

**Victory**  
**Canning**  
of  
**Vegetables**  
for  
**SENIOR 4-H CLUB MEMBERS**

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# Victory Canning of Vegetables

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Canning is probably the best known method of food preservation, and this year, as never before, young people will have the opportunity of helping to conserve the surplus fruits and vegetables for their families from their own Victory Gardens. A well planned food supply avoids waste and makes for more healthful meals for the entire family.

Canning should be done by a plan. Each person should have per year: 32 quarts of vegetables and 24 quarts of fruit (canning budget).

## VEGETABLES CAN BE SUCCESSFULLY CANNED

**CHOOSE YOUNG TENDER PRODUCTS.** Gather only the amount which can be easily handled at one time. If vegetables are left in a pan or basket for any length of time, not only their food value decreases but the danger of spoilage increases.

**WASH THE VEGETABLES** thoroughly before cutting or paring. This removes free soil particles which hold harmful bacteria.

**WASH THE JARS THOROUGHLY;** place them top-side-down in a pan which holds one inch or more of water. Boil 8 minutes. Rubbers should be dipped in boiling water and placed on the jar wet just before the jar is filled.

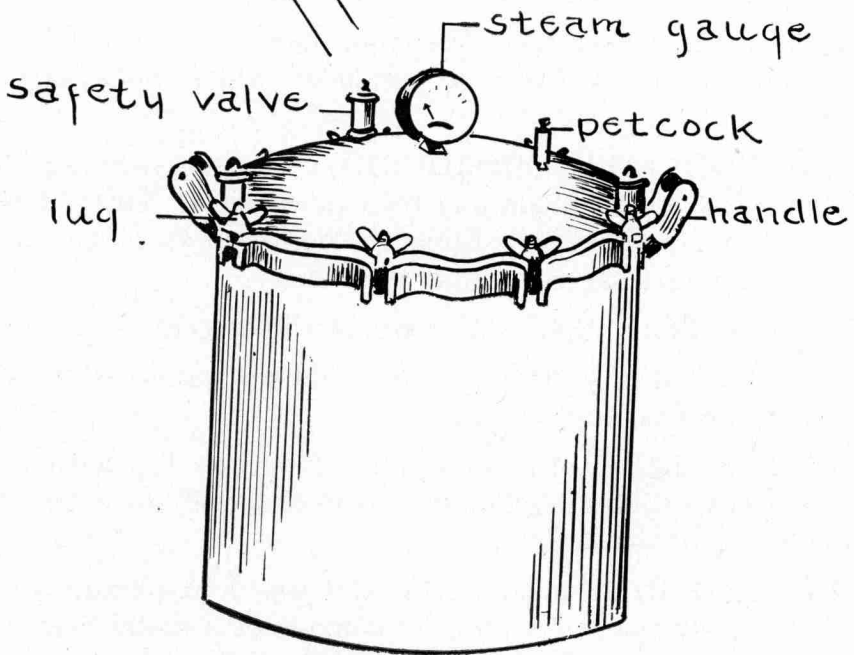
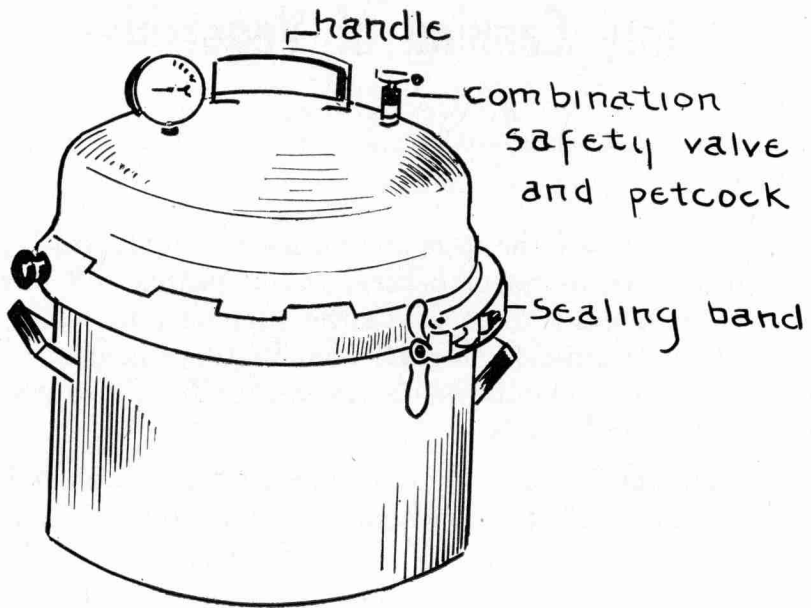
**PRECOOK THE VEGETABLES** as the directions require.

**PACK HOT INTO HOT JARS.** Add the water as the jars are filled to prevent air bubbles.

**FILL THE JARS** to one-half inch from the top with vegetables. Starchy vegetables should be packed loosely to within one inch of the top of the jar.

**WIPE THE RIM,** adjust ring and top, and partially seal. (Seal completely the self-sealing tops made of a metal disk with a flowed-on composition; the disk is held on the jar by a metal screw band.)

**PLACE JARS ON THE RACK** in the pressure cooker.



PRESSURE COOKERS WITH VARIOUS PARTS INDICATED

### Directions for Using the Pressure Cooker

Non-acid vegetables should be processed (cooked) in a steam pressure canner to make them safe from botulism, a food poisoning. No method other than steam under pressure will give a temperature high enough to make the product safe.

1. Pour boiling water into the cooker until it is one inch deep. (If the cooker leaks steam, more water is needed.) Place the cooker on the stove.
2. Place each jar in the cooker as soon as packed.
3. When the cooker has been filled, fasten the top securely.
4. Allow the petcock to remain open until the steam escapes from it in a steady stream. Steam should escape freely for at least 5 to 7 minutes.
5. Close the petcock and allow the pressure to rise slowly to the required temperature.
6. Count time when the desired pressure is reached.
7. Process for the length of time required for the size of the container and the product.
8. Keep the gauge pressure constant for the entire time.
9. At the end of the processing period remove the canner from the fire.
10. Allow the cooker to cool until the gauge registers zero before opening the petcock; then open the petcock cautiously. Remove the lid.
11. Remove the jars from the cooker. Completely seal. Self-sealing tops need not be tightened again. (If the band appears to be loose, hold disk firmly with the finger, then tighten band.)
12. Keep the safety valve in good working condition. If it is a valve of the ball and socket type, clean it each day after using. A safety valve that fails to operate properly may cause an accident.  
Wash cooker after using and be sure to keep the safety valve dry.

### Label and Store

Label jar with name of product and date; place label underneath the jar.

Store in a cool dry place. Protect the jars from the light.

When ready to use, all home canned vegetables should be boiled for 10 minutes before tasting.

Spoiled canned food should be buried or burned. Do not feed to animals.

### Equipment

Jars, lids, and rubbers	Kettle for precooking
Pressure cooker	Paring knives
Pans for washing and preparing	Measuring cup
1 tablespoon	Towels
1 teaspoon	

### Yield

<i>Product</i>	<i>Measure</i>	<i>Weight</i>	<i>Yield</i>
Beans, string	1 bu.	24 lbs.	14 quarts
Beets	10-15 small 1 bu.		1 pint 20 quarts
Corn	100 ears		30 pints
Peas, in hulls	1 bu.	32 lbs.	14 pints

When canning acid vegetables (tomatoes, pickled beets, ripe pimientos, and rhubarb), the hot water canner should be used. The *non-acid* group includes all other vegetables. These *must* be processed in a pressure cooker at a temperature of 240°-250° F.

### Beets

When canning beets, use only the young and tender ones, not over 1½ inches in diameter. Trim the tops of beets leaving 2 inches of stem and all the root. Wash thoroughly; do not peel; plunge into boiling water and cook until three-fourths done. Skin beets, trim, grade as to size, and pack into jars; add enough boiling water to cover. Partially seal. Process in steam pressure cooker at 10 pounds pressure, quart jars 35 minutes.

### String Beans

Select young, tender beans which have few strings. Wash and cut into uniform pieces. Cover with hot water and add one teaspoon salt to each quart. Partially seal. Process in steam pressure cooker at 10 pounds pressure, quart jars 35 minutes.

### Corn

Use only tender, freshly gathered corn. Pre-cook in boiling water for four minutes to set the starch. Cut corn from the cob deep enough to remove kernel whole without objectionable hulls. Do not scrape the cob. Add one teaspoon of salt and two teaspoons of sugar and two cups of water to each quart of corn. Heat to boiling. This will fill two pint jars. Partially seal. Process in steam pressure cooker at 10 pounds pressure 60 minutes.

### Garden Peas

Use only tender young peas and grade according to size. Cover peas with boiling water and pre-cook four minutes. Pack into pint jars. Cover with boiling water and add one-half teaspoon of salt to each pint. Partially seal. Process in steam pressure cooker at 10 pounds pressure 45 minutes.

### Soup Mixture

5 quarts tomatoes	2 quarts okra or lima beans <i>or</i>
2 quarts corn	1 quart okra and 1 quart lima beans
2 tablespoons sugar	2 tablespoons salt

Scald and peel the tomatoes, cutting out the green or hard spots. Chop and measure. Cut young tender corn from the cob. Slice okra in rings one-half inch thick. Place all in open agate kettle and boil until thick.

Fill jars with hot soup mixture and process in steam pressure cooker at 10 pounds pressure for 30 minutes.

### Points to Consider When Judging Quality of Canned Vegetables

Color—that of natural vegetable.

Clearness—liquid clear, free from seeds, etc.

Texture—tender, yet not overcooked. Only young and tender vegetables should be canned.

Flavor—the natural flavor should be preserved as much as possible.

Ripeness—well ripened products; no defective or over-ripe vegetables.

**Size**—graded and sorted vegetables. All one shape and size.

**Pack**—best use of space within the jar. Attractiveness of pack should be considered.

**Container**—Containers should be uniform and of a size to fit the need of the average home. Labels should be uniform and neat, and should be placed under bottom of jar.

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These directions are outlined in order that the Senior 4-H Club girls might gain some knowledge and actual experience in preserving food by canning.

### Requirements

Senior 4-H Club members are required to can 16 quarts of non-acid vegetables selected from the following: baby beets, string beans, whole grain corn, soup mixture, garden peas. Can garden peas and corn in pint jars.

The above number of jars will meet the requirements, but it is expected that additional vegetables and fruits will be canned also. These requirements and other products canned should be listed in the Food Preservation Record Books.

<i>Required Products</i>	<i>Fruits</i>	<i>Vegetables</i>
Total Number of Quarts Canned		