

Vegetables

Canning Freezing Drying



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HAVE A PLAN FOR VEGETABLE PRESERVATION

Let the home vegetable garden provide quality vegetables the year around. Home can, freeze, or dry vegetables. Use up-to-date equipment and methods. Preserve 50 to 55 quarts per person per year.

LIST OF COMMON VEGETABLES	AMOUNT NEEDED TO FILL 1 QUART JAR WITH VEG.*	APPROXIMATE YIELD IN QTS. FROM RAW VEG.
ASPARAGUS	3-1/2 - 4 pounds	45 lbs. yield 11
GREEN BEANS	1-1/2 - 2 pounds	28 lbs. yield 14-18
LIMA BEANS	4 - 5 pounds	32 lbs. yield 7- 8
BEETS	2-1/2 - 3 pounds	50 lbs. yield 17-20
CARROTS	2-1/2 - 3 pounds	50 lbs. yield 17-20
CORN	7 pounds	35 lbs. yield 8- 9
GREENS (Kraut)	1-1/2 - 2 pounds	40 lbs. yield 17-18
PEAS	4 - 5 pounds	30 lbs. yield 12-15 pt.
TOMATOES	2-1/2 - 3 pounds	60 lbs. yield 16-20
PUMPKIN OR SQUASH	3 - 4 pounds	50 lbs. yield 15-20

Use pint jars for canning and either pints or quarts for freezing. Refer to Cir. A-1 "Garden Varieties"

NDSU LIBRARIES

NDAC Extension Service, Fargo

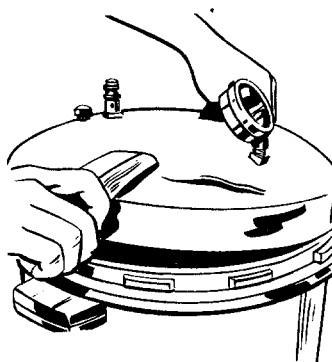
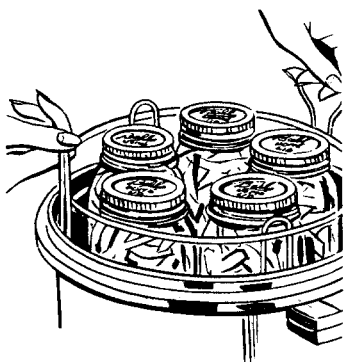
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Canning

STEPS IN CANNING VEGETABLES

1. Prepare raw vegetables that are free from blemishes. Work with only enough for one canner load at a time.
2. Blanch or boil (see directions).
3. Pack hot into clean hot jars. Leave $\frac{1}{2}$ inch head space.
4. Cover with hot cooking liquid or boiling water. Leave $\frac{1}{2}$ inch head space.
5. Add salt. $\frac{1}{2}$ teaspoon per pint jar. 1 teaspoon per quart jar. Exception: Spinach; $\frac{1}{4}$ teaspoon per pint jar. $\frac{1}{2}$ teaspoon per quart jar.
6. Work out air bubbles by pushing a knife blade down the sides of each jar.
7. Wipe jar rim clean. Use only perfect jars.
8. Adjust lids on jars according to manufacturer's directions.
9. Process immediately in a steam pressure canner at 10 pounds pressure (240 °F) for the number of minutes shown in the table. For every 2000 feet above sea level, add 1 pound pressure to the 10 pounds ordinarily used for processing.
10. Remove jars from canner and complete seal on all except those with sealing compound.
11. Cool jars on rack or folded cloth away from drafts.
12. Test jars for leaks. Label and store in cool dry place.



Use a Pressure Cooker

TIME TABLE FOR CANNING VEGETABLES
PRESSURE COOKER OR CANNER *

PRODUCT AND METHOD	Minutes to Process at 10# (240°F.)	
	PINTS	QUARTS
ASPARAGUS - Wash, cut in desired lengths, or tie in uniform bundles. Boil for 3 min. Pack Hot. **	25	55
BEANS - can only tender beans. Snap - Leave whole or cut into pieces**** Green Soybeans - Shell Lima - Shell Cover soybeans and lima beans with boiling water and boil 5 min. Pack hot.	20 60 35	25 70 60
BEETS - BABY - Wash, leave 1 inch stem. Boil 15 min. Remove skins. Can baby beets whole. Slice, halve or quarter larger beets. Pack hot.**	25	55
CARROTS - Wash, scrape and add boiling water and bring to a boil. Pack hot.***	20	25
CORN - WHOLE KERNEL - Cut corn from cob. Do not scrape cob. Use 1 tsp. salt to each quart of corn, add 1 pt. boiling water and heat to boiling. Pack loosely while hot.	55	85
CORN - CREAM STYLE - Same as whole kernel but difficult to process. Not recommended.	85	Do not use
GREENS - INCLUDING SPINACH - Wash. Steam 5 to 10 minutes. Use smallest possible amount of water. Pack loosely while boiling hot.**	45	70
PEAS - GREEN - Wash in pods, shell and grade. Cover with boiling water and bring to boil.** Pack loosely while hot.	40	40
PUMPKIN OR SQUASH - Cubed. Wash, peel, cut in pieces. Cover with boiling water. Bring to boil. Pack hot.***	60	80
VEGETABLE SOUP MIXTURES - Boil vegetables. Pack hot. Use time of vegetable requiring longest processing time.**		
SAUERKRAUT - is processed in a hot water bath.	25 min. for pts. 30 min. for qts.	

- * Time for processing based upon information published by Bureau of Human Nutrition and Home Economics, USDA No. AIS-64.
- ** Use 1 teaspoon of salt for each quart of vegetables. Add salt after packing vegetables into jars. Cover vegetables to within 1/2 inch of top of jar with boiling water. For peas, shelled beans or corn, allow 1 inch head space.
- *** Add 1 teaspoon salt, cover to within 1/2 inch of top with the boiling cooking water.
- **** Pack raw, cover with boiling water.

Freezing

STEPS IN FREEZING VEGETABLES

1. Use a variety best suited for freezing.
2. Watch maturity of produce - and select at stage which is best for eating. This is very important.
3. Harvest, pack and freeze vegetables on the same day to keep maximum flavor.
4. Blanch (scald) vegetables to prevent enzymes from bringing about slow spoilage, loss of color, flavor and sometimes producing off-odors in the vegetables.
5. Chill after blanching in very cold water.
6. Drain well - dry and pack.
7. Leave 1/2 inch head space - label.
8. Sharp freeze and store at zero degrees.

HOW TO SCALD VEGETABLES FOR FREEZING

WATER BLANCH: Use about 1 pound of vegetables at a time. Place vegetables in a wire basket or colander (do not let them pack) which is then placed into a kettle of boiling water (using about 1 gallon of water) for the recommended time. Remove and chill by placing at once in ice water. Drain well.

STEAM BLANCH: A steamer must be used - Use 1 inch of water in bottom of steamer and bring to full boil. Place vegetables in basket over the water in the steamer. Cover tightly and count steaming time when water boils.

PREPARING VEGETABLES FOR FREEZING

VEGETABLE	VARIETY	PREPARATION	TIME TO SCALD
<u>ASPARAGUS</u>	Martha Washington	Wash, cut into	2 to 4 min.
	Mary Washington	lengths. Sort into groups, according to thickness of stalk. Scald, chill and pack.	in boiling water according to size. Chill in ice water.
<u>BEANS</u>	Lima	Early Baby	3 to 4 min. in
		Potato	boiling water accord-
		Fordhook	ing to size. Chill
		Henderson's Bush	in ice water.
		Triumph	
	Early Market	Sort out beans that have turned white. Pack.	

VEGETABLE	VARIETY	PREPARATION	TIME TO SCALD
<u>Snap</u>	Pountiful Stringless Green Pod Kentucky Wonder (Pole) Refugee Blue Lake (Pole) Tender green Wade Topcrop	Use young tender beans with small seeds. Wash cut off stem and tips. Leave whole, slice, or cut into pieces. Scald. Chill, Pack. Freeze immediately.	Scald 3 min. in boiling water and chill.
BEETS	Detroit Dark Red and other garden varieties of good color	Cut off tops. Clean Cook in boiling water until almost tender. Chill in ice water. Remove skins. Slice or dice. Pack and freeze.	Cook in boiling water until almost tender. Chill in ice water. Remove skins.
BROCCOLI	Italian Green Sprouting De Cicco	Cut off large leaves and tough stalks. Wash and soak, in salted water (1/4c. salt to 1 qt. cold water) for 1/2 hr. Rinse in fresh water. Split lengthwise so heads are not more than 1-1/2 inches across. Scald, chill and pack.	Scald 5 min. in steam, or 4 min. in boiling water. Chill in ice water.
CARROTS	Nantes Nancy Red Cored Chantenay Coreless	Use smooth, tender carrots harvested after cool weather. Wash. Scrape. Dice or slice 1/4" thick. Scald, chill, pack dry.	Scald 4 min. in boiling water. Chill in ice water.
CORN on cob.	Miniature Golden Bantam Country Gentleman Golden Cross Bantam Sunshine	Husk, remove silk. Trim off bad spots. Sort for size. Wash, scald, chill, and pack.	Scald 8 to 11 min. according to thickness of ear. Chill in ice water.
Whole Kernel	Hybrid corn most desirable	Same as above only cut kernels off the cob.	Scald 5 min. in boiling water before cutting.
GREENS	All varieties freeze well. Spinach Swiss Chard Beet Tops Turnip Tops	Wash well, remove imperfect leaves and large tough stems. Scald, chill and pack.	Scald 1 to 2 min. in boiling water. Stems of Swiss Chard need 3 to 4 min. Chill in ice water.
PEAS	Little Marvel Thomas Laxton Laxton's Progress Alderman Telephone Dwarf Telephone	Shell, sort out immature and tough peas, wash, scald, chill and pack.	Scald 1 min. in boiling water. Chill in ice water.

VEGETABLE	VARIETY	PREPARATION	TIME TO SCALD
PEPPERS	Any variety of well developed peppers, green, or red.	Wash, cut out stem end, remove seeds, halve, slice or dice.	Scald halved peppers in water 3 min. 2 min. if sliced or diced. Chill, pack and freeze.
PUMPKIN	Any good pie pumpkin as Omaha Cheyenne Bush	For pumpkin or squash - Wash, cut into uniform pieces and remove seeds. Bake at 350° or steam until tender. Mash pulp- Pack cold. Allow 1-1/2 inch head space.	Pie mixes may be frozen, omit the spices.
SQUASH	Buttercup Ranquet Hubbard Table Green		
TOMATO JUICE	Any variety	Sort, wash, cut in quarters. Simmer 10 min. Press through sieve. Add 1 tsp. salt per quart of juice. Pour into containers allowing 2" head space. Seal.	

Drying

The table below gives the approximate yield of dried food that can be obtained from a peck of vegetables.

Send for U.S.D.A. Leaflet AWI-59 on "Oven Drying", showing equipment.

BEANS, lima	7 lb. yield 1-1/4 lb. (2 pt.)
BEANS, snap	6 lb. yield 1/2 lb. (2-1/2 pt., 1-inch pieces)
CARROTS	15 lb. yield 1-1/4 lb. (2-4 pts.)
CORN	18 lb. yield 2-1/2 lb. (4-4-1/2 pts.)
PEAS	8 lb. yield 3/4 lb. (1 pt.)

REFERENCES USED:

- U.S.D.A. AIS-64 - Home Canning of Fruits and Vegetables.
- U. of Minn. Ex. Bulletin 244 - Freezing Foods for Home Use.
- U.S.D.A. AWI-59 - Oven Drying.

North Dakota Agricultural College and the United States Department of Agriculture Cooperating. E. J. Haslerud, Director of Extension Service. Distributed in furtherance of the Acts of Congress of May 8 and June 30, 1914.