

Vegetables

A PRESSURE COOKER is recommended for processing low-acid foods as it gives a greater degree of safety.

NOTE: All vegetables except tomatoes, also all meats, poultry and fish canned at home must be boiled in an open vessel 10 to 15 minutes before tasting or using.

TO PRECOOK VEGETABLES, cover them with boiling water and **BOIL** for time suggested in recipe.

IN FILLING JARS pack the product to not more than $\frac{1}{2}$ inch from top of jar. (Exception: Corn, peas, lima beans and such products should be packed only to within 1 inch of top of jar.) For all packs, add water in which vegetables were precooked or boiling water to within $\frac{1}{2}$ inch of top of jar.

A SALT AND SUGAR MIXTURE may be used to season such vegetables as corn, peas, beets and tomatoes, if desired. This is made by mixing 2 parts sugar to 1 part salt and adding 2 teaspoons of the mixture to each quart jar.

ASPARAGUS

REMOVE scales from stalk. Wash thoroughly to remove all soil. Cut in jar lengths. Tie in bundles, place tips up in boiling water to cover lower tough portions. Cover vessel tightly. Boil 3 minutes. Drain, pack into clean pint KERR Jars, tips up. Add $\frac{1}{2}$ teaspoon salt to each jar if desired, fill jar to within $\frac{1}{2}$ inch of top of jar with water in which vegetable was precooked or boiling water. Put on cap, screwing the band tight. Process according to time table, page 9.

BAKED BEANS

2 cups navy beans	12 tablespoons catsup
$\frac{1}{4}$ pound salt pork	4 tablespoons brown sugar
2 teaspoons salt	1 large onion
2 tablespoons molasses	
3 teaspoons prepared mustard	
2 cups boiling water (from beans in cooking)	

WASH beans thoroughly. Cover with cold water and soak overnight. Boil in same water until beans are about $\frac{1}{3}$ done (about 45 minutes). Drain the beans, saving the water. Slice the pork in the bottom of baking dish. Add the salt, molasses, mustard, catsup, sugar, and onion (cut fine). Mix bean water with enough boiling water to make $4\frac{1}{2}$ cups. Add beans and liquid to mixture in baking dish, mixing well. Bake in hot oven (450° F.) for one hour. Pack while hot into clean KERR Jars, filling to within 1 inch of top of jar. Put on cap, screwing the band tight. Process in pressure cooker for 60 minutes at 10 pounds or in water bath for 3 hours.

BEANS (LIMA)

WASH, shell and place in pan with boiling water to cover. Bring to boil. Keep at boiling temperature. Pack loosely into clean KERR Jars to within 1 inch of top of jar. Add $\frac{1}{2}$ teaspoon of salt to each pint jar if desired, fill to within $\frac{1}{2}$ inch of top of jar with water in which vegetable was precooked or boiling water. Put on cap, screwing the band tight. Process according to time table, page 9.

BEANS (STRING)

WASH, string and cut in convenient lengths or leave whole. Boil for 5 minutes. Pack into clean KERR Jars to within $\frac{1}{2}$ inch of top of jar. Add 1 teaspoon salt to each quart jar if desired, fill to within $\frac{1}{2}$ inch of top of jar with water in which vegetable was precooked or boiling water. Put on cap, screwing the band tight. Process according to time table, page 9.

BEETS

USE small uniform beets. Wash carefully; leave roots and stems long. Boil 15 minutes, plunge into cold water, remove skins. Pack into clean KERR Jars. Add 2 teaspoons of salt and sugar mixture to each quart jar if desired. Fill to within $\frac{1}{2}$ inch of top of jar with boiling water. Put on cap, screwing the band tight. Process according to time table, page 9.

BLACK-EYED OR FIELD PEAS

FOLLOW recipe for lima beans.

BROCCOLI

REMOVE the largest leaves, or stems. Wash through several waters, then boil 4 minutes. Pack into clean KERR Jars. Add 1 teaspoon of salt to each quart jar if desired, fill to within $\frac{1}{2}$ inch of top of jar with water in which vegetable was precooked or boiling water. Put on cap, screwing the band tight. Process according to time table, page 9.

BRUSSELS SPROUTS

FOLLOW recipe for cabbage.

CABBAGE

WASH, remove outside leaves. Cut into desired size pieces and boil for 5 minutes. Pack into clean KERR Jars. Add 1 teaspoon of salt to each quart jar if desired and fill to within $\frac{1}{2}$ inch of top of jar with water in which vegetable was precooked or boiling water. Put on cap, screwing the band tight. Process according to time table, page 9.

CARROTS

GRADE for size and color. Wash thoroughly. Scrape or pare to remove skins. Slice or dice. Bring to boil. Keep at boiling temperature. Pack into clean KERR Jars. Add 1 teaspoon salt to each quart jar if desired. Fill to within $\frac{1}{2}$ inch of top of jar with water in which vegetable was precooked or boiling water. Put on cap, screwing the band tight. Process according to time table, page 9.

CAULIFLOWER

REMOVE all outside green leaves. Wash and break the head into small or medium-size flowerets. Soak for 20 minutes in brine made with 1 tablespoon salt to 1 quart of cold water. This will draw out small insects. Rinse well in clear water. Boil 4 minutes. Pack into clean KERR Jars. Add 1 teaspoon salt to each quart jar if desired and fill to within $\frac{1}{2}$ inch of top of jar with water in which vegetable was precooked or boiling water. Put on cap, screwing the band tight. Process according to time table, page 9.

CORN

USE only absolutely fresh corn that is tender and juicy. Shuck corn and remove silks. Cut out any damaged spots. Wash the ears with vegetable brush. Cut corn from cob, place in pan with enough boiling water to cover. Bring to boil. Keep at boiling temperature. Pack loosely to within 1 inch of top into clean KERR Jars and fill with water in which vegetable was precooked or boiling water to within ½ inch of top of jar. Add 1 teaspoon of salt and sugar mixture to each pint jar if desired. Put on cap, screwing the band tight. Process according to time table, page 9. Corn may be canned on the cob by following this recipe. The flavor of the corn on the cob will be improved if no liquid is added to the jar. Jars without liquid must be processed in the pressure cooker.

GREENS — ALL KINDS

FOLLOW recipe for spinach.

HOMINY

PUT hominy into kettle and boil 3 minutes. Pack into clean KERR Jars. Add 1 teaspoon of salt to each quart jar if desired. Fill to within ½ inch of top of jar with water in which vegetable was precooked or boiling water. Put on cap, screwing the band tight. Process according to time table, page 9.

MUSHROOMS

WASH; leave small ones whole, cut large ones and boil 3 minutes. Pack into clean KERR Jars. Fill to within ½ inch of top of jar with water in which vegetable was precooked or boiling water. Add 1 teaspoon of salt to each quart jar if desired. Put on cap, screwing the band tight. Process according to time table, page 9.

OKRA

SELECT young tender pods, wash well and remove stem end without cutting seed sections, boil 1 minute. Drain thoroughly and pack quickly into clean KERR Jars. Add 1 teaspoon of salt to each quart jar if desired and fill to within ½ inch of top of jar with boiling water. Put on cap, screwing the band tight. Process according to time table, page 9.

OKRA AND TOMATOES

WASH, peel, and cut tomatoes into small pieces. Wash okra well and remove stem ends. Slice okra or leave whole and add to tomatoes. Place on low heat and boil mixture 3 minutes. Pack into clean KERR Jars to within ½ inch of top of jar. Add 1 teaspoon salt to each quart jar if desired. Put on cap, screwing the band tight. Process according to time table for okra, page 9.

PARSNIPS

GRADE for size. Wash thoroughly. Scrape or pare to remove skin. Slice or dice, boil 5 minutes. Pack into

clean KERR Jars. Fill to within ½ inch of top of jar with water in which vegetable was precooked or boiling water. Add 1 teaspoon of salt to each quart jar if desired. Put on cap, screwing the band tight. Process according to time table, page 9.

PEAS

USE only young tender, freshly gathered peas. Shell, wash and sort according to size. Bring to boil. Keep at boiling temperature. Pack loosely into clean KERR Jars to within 1 inch of top of jar. Fill to within ½ inch of top of jar with water in which vegetable was precooked or boiling water. Add 1 teaspoon of salt and sugar mixture to each pint jar if desired. Put on cap, screwing the band tight. Process according to time table, page 9.

PEPPERS

CAN the sweet bell pepper with the skin on. Remove the seed pod. Boil 3 minutes and pack tightly into clean KERR Jars. Fill to within ½ inch of top of jar with water in which vegetable was precooked or boiling water. Add 1 teaspoon of salt to each quart jar if desired. Put on cap, screwing the band tight. Process according to time table, page 9.

PIMIENTO PEPPERS

SELECT ripe, sound peppers that are free from bruises. To remove the skins plunge the whole peppers into boiling water 12 to 15 minutes, or place them in a moderately hot oven for 6 to 8 minutes. Then dip quickly into cold water, peel, stem and cut out seeds, pack in flattened layers into clean pint KERR Jars to within ½ inch of top of jar. Do not add water or oil. Put on cap, screwing the band tight. Process according to time table, page 9.

POTATOES, NEW IRISH

WASH and scrape small new Irish potatoes, being sure to remove all trace of soil around the eyes. Pack into clean KERR Jars to within ½ inch of top of jar. Add one teaspoon salt to each quart jar if desired. Fill jar to within ½ inch of top of jar with boiling water. Put on cap, screwing the band tight. Process according to time table, page 9.

PUMPKIN (FOR PIE FILLING)

CUT in medium-sized pieces. Remove peel. Steam, boil or bake until tender. To steam or bake add no water. When boiled add only enough water to cover. Put through sieve to obtain desired texture. Spices may be added if desired. Pack into clean KERR Jars to within ½ inch of top of jar. Put on cap, screwing the band tight. Process according to time table, page 9.

RUTABAGAS

FOLLOW recipe for parsnips.

SALAD MIXTURES

A COMBINATION of such vegetables as peas, celery, corn, carrots, etc., may be canned for salad. Prepare each vegetable as for canning and cut into desired size. Mix together, cover with boiling water and boil for 5 minutes. Pack into clean KERR Jars. Add 1 teaspoon of salt to each quart jar if desired. Fill to within ½ inch of top of jar with water in which vegetables were precooked or boiling water. Put on cap, screwing band tight. Process for time necessary for vegetable requiring longest processing.

SALSIFY (OR OYSTER PLANT)

FOLLOW recipe for carrots.

SAUERKRAUT

USE good, sound heads of mature cabbage. 1 pound of salt with 40 pounds of cabbage; 2 ounces (3½ tablespoons) with 5 pounds cabbage. One pound fills 1 pint glass jar.

Remove outside green and dirty leaves. Quarter the head and slice off the core. Shred the cabbage finely and put 5 pounds cabbage and 2 ounces of salt into a large pan and mix with the hands. Pack gently into the crock with a potato masher. Repeat until crock is nearly full. Cover with a cloth, plate and weight. During the curing process, kraut requires daily attention. Remove scum as it forms and wash and scald the cloth often to keep it free from scum and mold. Fermentation will be complete in 10 to 12 days.

As soon as kraut is thoroughly cured, pack into clean KERR Jars, adding enough of the kraut juice, or a weak brine made by dissolving 2 tablespoons salt to a quart of water, to fill jars to within ½ inch of top of jar. Put on cap, screwing the band tight. Process in water bath for 15 minutes.

SAUERKRAUT (MADE IN JARS)

SELECT, prepare and mix cabbage with salt as in preceding recipe. Pack solidly into clean KERR Jars. Fill with cold water to within ½ inch of top of jar. Put on cap, screwing the band tight. This will ferment for 3 or 4 days. When fermentation ceases, wash outside of jars, tighten screw bands if loose, and store jars without processing. Kraut will be ready for use in 4 to 6 weeks. If stored in cool place, kraut will keep for many months.

SOYBEANS

GREEN soybeans of varieties suitable for table use may be canned. Follow recipe for lima beans except process soybeans in pressure cooker 80 minutes at 10 pounds or 210 minutes in water bath.

SPINACH—GREENS OF ALL KINDS

WASH carefully through several waters to remove dirt and insects. Precook in live steam or place in kettle with just the water clinging to the leaves after the last washing and boil until wilted. Pack at once into clean KERR Jars, being careful not to press too tightly. Add 1 teaspoon salt to each quart jar if desired and fill to within ½ inch of top of jar with boiling water. Put on cap, screwing the band tight. Process according to time table, page 9.

SQUASH (ACORN, ZUCCHINI OR ITALIAN OR SUMMER)

WASH, cut in uniform size pieces. Cover with water. Bring to boil. Pack hot and fill to within ½ inch of top of jar with water in which vegetable was precooked or boiling water. Add 1 teaspoon salt to each quart jar if desired. Put on cap, screwing the band tight. Process according to time table, page 9.

SQUASH (CROOKNECK, HUBBARD OR BANANA)

FOLLOW recipe for pumpkin, omitting spices.

SWEET POTATOES

WASH, boil or steam for 20 minutes, and remove skins. Cut in medium-size pieces, or leave whole. Pack into clean KERR Jars without the addition of liquid, or if desired, fill to within ½ inch of top of jar with water, medium or heavy syrup. Put on cap, screwing the band tight. Process according to time table, page 9. If covered with water or syrup follow time given for wet pack.

SWISS CHARD

WASH carefully through several waters to remove all grit and insects. Precook in live steam or place in kettle with just the water clinging to the leaves after the last washing and boil until thoroughly wilted. Pack at once into clean KERR Jars, being careful not to press too tightly. Add 1 teaspoon salt to each quart jar if desired. Fill to within ½ inch of top of jar with boiling water. Put on cap, screwing the band tight. Process according to time table for Greens, page 9.

TOMATOES

WASH tomatoes in clear water, then scald in boiling water only long enough to remove peel (about ½ minute). Plunge into cold water. Peel, core, quarter and pack into clean KERR Jars to within ½ inch of top of jar. Add no water; press tomatoes down to make own juice. Add 1 teaspoon salt to each quart jar if desired. Put on cap, screwing the band tight. Process according to time table, page 9.

TOMATOES (FOR SALAD)

WASH tomatoes in clear water, then scald in boiling water only long enough to remove peel (about ½ minute). Plunge in cold water. Peel, core and pack into clean KERR Jars. Add 1 teaspoon salt to each quart jar if desired. Fill to within ½ inch of top of jar with tomato juice or water. Put on cap, screwing the band tight. Process according to time table, page 9.

TURNIPS

FOLLOW recipe for parsnips.

WALNUT OR PECAN MEATS (COLD PACK)

PUT nut meats into clean KERR Jars—Put on cap, screwing the band tight. Process in oven. Use lowest possible heat, 225°, for 45 minutes any size jar.