



## FOOD PRESERVATION QUICK REFERENCE CHART

**Note:** This chart is provided for experienced canners familiar with safe canning methods. Processing times and methods are adjusted for Minnesota altitudes of 1001-2000 feet. 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 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)<br>Shelled                              | Hot and Raw   | Pints -<br>Quarts - | Small beans<br>1 inch small | 40 minutes          | 11#              | 15#                  |
|  |               |                     | 1 ½ inch                    | 50 minutes          | 11#              | 15#                  |
|  |               | Pints -<br>Quarts - | Large beans<br>1 inch       | 40 minutes          | 11#              | 15#                  |
|  |               |                     | 1 ¼ inch                    | 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         | 25 minutes  | 11#        | 15#            |
| Tomatoes* (packed in water)      | Hot and Raw   | Pints -            | ½ inch     | 45 minutes         | 10 minutes  | 11#        | 15#            |
|                                  |               | Quarts -           | ½ inch     | 50 minutes         | 10 minutes  | 11#        | 15#            |
| Tomatoes* (packed in juice)      | Hot and Raw   | Pints and Quarts - | ½ inch     | 90 minutes         | 25 minutes  | 11#        | 15#            |
|                                  |               |                    |            |                    |   |            |                |
| Tomato Juice*                    | Hot           | Pints -            | ½ inch     | 40 minutes         | 15 minutes  | 11#        | 15#            |
|                                  |               | Quarts -           | ½ inch     | 45 minutes         | 15 minutes  | 11#        | 15#            |

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

- PINTS: 1 tablespoon bottled lemon juice OR 2 tablespoons vinegar OR ¼ teaspoon citric acid to each pint of tomatoes
- QUARTS: 2 tablespoons bottled lemon juice OR 4 tablespoons vinegar OR ½ teaspoon citric acid to each quart of tomatoes

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

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