

# CANNING OF VEGETABLES

How to preserve vegetables for long shelf life

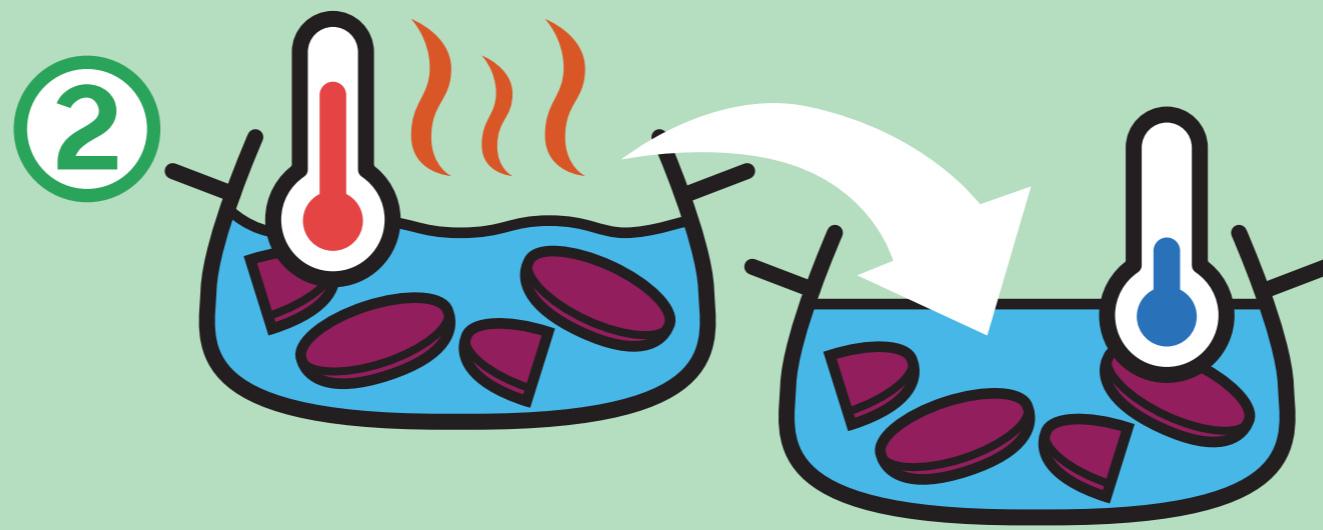
**BEST PRACTICE TIPS**



## PREPARATION



1 Fresh young vegetables (\*See list below). Wash, peel, or cut in pieces or leave whole.



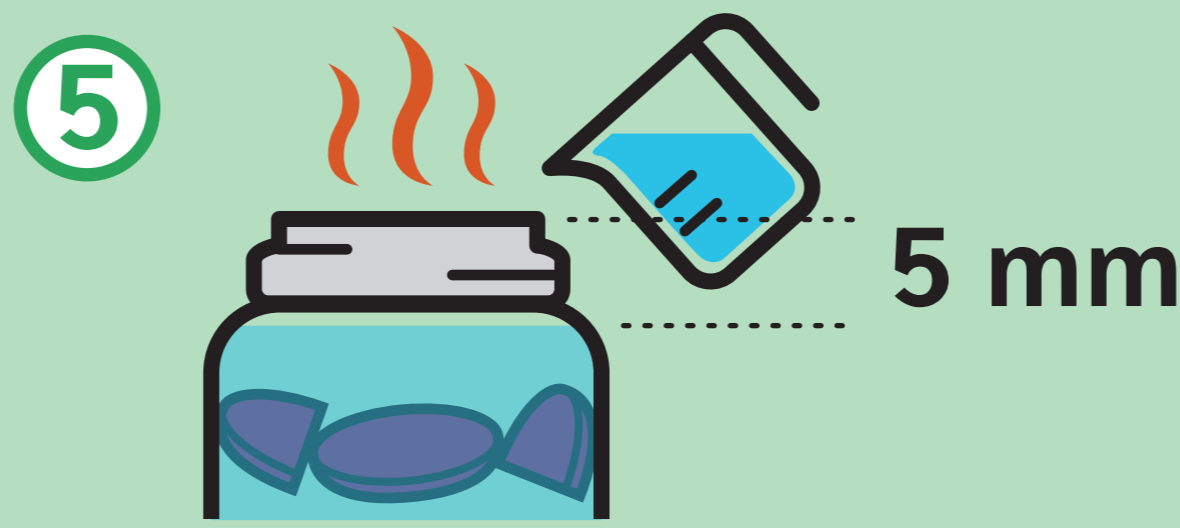
2 Blanch in hot water for 2-4 min and plunge in cold water.



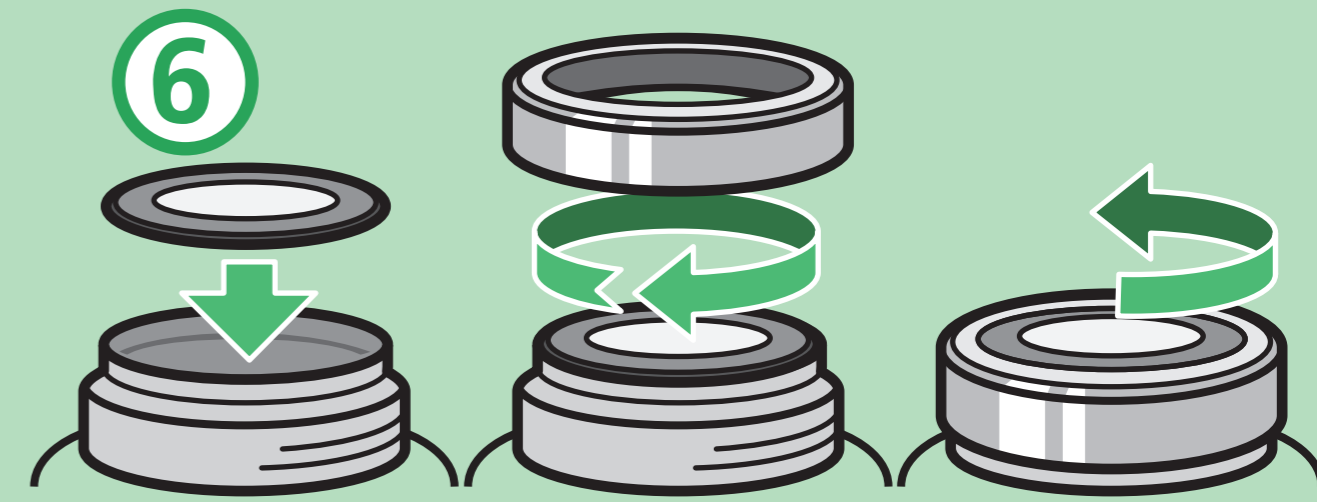
3 Fill clean jars with blanched vegetables. Be sure sufficient liquid on it.



4 Add salt (1/2 tea spoon/ 500 ml), vinegar (1 spoon/ 500 ml), and sugar (1/2 tea spoon/ 500 ml).



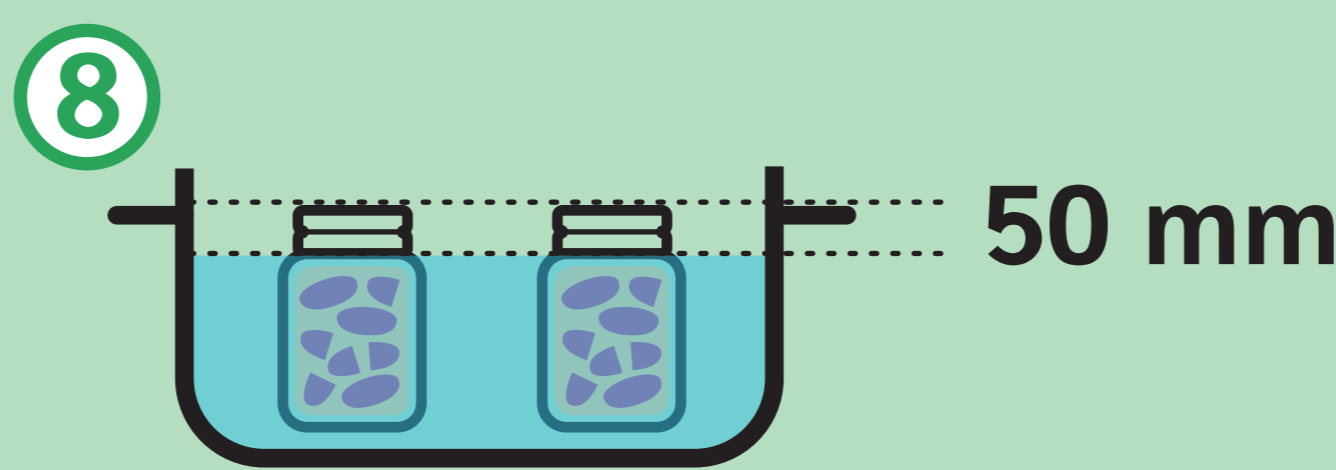
5 Fill jar with hot water within 5 mm of top of jar and remove air bubbles.



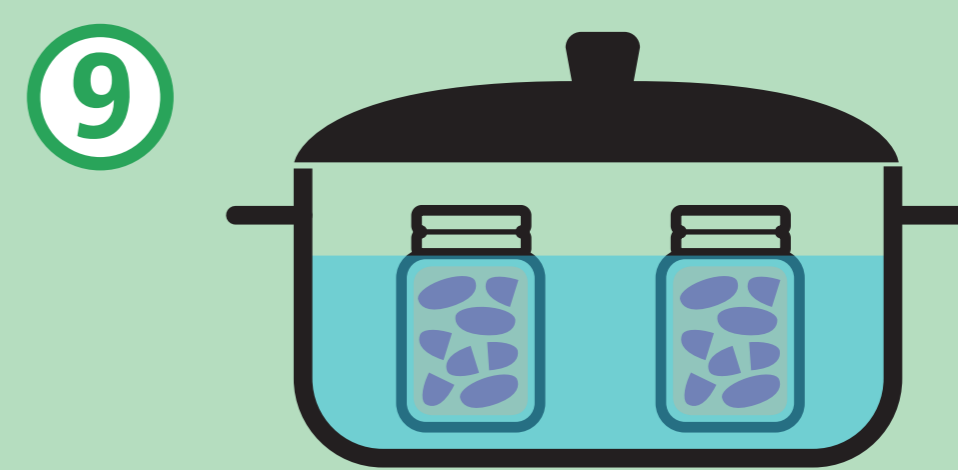
6 Put clean metal lid on jar. Screw down metal screwband to the end and turn back half a turn.



7 Pack hot, filled jars 25 mm apart on false bottom in pot. (boiling water-bath method)



8 Add hot water until lids of jars are 50 mm below surface of water.



9 Cover pot and heat, noting time when water begins to boil. Seal immediately.

## ADDITIONAL TIPS

Only use young, fresh vegetables.

Prepared vegetables should be canned immediately.

Boiling water should be added if the water boils away.

Jars should be covered with water throughout period.

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 case of whole tomatoes, to which no liquid is added.

## \* LIST OF VEGETABLES

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



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