiling-water bath is used at an altitude of 1,000 feet or more. For each 1,000 feet above sea level, add 2 minutes to processing time if time called for is 20 minutes or less. If time called for is more than 20 minutes, add 4 minutes for each 1,000 feet.

PROCESSING TIMES IN WATER-BATH CANNER

Fruits	Minutes	
	Pints	Quarts
<u>Raw Pack:</u> (Pack cold, raw fruit)		
Apricots, peaches, pears	25	30
Berries, except strawberries	10	15
Cherries	20	25
Plums	20	25
Tomatoes	35	45

Hot Pack: (Heat food to boiling)

Apples, boil 5 minutes	15	20
Applesauce	10	10
Apricots, peaches, pears	20	25
Beets, pickled	30	30
Berries, except strawberries	10	15
Cherries, add sugar	10	15
Fruit juices	5	5
Fruit purees	10	10
Plums	20	25
Rhubarb, add sugar	10	10
Sauerkraut	15	20
Tomatoes	10	10
Tomato juice	10	10

How to Can Non-acid Vegetables

Raw Pack -- Pack cold, raw vegetables into jar. Add 1/2 teaspoon salt to pints and 1 teaspoon salt to quarts and cover with boiling water. Allow 1/2 inch headspace. For corn, peas, lima beans and sweet potatoes, fill jars to within 1 inch of the top.

Hot Pack -- Preheat vegetables in water or steam. Add 1/2 teaspoon salt to pints and 1 teaspoon to quarts and cover with cooking liquid or boiling water. Allow 1/2 inch headspace.

Processing in Pressure Canner

Put 2 or 3 inches of boiling water in the bottom of canner. Set filled jars on rack in canner so that steam can flow around each jar. Fasten canner cover securely so that no steam can escape except through vent. 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 gauge.

Let pressure rise to 10 pounds (240°). Start counting processing time when this pressure is reached. Keep pressure constant by regulating heat under the canner. Do not lower pressure by opening petcock. When processing time is up, remove canner from heat immediately. When pressure registers zero, wait a minute or two, then slowly open petcock or take off weighted gauge. Unfasten cover and tilt the lid up so steam escapes away from you. Take jars from canner.

If you use a pressure sauce pan, be sure to increase total processing time by 20 minutes.

Altitudes

When pressure canner is used at an altitude of 2,000 feet or more, pressure must be increased by 1 pound for each 2,000 feet of altitude.

On Guard Against Spoilage

Do not use canned foods that show any signs of spoilage. Bulging jar lids or a leak may mean that food has spoiled. Other signs include spurting liquid, off odors, or mold.

It is possible for canned vegetables to contain the toxin that causes botulism without showing signs of spoilage. This toxin is deadly. Be sure to boil home-canned vegetables for 10 minutes before tasting.

PROCESSING TIMES IN PRESSURE CANNER
10 pounds pressure (240°)

Vegetables	Minutes	
	Pints	Quarts
Asparagus, raw or hot pack	25	30
Beans, baked, hot pack	80	100
Beans, fresh lima, raw or hot pack	40	50
Beans, snap, raw or hot pack	20	25
Beets, hot	30	35
Carrots, raw or hot pack	25	30
Corn, cream style		
pints only, raw pack	95	--
pints only, hot pack	85	--
Corn, whole kernel, raw or hot pack	55	85
Peas, fresh green, raw or hot pack	40	40
Potatoes, small boil 10 minutes	30	40
Pumpkin and winter squash strained, hot	65	80
Spinach and greens steam for 10 minutes	70	90
Squash, summer		
raw pack	25	30
hot pack	30	40
Sweet potatoes, hot		
dry pack	65	95
wet pack	55	90