

## PRESSURE CANNING LOW ACID FOODS PINTS & QUARTS

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### Put bananas in the garden

Plant bananas in your garden and look what happens a week

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/ You're reading - Pressure Canning low acid foods 10 lbs pressure

### Pressure Canning Low ACID Foods 10 lbs. pressure:

This Pressure Cooking chart came from "the doubleday cookbook" and that's what I use.

<b>Food Low Acid - 10lbs Pressure</b>	<b>Method</b>	<b>Hot Pack - Time - 10 lbs.:</b>	<b>Cold Pack - Time - 10 lbs.:</b>
Asparagus 2-1/2 - 4-1/2 lbs.	Hot Pack: Boil 3 minutes in water to cover; If whole, pack close together, stems down to within 1" of jar tops. Add 1 teaspoon of salt to each quart, cover with boiling cooking water, leaving 1" headspace.  Cold Pack: Pack raw asparagus as for Hot Pack, adding salt, covering with fresh boiling water and leaving 1" of head space.	Hot Pack Pints: 25 minutes  Hot Pack Quarts: 30 minutes	Cold Pack Pints: 25 minutes  Cold Pack Quarts: 30 minutes

<p>Beans (green &amp; wax) 1-1/2 - 2-1/2 lbs.</p>	<p>Hot Pack: Boil for 3 minutes in water to cover; pack in jars 1" of tops; add 1 teaspoon salt per quart, cover with boiling cooking water, leaving 1" headspace.</p> <p>Cold Pack: Pack raw beans as directed for Hot Pack, add salt, cover with fresh boiling water, filling to within 1" of jar tops.</p>	<p>Hot Pack Pints: 20 minutes</p> <p>Hot Pack Quarts: 25 minutes</p>	<p>Cold Pack Pints: 20 minutes</p> <p>Cold Pack Quarts: 25 minutes</p>
<p>Beans (lima) 3 - 5 lbs. Unshelled</p>	<p>Hot Pack: Boil 2 minutes in water to cover; Spoon beans in jar to within 1" of tops; add 1 teaspoon of salt to each quart, cover with boiling water, leaving 1" head space.</p> <p>Cold Pack: Loosely spoon raw beans into jars, add 1 teaspoon of salt to each quart and pour fresh boiling water, leaving 1" of headspace.</p>	<p>Hot Pack Pints: 40 minutes</p> <p>Hot Pack Quarts: 50 minutes</p> <p>* If beans are large process an extra 10 minutes.</p>	<p>Cold Pack Pints: not available</p> <p>Cold Pack Quarts: not available</p>
<p>Beets 2 - 3-1/2 lbs.</p>	<p>Boil in water for 15-25 minutes until skins rub off.</p> <p>Hot Pack: Fill jars with hot beets to within 1" of tops, add 1 teaspoon salt to each quart; cover with fresh boiling water, leaving 1" headspace.</p>	<p>Hot Pack Pints: 30 minutes</p> <p>Hot Pack Quarts: 35 minutes</p>	<p>Cold Pack Pints: not available</p> <p>Cold Pack Quarts: not available</p>
<p>Carrots 2 - 3 lbs.</p>	<p>Hot Pack: Boil for 3 minutes in water to cover; Fill jars with carrots to within 1" of tops, add 1 teaspoon salt to each quart; pour in fresh boiling cooking water, leaving 1" headspace.</p> <p>Cold Pack: Pack raw carrots in jars as directed for Hot Pack, add salt and cover with fresh boiling water, leaving 1" headspace.</p>	<p>Hot Pack Pints: 25 minutes</p> <p>Hot Pack Quarts: 30 minutes</p>	<p>Cold Pack Pints: 25 minutes</p> <p>Cold Pack Quarts: 30 minutes</p>
<p>Celery 1-1/2 - 2 lbs. (minus tops)</p>	<p>Hot Pack: Boil for 3 minutes in water to cover; Pack celery in jars with celery to within 1" of tops, add 1 teaspoon salt to each quart; pour in fresh boiling cooking water, leaving 1" headspace.</p>	<p>Hot Pack Pints: 30 minutes</p> <p>Hot Pack Quarts: 35 minutes</p>	<p>Cold Pack Pints: not available</p> <p>Cold Pack Quarts: not available</p>
<p>Corn 10-16 ears (cream)</p>	<p>Hot Pack: Measure corn pulp: to each quart add 2-1/2 cups boiling water and 1 teaspoon salt; boil together 3 minutes, ladle into jars, filling to within 1" of tops.</p> <p>Cold Pack: Fill pint jars to within 1" of tops with raw corn pulp; add 1/2 teaspoon salt to each jar, add boiling water; leave 1" headspace.</p>	<p>Hot Pack Pints: 1 hr. &amp; 25 minutes</p> <p>Hot Pack Quarts: not recommended</p>	<p>Cold Pack Pints: 1 hr. &amp; 35 minutes</p> <p>Cold Pack Quarts: not recommended</p>

<p>Corn 8-16 ears (whole kernel)</p>	<p>Hot Pack: Measure corn pulp: Measure kernels; to each quart add 1 pint of boiling water and 1 teaspoon of salt; boil 3 minutes, then fill jars to within 1" of tops.</p> <p>Cold Pack: Loosely fill pint jars to within 1" of tops with raw corn pulp; add 1/2 teaspoon salt to each jar, add boiling water; leave 1" headspace.</p>	<p>Hot Pack Pints: 55 minutes</p> <p>Hot Pack Quarts: 1 hr &amp; 25 minutes</p>	<p>Cold Pack Pints: 55 minutes</p> <p>Cold Pack Quarts: 1 hr &amp; 25 minutes</p>
<p>Parsnips 2-3 lbs.</p>	<p>Hot Pack: Boil 3 minutes in water to cover; Pack in jars to 1" of tops; and 1 teaspoon of salt to each quart, cover with boiling cooking water, leaving 1" headspace.</p>	<p>Hot Pack Pints: 30 minutes</p> <p>Hot Pack Quarts: 35 minutes</p>	<p>Cold Pack Pints: not available</p> <p>Cold Pack Quarts: not available</p>
<p>Peas (black-eyed) 3-6 lbs. (unshelled)</p>	<p>Hot Pack: Boil shelled peas for 3 minutes in water to cover; Pour into jars leaving 1" of tops; and 1 teaspoon of salt to each quart, cover with boiling cooking water if needed to cover peas.</p>	<p>Hot Pack Pints: 35 minutes</p> <p>Hot Pack Quarts: 40 minutes</p>	<p>Cold Pack Pints: 35 minutes</p> <p>Cold Pack Quarts: 40 minutes</p>
<p>Peas (green) 3-6 lbs. (unshelle)</p>	<p>Hot Pack: Boil small peas 3 minutes in water just to cover, large peas 5 minutes; pour into jars, leaving 1" headspace; add 1 teaspoon of salt to each quart, cover with boiling cooking water to cover peas.</p> <p>Cold Pack: Loosely pack raw peas in jars, leaving 1" headspace; add 1 teaspoon salt to each quart. Pour boiling water within 1" of jar tops.</p>	<p>Hot Pack Pints: 40 minutes</p> <p>Hot Pack Quarts: 40 minutes</p>	<p>Cold Pack Pints: 40 minutes</p> <p>Cold Pack Quarts: 40 minutes</p>
<p>Potatoes 5-6 lbs.</p>	<p>Hot Pack: Boil 10 minutes drain well. Pack potatoes in jars to 1" of tops; and 1 teaspoon of salt to each quart, add boiling water to cover potatoes, leaving 1" headspace.</p>	<p>Hot Pack Pints: 30 minutes</p> <p>Hot Pack Quarts: 40 minutes</p>	<p>Cold Pack Pints: not available</p> <p>Cold Pack Quarts: not available</p>
<p>Potatoes (sweet) 2-3 lbs.</p>	<p>Hot Pack (dry): Boil potatoes for 20 minutes. Quartered and pack hot potatoes in jars, filling to within 1" of tops; add no salt or liquid. Press gently to fill spaces.</p> <p>Hot Pack (wet): Fill jars within 1" of tops with hot potatoes; add 1 teaspoon salt to each quart, cover with boiling water or Medium Syrup leaving 1" head space.</p>	<p>Hot Pack (dry) Pints: 65 minutes</p> <p>Hot Pack Quarts: 1 hr. &amp; 35 minutes</p>	<p>Hot Pack (wet) Pints: 55 minutes</p> <p>Hot Pack (wet) Quarts: 1 hr. &amp; 30 minutes</p>
<p>Pumpkin &amp; winter Squash 1-1/2 - 3 lbs.</p>	<p>Hot Pack: boil chunks of pumpkin for 25-30 minutes. Heat Stir and purée to simmering; ladle into jars, filling to 1" of tops. Add no liquid or salt.</p>	<p>Hot Pack Pints: 65 minutes</p> <p>Hot Pack Quarts: 1 hour &amp; 20 minutes</p>	<p>Cold Pack Pints: not available</p> <p>Cold Pack Quarts: not available</p>

Summer Squash 2-4 lbs.	Hot Pack: Slice squash to 1/2" slices. Steam 3 minutes. Pack hot in jars leaving 1" head space. Add 1 teaspoon of salt to each quart, pour in boiling water to cover squash, leave 1" head space.	Hot Pack Pints: 30 minutes  Hot Pack Quarts: 40 minutes	Cold Pack Pints: not available  Cold Pack Quarts: not available
Meat Broth	Hot Pack: leave 1" head space.	Hot Pack Pints: 20 minutes  Hot Pack Quarts: 25 minutes	Cold Pack Pints: not available  Cold Pack Quarts: not available

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