

The Essentialist

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Pressure Canning Tables

Canning Pressure Table (USDA)

The required pressure differs with type of food, altitude, and type of pressure gauge on your canner.

Canning Pressure Table			
Gauge Type	Altitude	Pressure	
		Meat & Veg	Fruit
Weighted	0 - 1000 feet	10 pounds	5 pounds
	1000 - 8000 feet	15 pounds	10 pounds
Dial	0 - 2000 feet	11 pounds	5 pounds
	2000 - 4000 feet	12 pounds	6 pounds
	4000 - 6000 feet	13 pounds	7 pounds
	6000 - 8000 feet	14 pounds	8 pounds

The rule of thumb for dial pressure gauge: Below 2000 feet, use 11 pounds pressure (meats and veggies) or 5 pounds pressure (fruits). For altitudes over 2,000 feet, add 1 pound pressure for each additional 2,000 feet. Do not increase processing time.

Processing Time Tables (USDA unless noted otherwise)

Meats:

Refer to USDA Guide 5 for excellent information
(http://www.uga.edu/nchfp/publications/usda/utah_can_guide_05.pdf)

Processing Time Table for Meats					
EXHAUSTING TIME -- 7 TO 10 MINUTES					
PRESSURE: See Pressure Table		RAW PACK		HOT PACK	
Meat	Head Space	Pints Minutes	Quarts Minutes *	Pints Minutes	Quarts Minutes *
Chicken or rabbit, cut, without bones	1 1/2 "	75	90	75	90
Chicken or rabbit, cut, with bones	1 1/2 "	65	75	65	75
Ground or chopped meat (beef, lamb, pork, sausage, veal, venison)	1 "	--	--	75	90
Strips, cubes or chunks of meat (beef, lamb, pork, veal, venison)	1 "	75	90	75	90
Chile con Carne (with meat)	1 "	--	--	75	--
Meat stock (broth)	1 "	--	--	20	25
Fish	1 "	100	--	--	--
Smoked fish	1 "	110	--	--	--

Use 2 quarts (2 - 3 inches) water in canner for all processing

Vegetables:

Choose slightly immature veggies over overripe ones. Best if canned right after picking. Avoid bruising, as spoilage organisms grow more rapidly on bruised veggies.

Cold Pack: The USDA suggests that certain veggies may be canned raw. See Table.

Hot Pack: Most veggies are precooked before canning. Generally, use precooking water to cover veggies after packing in jars, to preserve nutrients. However, certain veggies (turnips, greens, kale, asparagus) make the cooking water bitter, and so are exceptions to this recommendation.

Items in red not in USDA tables; info from 1971 Presto canning guide.

Processing Time Table for Vegetables					
EXHAUSTING TIME -- 7 TO 10 MINUTES					
PRESSURE: See Pressure Table		COLD PACK		HOT PACK	
Vegetable	Head Space	Pints Minutes	Quarts Minutes *	Pints Minutes	Quarts Minutes *
Asparagus	1 "	30	40	30	40
Beans or Peas: Shelled, Dried	1 "	--	--	75	90
Beans, Baked	1 "	--	--	65	75
Beans: Fresh Lima	1 "	40	50	40	50
Beans: Snap & Italian	1 "	20	25	20	25
Beans: Wax	1 "	--	--	20	25
Beets, Baby, Whole or Sliced	1 "	--	--	30	35
Carrots: Young, Sliced, Diced	1 "	25	30	25	30
Corn, Whole Kernel	1 "	55	85	55	85
Corn, Cream Style	1 "	--	--	85	--
Greens, All Kinds	1 "	--	--	70	90
Hominy	1 "	--	--	60	70
Kohlrabi	1 "	--	--	35	40
Mixed Veggies	1"	--	--	75	90
Mushrooms, domestic only **	1"	--	--	45	--
Okra	1 "	--	--	25	40
Okra and Tomatoes	1 "	--	--	25	40
Parsnips	1 "	--	--	20	25
Peas, Green or English	1 "	40	40	40	40
Peppers:** Hot & sweet, Chiles, Jalapeno, Pimiento	1 "	--	--	35	--
Potatoes, New, Whole or cubed	1 "	--	--	35	40
Pumpkin, Strained (not recommended by USDA)	1 "	--	--	60	80
Rutabagas, Sliced or Diced	1 "	--	--	35	35
Squash, Summer	1 "	25	30	30	40
Squash, Winter, Pumpkin, Cubed	1 "	--	--	55	90
Succotash	1 "	--	--	60	85
Sweet Potatoes, Wet Pack	1 "	--	--	65	90
Turnips, Cubed	1 "	--	--	20	25

* When canning in half-gallon jars, increase time 20% over time given for quarts.

** Half-Pints use same time as pints (specified veggies only)

Use 2 quarts (2 - 3 inches) water in canner for all processing

Pickled & Fermented Foods:

Generally, pickled and fermented foods are canned in a hot water bath canner, rather than a pressure canner.

Fruits:

Generally fruits are canned in a hot water bath canner, rather than a pressure canner. However, the following table is provided for a pressure canner (not in USDA literature; this information is from 1971 Presto Canning Guide).

Processing Time Table for Fruits and Tomatoes		
EXHAUSTING TIME – 7 TO 10 MINUTES		
PRESSURE: See Pressure Table		
Fruit	Head Space	Pint & Quart Jars Minutes *
Apples	1/2 "	8
Applesauce	1/2 "	5
Crabapples	1/2 "	8
Apricots	1/2 "	8
Berries (Except Strawberries)	1/2 "	8
Cherries	1/2 "	8
Cranberries	1/2 "	8
Figs	1/2 "	10
Fruit Cocktail	1/2 "	8
Grapes	1/2 "	8
Peaches	1/2 "	8
Pears	1/2 "	8
Persimmons	1/2 "	10
Pineapple	1/2 "	8
Plums	1/2 "	8
Prunes	1/2 "	8
Quinces	1/2 "	12
Red Raspberries	1/2 "	8
Rhubarb	1/2 "	5
Strawberries	1/2 "	5
Tomatoes -- Whole	1/2 "	10
Quartered	1/2 "	8
Fruit Juices	1/2 "	5
Grapefruit Juice (Orange)	1/2 "	5
Tomato Juice	1/2 "	5
* When canning fruit in half-gallon jars, add 5 minutes to the time given		
Use 2 quarts (2 - 3 inches) water in canner for all processing		

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Hot Bath Canning Tables

Processing Time Table for Hot-Bath (Acid Foods)						
	Food	Jar size	Head Space	Minutes at Altitude		
				2000' - 2999'	3000' - 3999'	4000' - 4999'
FRUITS	Apples, sliced (Hot Pack)	pint, quart	1/2"	25	30	30
	Applebutter (hot pack)	1/2 pint, pint	1/2"	10	10	10
	Apple juice (hot pack)	pint, quart	1/2"	10	10	10
	Applesauce (hot pack)	pint	1/2"	20	20	20
		quart	1/2"	25	30	30
	Spiced apple rings (hot pack)	1/2 pint, pint	1/2"	15	15	15
	Spiced crabapples (hot pack)	pint, quart	1/2"	25	30	30
	Apricots, halved or sliced	follow advice for peaches				
	Berries (raw pack)	pint, quart	1/2"	20	20	20
	Berries (hot pack)	pint	1/2"	20	20	20
		quart	1/2"	25	30	30
	Berry or fruit syrup (hot pack)	1/2 pint, pint	1/2"	15	15	15
	Cherries (hot pack)	pint	1/2"	20	20	20
		quart	1/2"	25	30	30
	Cherries (raw pack)	pint, quart	1/2"	30	35	35
	Fruit puree (hot pack)	pint, quart	1/4"	20	20	20
	Grape juice (hot pack)	pint, quart	1/4"	10	10	10
	Peaches (hot pack)	pint	1/2"	25	30	30
		quart	1/2"	30	35	35
	Peaches (raw pack)	pint	1/2"	30	35	35
	quart	1/2"	35	40	40	
Pears, halved (hot pack)	pint	1/2"	25	30	30	
	quart	1/2"	30	35	35	
Plums, halved, whole (raw or hot)	pint	1/2"	25	30	30	
	quart	1/2"	30	35	35	
Rhubarb, stewed (hot pack)	pint, quart	1/2"	20	20	20	
TOMATOES	NOTE for Tomatoes: add 1 Tbsp lemon juice or 1/4 tsp citric acid per pint (double amount for quarts)					
	Tomatoes, raw (pressed in, no added liquid)	pint, quart	1/2"	90	95	95
	Tomato juice, hot pack	pint	1/2"	40	45	45
		quart	1/2"	45	50	50
	Tomato sauce, hot pack	pint	1/2"	40	45	45
	quart	1/2"	45	50	50	
FERMENTED PRODUCT	Sauerkraut, raw pack	pint	1/2"	25	30	30
		quart	1/2"	30	35	35
	Sauerkraut, hot pack	pint	1/2"	15	15	15
		quart	1/2"	20	20	20
	Sweet Gherkins, hot pack	pint	1/2"	10	10	10
	Dilly Beans (yellow, green), raw	pint	1/2"	10	10	10
	Pickled Beets, hot pack	pint, quart	1/2"	35	40	40
	Corn or 3-Bean relish, hot pack	1/2 pint, pint	1/2"	20	20	20
	Dill pickles, raw pack	pint	1/2"	15	15	15
		quart	1/2"	20	20	20
	Bread & butter pickles, hot pack	pint, quart	1/2"	15	15	15
	Pickle relish, hot pack	1/2 pint, pint	1/2"	15	15	15
Pickled mixed veggies, hot pack	quart	1/2"	15	15	15	