

beans loosely into clean, hot jars to 1 inch from top. If desired, add ½ teaspoon salt to pints, 1 teaspoon to quarts. Cover with boiling water, leaving 1-inch headspace. Adjust lids. Process in a pressure canner at 10 pounds pressure—pints for 40 minutes, quarts for 50 minutes.

BEANS, snap (green or wax)

Wash beans. Trim off ends. Cut into 1-inch pieces.

Raw pack—Pack raw beans tightly into clean, hot jars to ½ inch from top. If desired, add ½ teaspoon salt to pints, 1 teaspoon to quarts. Cover with boiling water, leaving ½-inch headspace. Adjust lids. Process in a pressure canner at 10 pounds pressure—pints for 20 minutes, quarts for 25 minutes.

Hot pack—Cover beans with boiling water. Boil 5 minutes. Pack hot beans loosely into clean, hot jars to ½ inch from top. If desired, add ½ teaspoon salt to pints, 1 teaspoon to quarts. Cover with boiling-hot cooking liquid or boiling water, leaving ½-inch headspace. Adjust lids. Process in a pressure canner at 10 pounds pressure—pints for 20 minutes, quarts for 25 minutes.

BEETS

Sort beets for size. Cut off beet tops, leaving an inch of stem. Leave roots attached. Scrub beets well. Cover with boiling water and boil



until skins slip off easily, 15 to 25 minutes depending on size. Peel and trim. Leave baby beets whole. Cut medium or large beets into ½-inch cubes or slices.

Pack hot beets loosely into clean, hot jars to ½ inch from top. If desired, add ½ teaspoon salt to pints, 1 teaspoon to quarts. Cover with boiling water, leaving ½-inch headspace. Adjust lids. Process in a pressure canner at 10 pounds pressure—pints for 30 minutes, quarts for 35 minutes.

CARROTS

Wash and scrape carrots. Slice or dice.

Raw pack—Pack raw carrots tightly into clean, hot jars to 1 inch from top. If desired, add ½ teaspoon salt to pints, 1 teaspoon to quarts. Cover with boiling water, leaving ½-inch headspace. Adjust lids. Process in a pressure canner at 10 pounds pressure—

pints for 25 minutes, quarts for 30 minutes.

Hot pack—Cover carrots with boiling water. Heat to boiling. Pack hot carrots loosely into clean, hot jars to ½ inch from top. If desired, add ½ teaspoon salt to pints, 1 teaspoon to quarts. Cover with boiling-hot cooking liquid or boiling water, leaving ½-inch headspace. Adjust lids. Process in a pressure canner at 10 pounds pressure—pints for 25 minutes, quarts for 30 minutes.

CORN, cream style

Can corn immediately after harvesting. Husk corn and remove silk. Wash. Cut corn from cob at about center of kernel and scrape cobs.

Raw pack—Use pint jars only. Pack raw corn loosely into clean, hot jars to 1½ inches from top. Do not press or shake down. If desired, add ½ teaspoon salt to each jar. Cover with boiling water, leaving 1-inch headspace. Adjust lids. Process in a pressure canner at 10 pounds pressure—pints for 95 minutes.

Hot pack—Use pint jars only. To each quart corn add 2 cups boiling water. Heat to boiling. Pack boiling-hot corn into clean, hot jars to 1 inch from top. If desired, add ½ teaspoon salt to each jar. Adjust lids. Process in a pressure canner at 10 pounds pressure—pints for 85 minutes.

Note: Sweet corn sometimes darkens during processing due to caramel-

