

Pack hot cubes 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 55 minutes, quarts for 90 minutes.

Note: Only cubed pumpkin or winter squash is recommended for home canning. If desired, mash just before serving or using in recipes. Do not can mashed pumpkin or winter squash, as the product may be too thick to ensure adequate heat penetration during processing.

SPINACH and other greens

Can only young, tender, freshly harvested spinach or greens. Discard damaged leaves. Wash spinach or greens thoroughly in several changes of water, lifting out of water each time. Remove tough stems and mid-ribs. Place about 2½ pounds spinach or greens in a cheesecloth bag and steam about 10 minutes or until well wilted.

Pack hot spinach loosely into clean, hot jars to ½ inch from top. Do not press down. If desired, add ¼ teaspoon salt to pints, ½ teaspoon to quarts. Cover with boiling water, leaving ½-inch headspace. Adjust lids. Process in a pressure canner at 10 pounds pressure—pints for 70 minutes, quarts for 90 minutes.

SQUASH, summer

Select young, tender squash of any variety (zucchini, yellow crookneck, etc.). Wash but do not peel. Trim off ends. Cut squash into ½-inch slices; halve or quarter slices to make pieces of uniform size.

Raw pack—Pack raw squash 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 squash with boiling water. Heat to boiling. Pack hot squash 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 30 minutes, quarts for 40 minutes.

Note: Hot-packed squash requires longer processing times than raw-packed squash because it packs more solidly into jars.

SQUASH, winter

Follow method for pumpkin, cubed.

TOMATOES, stewed

Yield: 7 pints

- 4 quarts peeled, cored, chopped tomatoes (about 24 large)
- ½ cup chopped celery
- ½ cup chopped onion
- ½ cup chopped green pepper
- 1 tablespoon sugar, if desired
- 2 teaspoons salt, if desired

Use only firm, ripe tomatoes. Wash thoroughly to remove all soil. To

Processing Times (in Minutes) for Vegetables and Stewed Tomatoes*

(For complete directions, see previous section.)

Vegetable	Pack method	Pressure Canner at:			
		10 pounds pressure		15 pounds pressure	
		PINTS†	QUARTS	PINTS‡	QUARTS
Minutes					
Asparagus	Raw or hot	25	30	15	15
Beans or peas, dry	Hot	75	90	—	—
Beans, fresh lima	Raw or hot	40	50	30	30
Beans, snap	Raw or hot	20	25	15	15
Beets	Hot	30	35	15	15
Carrots	Raw or hot	25	30	15	15
Corn, cream style	Raw	95	—	—	—
	Hot	85	—	—	—
Corn, whole kernel	Raw or hot	55	85	50	50
Mushrooms	Hot	30	—	20	—
Peas, green	Raw or hot	40	40	30	30
Potatoes, cubed	Hot	35	40	—	—
Potatoes, whole	Hot	30	40	20	20
Pumpkin, cubed	Hot	55	90	20	20
Spinach and other greens	Hot	70	90	35	35
Squash, summer	Raw	25	30	20	20
	Hot	30	40	20	20
Squash, winter—see pumpkin					
Tomatoes, stewed	Hot	15	20	—	—

*When processing time is not given, procedure is not recommended.

† If you are processing pints in a 4- or 6-quart pressure cooker (pressure saucepan) at 10 pounds pressure, add 20 minutes to the processing times shown.

‡ If you are processing pints in a 4- or 6-quart pressure cooker (pressure saucepan) at 15 pounds pressure, add 10 minutes to the processing times shown.