

FOOD PRESERVATION QUICK REFERENCE CHART

Note: This chart is provided for experienced canners familiar with safe canning methods. Time assumes a full 10 minute exhausting of the pressure canner. Once pressure is raised to an accurate level and stabilized, timing begins according to chart. For more complete canning instructions, refer to "Safe Canning of Fruits, Vegetables and Meats" available from the University of Minnesota Extension on-line: <http://www.extension.umn.edu/distribution/nutrition/DJ0516.html> or National Center for Home Food Preservation: <http://www.uga.edu/nchfp/>

Low-Acid Foods – Pressure Canner

Type of Food	Style of Pack	Jar Size	Head Space	Process Time (Min.)	Dial Gauge (PSI)	Weighted Gauge (PSI)
Asparagus	Hot and Raw	Pints -	1 inch	30 minutes	11#	15#
		Quarts -	1 inch	40 minutes	11#	15#
Beans - Lima (fresh)	Hot	Pints -	1 inch	40 minutes	11#	15#
		Quarts -	1 inch	50 minutes	11#	15#
	Raw	Pints -	1 inch	40 minutes	11#	15#
		Quarts -	1½ inches	50 minutes	11#	15#
Beans - green and wax	Hot and Raw	Pints -	1 inch	20 minutes	11#	15#
		Quarts -	1 inch	25 minutes	11#	15#
Beets	Hot	Pints -	1 inch	30 minutes	11#	15#
		Quarts -	1 inch	35 minutes	11#	15#
Carrots	Hot and Raw	Pints -	1 inch	25 minutes	11#	15#
		Quarts -	1 inch	30 minutes	11#	15#
Corn (cream style)	Hot	Pints -	1 inch	85 minutes	11#	15#
Corn (whole kernel)	Hot and Raw	Pints -	1 inch	55 minutes	11#	15#
		Quarts -	1 inch	85 minutes	11#	15#
Peas (fresh green)	Hot and Raw	Pints -	1 inch	40 minutes	11#	15#
		Quarts -	1 inch	40 minutes	11#	15#
Peppers	Peeled	Half Pints	1 inch	35 minutes	11#	15#
		Pints	1 inch	35 minutes	11#	15#
Potatoes (white, cubed or whole)	Hot	Pints -	1 inch	35 minutes	11#	15#
		Quarts -	1 inch	40 minutes	11#	15#
Pumpkin and Winter Squash (cubed)	Hot	Pints -	1 inch	55 minutes	11#	15#
		Quarts -	1 inch	90 minutes	11#	15#
Spinach and Other Greens	Hot	Pints -	1 inch	70 minutes	11#	15#
		Quarts -	1 inch	90 minutes	11#	15#
Soups (vegetable, dried beans/pea, meat, poultry-NO seafood)	Hot	Pints -	1 inch	60 minutes	11#	15#
		Quarts -	1 inch	75 minutes	11#	15#
Meat (ground or chopped)	Hot	Pints -	1 inch	75 minutes	11#	15#
		Quarts -	1 inch	90 minutes	11#	15#
Meat (strips, cubes or chunks)	Hot and Raw	Pints -	1 inch	75 minutes	11#	15#
		Quarts -	1 inch	90 minutes	11#	15#
Poultry (without bones)	Hot and Raw	Pints -	1¼ inches	75 minutes	11#	15#
		Quarts -	1¼ inches	90 minutes	11#	15#
Poultry (with bones)	Hot and Raw	Pints -	1¼ inches	65 minutes	11#	15#
		Quarts -	1¼ inches	75 minutes	11#	15#

Acid Foods – Boiling Water Bath and/or Pressure Canner

Type of Food	Style of Pack	Jar Size	Head Space	Boiling Water Bath	Pressure Canner	Dial Gauge	Weighted Gauge
Applesauce	Hot	Pints -	½ inch	20 minutes	8 minutes	6#	10#
		Quarts -	½ inch	25 minutes	10 minutes	6#	10#
Apples (sliced)	Hot	Pints -	½ inch	25 minutes	8 minutes	6#	10#
		Quarts -	½ inch	25 minutes	8 minutes	6#	10#
Berries (whole)	Hot	Pints -	½ inch	20 minutes	8 minutes	6#	10#
		Quarts -	½ inch	20 minutes	8 minutes	6#	10#
	Raw	Pints -	½ inch	20 minutes	8 minutes	6#	10#
		Quarts -	½ inch	25 minutes	10 minutes	6#	10#
Cherries (sweet or sour)	Hot	Pints -	½ inch	20 minutes	8 minutes	6#	10#
		Quarts -	½ inch	25 minutes	10 minutes	6#	10#
	Raw	Pints -	½ inch	30 minutes	10 minutes	6#	10#
		Quarts -	½ inch	30 minutes	10 minutes	6#	10#
Peaches, Apricots and Nectarines	Hot	Pints -	½ inch	25 minutes	10 minutes	6#	10#
		Quarts -	½ inch	30 minutes	10 minutes	6#	10#
	Raw	Pints -	½ inch	30 minutes	10 minutes	6#	10#
		Quarts -	½ inch	35 minutes	10 minutes	6#	10#
Pears (halved)	Hot	Pints -	½ inch	25 minutes	10 minutes	6#	10#
		Quarts -	½ inch	30 minutes	10 minutes	6#	10#
Plums	Hot and Raw	Pints -	½ inch	25 minutes	10 minutes	6#	10#
		Quarts -	½ inch	30 minutes	10 minutes	6#	10#
Rhubarb (stewed)	Hot	Pints -	½ inch	20 minutes	8 minutes	6#	10#
		Quarts -	½ inch	20 minutes	8 minutes	6#	10#
Fruit Juices	Hot	Pints -	¼ inch	10 minutes	NOTE: Times are not available for processing fruit juices in the pressure canner.		
		Quarts -	¼ inch	10 minutes			
		Half Gallons -	¼ inch	15 minutes			
Fruit Purees	Hot	Pints -	¼ inch	20 minutes	8 minutes	6#	10#
		Quarts -	¼ inch	20 minutes	8 minutes	6#	10#
Tomatoes* (no added liquid)	Raw	Pints and Quarts -	½ inch	90 minutes	45 minutes 25 minutes	6# 11#	10# 15#
Tomatoes* (packed in water)	Hot and Raw	Pints -	½ inch	45 minutes	15 minutes	6#	10#
		Quarts -	½ inch	50 minutes	10 minutes	11#	15#
Tomatoes* (packed in juice)	Hot and Raw	Pints and Quarts -	½ inch	90 minutes	40 minutes 25 minutes	6# 11#	10# 15#
Tomato Juice*	Hot	Pints -	½ inch	40 minutes	20 minutes	6#	10#
		Quarts -	½ inch	45 minutes	15 minutes	11#	15#

* To ensure safe acidity in all canned tomato products, add bottled lemon juice or vinegar directly to the jars before filling with product.

PINTS: 1 tablespoon bottled lemon juice OR 2 tablespoon vinegar to each pint of tomatoes

QUARTS: 2 tablespoons bottled lemon juice OR 4 tablespoons vinegar to each quart of tomatoes

NOTE: To offset an acid taste in tomato products, add sugar if desired.