

# Time Tables FOR CANNING

| <i>Fruits</i> (See footnotes, pages 8 and 9)         |  | Boiling Water Bath<br>Minutes | Pressure Cooker          |        |
|--|--|-------------------------------|--------------------------|--------|
|  |  |                               | Pts. & Qts.<br>(Minutes) | Pounds |
| <b>Apples</b>  | Wash, pare, core, cut in pieces. Drop in slightly salted water. Drain. Boil 3 to 5 minutes in syrup. Pack. Add syrup or water. | 25                            | 10                       | 5      |
| <b>Apricots</b>                                      | Wash, halve and pit. Pack. Add syrup or water.   | 20                            | 10                       | 5      |
| <b>Berries</b> (except Strawberries and Cranberries) | Wash, stem, pack. Add syrup or water.  | 20                            | 8                        | 5      |
| <b>Cherries</b>                                      | Wash, stem, pit. Pack. Add syrup or water.   | 20                            | 10                       | 5      |
| <b>Cranberries</b>                                   | Wash, remove stems. Boil 3 minutes in heavy syrup. Pack.   | 10                            | ---                      | ---    |
| <b>Currants</b>                                      | Wash, stem, pack. Add syrup or water.  | 20                            | 10                       | 5      |
| <b>Dried Fruits</b>                                  | Soak in cold water overnight. Boil 10 minutes in same water. Pack.   | 15                            | ---                      | ---    |
| <b>Figs</b>  | Cover with fresh water, boil 2 minutes. Drain and use this water to make syrup. Boil 5 minutes in syrup. Pack, add syrup.      | 30                            | 10                       | 5      |
| <b>Fruit Juices</b>                                  | Crush fruit, heat slowly, strain. Pour into jars. Process in water bath.   | 20 (180°-simmering)           |                          |        |
| <b>Grapes</b>  | Wash, stem, pack. Add syrup or water.  | 20                            | 8                        | 5      |
| <b>Nut Meats</b>                                     | Pack into jar. Process in oven at 225° for 45 minutes.   | ---                           | ---                      | ---    |
| <b>Peaches</b>                                       | Peel, pack, add syrup, or boil 3 minutes in syrup, pack, add syrup.  | 20                            | 10                       | 5      |
| <b>Pears</b>   | Select not overripe pears, pare, halve, boil 3 to 5 minutes in syrup. Pack. Add syrup.   | 25                            | 10                       | 5      |
| <b>Pineapple</b>                                     | Slice, peel, remove eyes and core. Boil in syrup 5 to 10 minutes. Pack. Add syrup.   | 30                            | 15                       | 5      |
| <b>Plums</b>   | Wash, prick skins. Pack. Add syrup.  | 20                            | 10                       | 5      |
| <b>Preserves</b>                                     | Prepare as per recipe. Cook until thick. Pack. Process in water bath.  | 20 (180°-simmering)           |                          |        |
| <b>Rhubarb</b>                                       | Wash, cut into pieces. Pack. Add syrup. Or bake until tender. Pack. Add syrup.   | 10                            | 5                        | 5      |
| <b>Strawberries</b>                                  | Wash, stem, boil gently for 3 minutes in syrup. Cover the kettle and let stand for several hours. Pack.                        | 15                            | ---                      | ---    |
| <b>Tomatoes</b>                                      | Scald ½ minute, cold dip, peel, core, quarter. Pack.   | 35                            | 10                       | 5      |
| <b>Tomatoes for Salad</b>                            | Scald ½ minute, cold dip, peel, core. Pack. Cover with tomato juice.   | 35                            | 10                       | 5      |
| <b>Tomato Puree</b>                                  | Irregular or undersized tomatoes may be used. Cook all ingredients until soft. Press through sieve. Pack.                      | 35                            | 10                       | 5      |

| <i>Meats</i> (See footnotes, pages 8 and 9) <b>A pressure cooker is recommended for processing meats as it gives a greater degree of safety. Meats packed raw do not require the addition of liquid. Pack meats loosely and only to within 1 inch of top of jar.</b> |   | Boiling Water Bath<br>Minutes | Pressure Cooker |        |
|--|---|-------------------------------|-----------------|--------|
|  |   |                               | Minutes         | Pounds |
| <b>Lamb, Veal, Beef, Steak</b>   | Bleed well and cool thoroughly. Precook, pack, add salt 1 teaspoon to quart, add 3 to 4 tablespoons liquid. Or pack raw without liquid.                                   | 210                           | 75              | 10     |
| <b>Pork</b>  | Bleed well and cool thoroughly. Precook, pack, add salt 1 teaspoon to quart, add 3 to 4 tablespoons liquid. Or pack raw without liquid.                                   | 210                           | 75              | 10     |
| <b>Tenderloin, Ham, Pork Chops</b>   | Sear until lightly browned. Pack. Add salt 1 teaspoon to quart. Add 3 to 4 tablespoons water or broth. Or pack raw without liquid.  | 210                           | 75              | 10     |
| <b>Sausage</b>   | Shape into cakes. Fry or bake until brown. Pack. Add 3 to 4 tablespoons liquid, then process.   | 210                           | 75              | 10     |
| <b>Chicken, Rabbit, Duck, Turkey</b>   | Bleed well and cool thoroughly. Precook, pack, add salt 1 teaspoon to quart, add 3 to 4 tablespoons liquid. Or pack raw without liquid.                                   | 210                           | 75              | 10     |
| <b>Deer, Wild Birds, Geese</b>   | Bleed well, cool thoroughly, soak in brine 30 minutes or parboil. Precook, pack, add salt 1 teaspoon to quart, add 3 to 4 tablespoons liquid. Or pack raw without liquid. | 210                           | 75              | 10     |
| <b>Fish, all kinds</b>   | Use only firm, fresh fish. Bleed well. Wash. Precook. Pack, add salt 1 teaspoon to quart. Or pack raw without liquid.   | 240                           | 90              | 10     |

## Notes

**NOTE—ALL VEGETABLES EXCEPT TOMATOES, ALSO ALL MEATS, POULTRY AND FISH CANNED AT HOME MUST BE BOILED IN AN OPEN VESSEL TEN TO FIFTEEN MINUTES BEFORE TASTING OR USING.**

**NOTE—Time for Different Size Jars—**The time in these tables for water bath canning applies to half pint, pint and quart jars. If canning fruit in water bath with half gallon jars add 10 minutes to processing time; for pressure cooker add 5 minutes to processing time. When canning vegetables and meats, for half gallons in pressure cooker or water bath, increase time 20% over time for quarts. For half pints, use time for pints.

# Vegetables

(See footnotes, pages 8 and 9) A pressure cooker is recommended for processing low-acid foods as it gives a greater degree of safety.

|  |  | Boiling Water Bath | Pressure Cooker |        | Pounds |
|--|--|--------------------|-----------------|--------|--------|
|  |  | Minutes            | Minutes         | Quarts |        |
| <b>Asparagus</b>                             | Wash, boil 3 minutes. Pack.  | 180                | 25              | 40     | 10     |
| <b>Beans, baked</b>                          | Soak beans. Boil 1/2 done. Add all ingredients. Bake 1 hour. Pack loosely.   | 180                | 60              | 60     | 10     |
| <b>Beans (String or Wax)</b>                 | Wash, string, cut or leave whole, boil 5 minutes. Pack.  | 180                | 20              | 25     | 10     |
| <b>Beans (Lima)</b>                          | Shell, bring to boil. Pack loosely to within 1 inch of top of jar.   | 180                | 35              | 60     | 10     |
| <b>Beets</b>                                 | Wash, leave roots and tops long, boil 15 minutes. Skin. Pack.  | 120                | 25              | 40     | 10     |
| <b>Brussels Sprouts or Cabbage</b>           | Remove outer leaves, wash, cut in desired size pieces, boil 5 minutes. Pack.   | 120                | 45              | 55     | 10     |
| <b>Carrots</b>                               | Wash, peel, slice or cube. Bring to boil. Pack.  | 120                | 20              | 25     | 10     |
| <b>Cauliflower or Broccoli</b>               | Remove outside leaves, wash, boil 4 minutes. Pack.   | 150                | 25              | 40     | 10     |
| <b>Corn (Whole Grain)</b>                    | Remove shucks. Cut from cob. Bring to boil. Pack loosely to within 1 inch of top of jar.   | 210                | 55              | 85     | 10     |
| <b>Greens (all kinds)</b>                    | Wash thoroughly. Steam or boil to wilt. Pack loosely.  | 180                | 45              | 70     | 10     |
| <b>Hominy</b>                                | Boil 3 minutes. Pack loosely.  | 120                | 40              | 40     | 10     |
| <b>Mushrooms</b>                             | Clean, wash, cut large ones, boil 3 minutes. Pack loosely.   | 180                | 25              | 35     | 10     |
| <b>Okra</b>                                  | Wash, boil 1 minute. Pack.   | 180                | 25              | 40     | 10     |
| <b>Onions</b>                                | Peel, wash, boil 5 minutes. Pack.  | 180                | 40              | 40     | 10     |
| <b>Parsnips or Turnips</b>                   | Wash, peel, slice or cube. Boil 5 minutes. Pack.   | 90                 | 20              | 25     | 10     |
| <b>Peas</b>                                  | Shell, grade, use only fresh, tender ones. Bring to boil. Pack loosely to within 1 inch of top of jar.                             | 180                | 40              | 40     | 10     |
| <b>Peppers (green, sweet)</b>                | Wash, remove seed pod, boil 3 minutes. Pack.   | 120                | 35              | 35     | 10     |
| <b>Peppers (Pimiento)</b>                    | Place in moderate oven 6 to 8 minutes or 12 to 15 minutes in boiling water. Peel, stem, cut out seeds, flatten. Pack.              | 40                 | 10              | 10     | 5      |
| <b>Potatoes, Irish</b>                       | Wash and scrape small, new potatoes. Pack. Add boiling water.  | 180                | 40              | 40     | 10     |
| <b>Pumpkin</b>                               | Cut in pieces. Peel. Steam, boil or bake tender. Pack.   | 180                | 60              | 80     | 10     |
| <b>Rutabagas</b>                             | Wash, peel, slice or cube, boil 5 minutes. Pack.   | 90                 | 35              | 35     | 10     |
| <b>Sauerkraut</b>                            | After curing, pack, add kraut juice or weak brine.   | 15                 | ---             | ---    | ---    |
| <b>Soybeans</b>                              | Shell, bring to boil. Pack loosely to within 1 inch of top of jar.   | 210                | 80              | 80     | 10     |
| <b>Spinach</b>                               | Wash thoroughly. Steam or boil to wilt. Pack loosely.  | 180                | 45              | 70     | 10     |
| <b>Squash (Summer, Acorn or Zucchini)</b>    | Cut in uniform pieces. Bring to boil. Pack.  | 180                | 30              | 40     | 10     |
| <b>Squash (Crookneck, Hubbard or Banana)</b> | Cut in pieces. Peel. Steam, boil or bake tender. Pack.   | 180                | 60              | 80     | 10     |
| <b>Sweet Potatoes (Dry)</b>                  | Wash, boil or steam 20 minutes, remove skins. Pack.  | 180                | 65              | 95     | 10     |
| <b>Sweet Potatoes (Wet)</b>                  | Wash, boil or steam 20 minutes, remove skins. Pack. Add liquid.  | 180                | 55              | 90     | 10     |
| <b>Tomatoes</b>                              | (See under Fruits.)  |                    |                 |        |        |
| <b>Tomato Juice</b>                          | Wash, peel, cut in pieces. Simmer until soft, press thru fine sieve. Bring to boil. Pour to within 1/4 inch of top of jar.         | 10                 | ---             | ---    | ---    |
| <b>Unusual Foods</b>                         | See individual recipes, page 44.   |                    |                 |        |        |
| <b>Vegetable Mixtures</b>                    | Prepare vegetables, boil separately or combine. Pack. Process length of time necessary for vegetable requiring longest processing. | ---                | ---             | ---    | ---    |

# Soups

(See footnotes, pages 8 and 9)

|                                |  | Boiling Water Bath | Pressure Cooker |        |
|--------------------------------|--|--------------------|-----------------|--------|
|                                |  | Minutes            | Minutes         | Pounds |
| <b>Asparagus</b>               | Use tough part, boil. Press through sieve, pour into jars.   | 180                | 40              | 10     |
| <b>Clam or Fish Chowder</b>    | Mix ingredients. Boil ten minutes. Pack into jars.   | 240                | 90              | 10     |
| <b>Pea Soup</b>                | Boil peas until soft, press thru sieve. Pour into jars.  | 180                | 60              | 10     |
| <b>Soup Stock</b>              | Cover bones and trimmings with water. Season. Cook 2 hours. Remove bones. Pour into jars.  | 180                | 45              | 10     |
| <b>Tomato Soup</b>             | Mix vegetables. Cook tender; sieve. Add flour and butter; bring to boil; pour into jars.   | 15                 | ---             | ---    |
| <b>Vegetable Soup Mixtures</b> | Use any vegetable combinations. Boil 10-15 minutes. Pack into jars. Process time necessary for vegetable requiring longest processing. | ---                | ---             | ---    |

## ALTITUDES ABOVE SEA LEVEL

The time given in the time tables in this book is for the half-pint, one-pint or one-quart pack, (for half gallon jars see note on page 8). For all size jars the time must be increased when the boiling water bath is used at an altitude of 1,000 feet or more. For each 1,000 feet above sea level, add 1 minute to

processing time if the time called for is 20 minutes or less. If the processing time called for is more than 20 minutes, add 2 minutes for each 1,000 feet.

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