

Canning Times and Instructions for Commonly Canned Vegetables

Vegetable	How to Prepare	Pints	Quarts
Asparagus	Sort, wash and cut into desired lengths or 1" shorter than the jar. Fill jar and pour boiling water over top to $\frac{3}{4}$ " from the rim.	$\frac{1}{2}$ teas. salt 28 min.	1 teas. salt. 32 min.
Lima Beans	Shell, wash and pack loosely into jars within an inch from the top. Cover with boiling water to $\frac{3}{4}$ " from the rim.	$\frac{1}{2}$ teas. salt 40 min.	1 teas. salt. 50 min.
Wax and String Beans	Snip off ends, and string if necessary. Break into 1 $\frac{1}{2}$ inch pieces. Pack tightly to 1" from the rim. Cover with boiling water.	$\frac{1}{2}$ teas. salt 20 min.	1 teas. salt 25 min.
Beets	Leave on roots and 2 inches of the top. Boil until the skins slip off (15 min). Dip in cold water. Peel, trim and slice. Pack into jars, filling to 1" from the rim. Cover with hot water.	$\frac{1}{2}$ teas. salt 35 min.	1 teas. salt 40 min.
Carrots	Wash and scrape or peel. Slice and pack, filling to 1" from the rim. Cover with boiling water.	$\frac{1}{2}$ teas. salt 30 min.	1 teas. salt 30 min.
Whole Kernel Corn	Use a sharp knife to cut raw corn from cob. Cut just the kernels and do not scrape the cobs. Place in pan and cover with brine (1 qt. water to 1 tbs. salt). Bring to a boil and pour over into jars, filling to 1" of the rims.	55 min.	70 min.
Cream Corn	Prepare as for kernel corn, but also scrape the cob. Proceed as directed for kernel corn and fill to 1 $\frac{1}{2}$ " from the rim.	85 min.	don't can
Okra	Use young pods for best results. Wash and cut off ends. Leave whole or cut into 1 inch slices. Boil for 1 min before packing into jars, cover with the water they were boiled in, filling to 1" from the rim.	$\frac{1}{2}$ teas. salt 25 min.	1 teas. salt 40 min.
Peas	Only can fresh, tender, and young, green peas. Shell and cook until the skins wrinkle (2-4 min.). Pack into jars, filling to 1 $\frac{1}{4}$ " from the top. Cover with the hot water, they were cooked in, adding more hot water if needed.	$\frac{1}{2}$ teas. salt 40 min.	1 teas. salt 45 min.
Fresh Black-eye peas	Follow directions for green peas.	$\frac{1}{2}$ teas. salt 50 min.	1 teas. salt 55 min.
New Potatoes	Peel, leave small ones whole, cut larger ones in half. Create a brine of 2 tbs salt to 1 qt of water. Pack potatoes into jars, filling to 1" of rim. Cover with boiling brine.	35 min.	40 min.
Sweet Potatoes	Wash and peel. Cut into 1" cubes and pack in jars to 1" of rims. Cover with boiling water. Or create syrup of 1 part sugar, 2 parts water. Boil and cover the sweet potatoes.	55 min.	90 min.
Pumpkin or mature Squash	* Wash, remove seeds and peel. Cut into 1" cubes, place in a pan with just enough water to cover them and bring to a full boil. Pack hot cubes to $\frac{3}{4}$ " from the top and cover with the water they boiled in.	$\frac{1}{2}$ teas. salt 55 min.	1 teas. salt 90 min.
Turnips	Follow carrot directions.		

*Do not can pumpkin puree as it is very dense and nearly impossible to get hot enough all the way through to kill bacteria.