



INTERNATIONAL FEDERATION
FOR HOME ECONOMICS



IFHE Programme Committee
Household Technology & Sustainability –
the experts in household management

Best Practice Tips in Canning of Vegetables[©]

Preparation

- Fresh young vegetables. See list below.
- Wash, peel, shell or string and cut in pieces or leave whole.
- Blanch in hot water for a couple of minutes.
- Plunge in cold water to facilitate packaging.
- Fill clean, hot jars with blanched vegetables.
- Sufficient liquid is necessary to permit heat to penetrate vegetables rapidly.
- Additions: salt (2 ml/500 ml); vinegar (3-5 ml/500 ml); and sugar (2 ml/500 ml).
- Fill jar with hot water to within 5 mm of top of jar.
- Remove air bubbles.
- Put clean metal lid on jar.
- Screw down metal screwband until it catches and turn back half a turn.
- Pack hot, filled jars 25 mm apart on false bottom in pot (boiling water-bath method).
- Add hot water until lids of jars are 50 mm below surface of water.
- Cover container and heat, noting time when water begins to boil.
- Ladle out enough water to expose tops of jars before lifting them out with dry cloth.
- Seal immediately.

Do's

- Only use young, fresh vegetables.
- Prepare only enough vegetables for the number of jars.
- Prepared vegetables should be canned immediately.
- Shrink vegetables by blanching them for a couple of minutes.
- Boiling space of 30-50 mm should be left in pot.
- Jars should be covered with water throughout period.
- Boiling water should be added if the water boils away.

Don'ts

- Do not fill more jars than will fit into pot, because filled jars should not be left for any length of time before being processed.
- Do not pack jars too tightly with vegetables, except in the case of whole tomatoes, to which no liquid is added.

Type of vegetables	Boiling water-bath method at boiling point 100°C*	
	500 ml jar	1 L jar
Beetroot	3 hours 30 min.	4 hours 30 min.
Beetroot in vinegar	30 min.	40 min.
Cauliflower	3 hours	4 hours
Green beans	2 hours 30 min.	3 hours
Green peas	3 hours	4 hours 30 min.
Bamboo shoots	3 hours	4 hours 30 min.
Okra in vinegar	30 min.	40 min.
Peppers in vinegar	30 min.	40 min.

* At sea level

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