

**COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
STATE OF OKLAHOMA**

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**OKLAHOMA AGRICULTURAL AND
MECHANICAL COLLEGE AND
UNITED STATES DEPARTMENT OF
AGRICULTURE, COOPERATING**

**EXTENSION SERVICE
COUNTY AGENT WORK
STILLWATER, OKLAHOMA**

Distributed in Furtherance of the Acts of Congress of May 8 and June 30, 1914

**Canning Time Tables
For
VEGETABLES**

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TIME TABLE FOR VEGETABLES
Hot Water Canner

Product	No. Min. to Precook	Seasoning	PROCESSING TIME (Continuous)			
			Glass Jars		Tin Cans	
			Pints Hrs.	Quarts Hrs.	No. 2 Hrs.	No. 3 Hrs.
Asparagus	3-5	Salt	3	3	3	3
Beans (Strg.)	5	Salt	3	3	3	3
Beans (Lima)	5	Salt	3	3	3	3
Beets	15-20	Salt-Sugar	2-3	2-3	2-3	2-3
Corn	10	Salt-Sugar	3½	4	3½	4
Greens (including Spinach)	Wilt thoroughly	Salt	3	3	3	3
Hominy	¾ Done	Salt	3	3	3	3
Okra	3-8	Salt	2½	3	2½	3
Peas (Green)	2-5	Salt-Sugar	3	3	3	3
Pumpkin	Steam tender	Salt	3	3	3	3
Squash	Steam tender	Salt	3	3	3	3
Soup Mixture	10	Salt	3	3	3	3
Swt. Potatoes	¾ Done	Pack Dry	4	4	4	4
Tomatoes	½-1	Salt-Sugar	25-30 Min.	25-35 Min.	25-30 Min.	25-35 Min.
Tomato Juice	5	Salt	5 to 10 Min.	5 to 10 Min.	5 to 10 Min.	5 to 10 Min.
Tomato Juice	Not pre-cooked	Salt	15 Min.	20 Min.	15 Min.	20 Min.

POINTS THAT MUST BE OBSERVED FOR SUCCESSFUL CANNING

1. Jars and lids must be in good condition.
2. Boil jars and lids (except lids to self-sealing jars) for 20 minutes.
3. Use freshly gathered vegetables and fruits for canning.
4. Vegetables must be young and tender, crisp and free from bruised spots and other spots. Very important.
5. Wash thoroughly.
6. Precook in boiling water for 5 minutes.
7. Pack hot into jars.
8. After packing the hot food into jars, run the handle of fork down through center of jars and move it about so that the liquid will get through to middle of the jar. Very important.
9. Place rubber rings and lids properly.
10. Process or cook the food in the jar the full amount of time given in the time tables. If for some reason the food is not as young and tender as it should be, increase the time in hot water canner about one-half hour.
11. Keep the water around the jars in hot water canner briskly boiling the entire time. If it should cease to boil for a short time, increase the time to make up lost time.

TIME TABLE FOR VEGETABLES
Steam Pressure Cooker

Product	No. Min. to Precook	Seasoning	NUMBER OF MINUTES TO PROCESS				Lbs. Pres.
			Glass Jars		Tin Cans		
			Pints Min.	Quarts Min.	No. 2 Min.	No. 3 Min.	
Asparagus	3-5	Salt	35	40	35	40	10
Beans (Strg.)	5	Salt	40	40	40	40	10
Beans (Lima)	5	Salt	55	60	55	60	10
Beets	15-20	Salt-Sugar	35	40	35	40	10
Corn	10	Salt-Sugar	85	95	85	95	10
Greens (including Spinach)	Wilt thoroughly	Salt	55	60	55	60	10
Hominy	¾ Done	Salt	60	65	60	65	10
Okra	3-8	Salt	45	50	45	50	10
Peas (Green)	2-5	Salt-Sugar	45	50	45	50	10
Pumpkin	Steam tender	Salt	60	65	60	65	10
Squash	Steam tender	Salt	55	60	55	60	10
Soup Mixture	10	Salt	45	50-60	45	50-60	10
Swt. Potatoes	¾ Done	Pack hot	65	75	65	75	10
Tomatoes	½ to 1	Salt-Sugar	5-10	10-15	5-10	10-15	5
Tomato Juice	5	Salt	5	5	5	5	5
Tomato Juice	Not Precooked 5	Salt	10	10	10	10	5

PREPARATION OF VEGETABLES FOR THE CAN

String Beans. Use only well sorted, young, tender string beans for canning. Wash thoroughly, string, leave whole or cut in desired lengths. Cover with boiling water and boil 5 minutes. Pack hot, add 1 teaspoon salt and cover with hot water or water in which beans were boiled. Green black-eyed peas are also canned by this method.

Lima Beans. Carefully sort and grade shelled green beans for size and age. Dry old ones. Boil young beans in water to cover for 2 to 5 minutes. Pack hot to within three-fourths inch of top, add salt and cover with water in which they were cooked. Shelled green black-eyed peas are canned in the same way.

Beets. Can only young tender beets. Leave on all of the roots and at least one inch of stem to prevent bleeding. Wash thoroughly and boil for 15 or 20 minutes or until skins slip easily. Slip skins, pack whole if small. If large quarter or slice. Cover with boiling water. Process.

Corn. Can only young, tender, juicy corn. Can at once after gathering. Wash and cut from cob, being careful to not cut too close to the cob. Scrape cob lightly once only. Measure and add two teaspoons of salt and sugar mixture to each quart of corn. Place in sauce pan and cover with cold water. (About 1 pint water to a quart corn) Bring to the boiling point and boil 8 to 12 minutes. Stir frequently because corn scorches easily. Fill hot into hot jars to within three-fourths inch of top of jar. The pack should be loose and mixture quite soft. Process.

Greens (Including Spinach). Use only fresh, crisp greens, discarding coarse stems and withered and insect bitten leaves. Clean carefully by washing through several waters. Lift greens out rather than pour the water off. Steam or heat in covered vessel, with just enough water to prevent scorching, until completely wilted. Pack hot, taking care that greens are not packed too solidly, especially through the center of jar. Add salt and hot water and process.

Peas (English). Select fresh young peas. Can soon after gathering. Wash pods. Shell and sort according to size and ripeness. Wash the shelled peas. Precook about four to eight minutes in just enough boiling water to cover. Pack hot, add two teaspoons of salt and sugar mixture and fill with the water in which they were cooked.

Soup Mixture. Prepare each product separately and cook all together until about three-fourths done. Season with salt. The mixture should be a concentrated mixture. Fill hot into containers and process.

Tomatoes. Select firm, ripe tomatoes of medium size and uniform shape. Never use over-ripe tomatoes or any part of those from which you have removed decayed spots. Scald in wire basket or cheese cloth for one-half to one minute. Dip into cold water, remove core and peel. Pack closely without crushing with blossom end next to the jar. Add two teaspoons of salt and sugar mixture and cover with tomato juice. Make tomato juice by heating some of the tomatoes and run through a sieve once only. Heat and pour over the tomatoes. Process.

If tomatoes are very large and seem to have dark spots on the inside they should be cut before being canned.

Tomato Juice. Select firm, ripe tomatoes, wash well and trim away all decayed, bruised, green or bitter portions. Peel and core as you do for canning by dipping the tomatoes into hot water for one minute, then into cold water. This saves time because the pulp goes through sieve so readily. Just tomatoes of good quality should be used for tomato juice. Use those of poorer quality for soup mixtures and ketchup. The juice may be extracted by preheating the tomatoes before extracting the juice or it may be extracted from cold tomatoes. The juice from cold tomatoes gives an excellent product which has a good color and flavor. If tomatoes are preheated before running through the sieve, just heat to simmering point or until hot through. Too much cooking spoils the color and flavor, and destroys their vitamin content. Press the cold tomatoes through a sieve, heat scalding hot, and fill into cans or jars. It is very important that the jars be thoroughly sterilized.

EXAMINATION OF CANNED FOOD BEFORE USE

All canned food should be carefully examined before using. The most careful home canner may have spoilage occasionally due to faulty containers or some other oversight.

Canned products showing signs of soilage should always be destroyed. If buried, it should be so deep that it can not be scratched up by chickens or pigs.

It is recommended that all canned vegetables be boiled for 5 minutes before being used. At least boil vegetables such as asparagus, corn, spinach, string beans and such before using.