



Preserving Food: Canning Relishes

Relishes are the perfect complement to add interest to a meal or appetizer. Relishes are made from chopped fruits and/or vegetables cooked to a desired consistency in a spiced vinegar solution. The blending of these ingredients adds a slightly sweet and satisfyingly savory touch to special dishes or to simply top off a hotdog at a cookout! Either way, relishes are popular and come in many distinctive flavors.

The level of acidity in a relish is as important to safety as it is to taste and texture. When canning, never alter the proportions of vinegar, food, or water in a recipe and use only tested recipes for canning. By using tested recipes and following proper procedures, you can prevent the growth of *Clostridium botulinum*, which causes a type of food poisoning that can be fatal (botulism).

Ingredients

Vinegar: Acid ingredients, like vinegar, help preserve canned relishes as well as help give them their distinctive flavors. Use cider or white vinegar of five percent acidity. Cider vinegar has a good flavor and aroma, but may darken white or light colored fruits and vegetables. White distilled vinegar is often used for onions, summer squash, pears and apples where clearness of color is desired. Do not use homemade vinegar or vinegar of unknown acidity in making relishes. Do not dilute the vinegar unless the recipe specifies; you will be diluting the preservative effect.

Produce: Select tender vegetables and firm fruits that show no signs of mold or decay. To ensure quality, plan to make the relish within 24 hours after the fruits and vegetables are picked. If using cucumbers, always use a pickling variety of cucumber. Do not expect good quality pickled products if you use "table" or "slicing" cucumbers. If you buy cucumbers, select unwaxed ones for pickling because the brine or pickling solutions cannot penetrate the wax. Just before pickling, sort the fruits and vegetables and select the size best suited for the specific recipe. Rinse thoroughly under running water, especially around the stems. Soil trapped here can be a source of bacteria responsible for the softening of pickles. Do not use soap or detergent. Be sure to remove a 1/16-inch slice from the blossom end of the vegetables since it contains enzymes that also can cause softening.

Salt: Pure granulated salt, such as pickling or canning salt should be used. Other salts contain anti-caking ingredients that can make the relish cloudy.

Sugar: Use white sugar unless the recipe calls for brown. White sugar gives the product a lighter color, but brown sugar may be preferred for flavor. If you plan to use a sugar substitute, follow recipes developed for these products.

Spices: Use fresh whole spices for the best quality and flavor in relishes. Relishes will darken less if you tie whole spices loosely in a clean white cloth or cheesecloth bag and then remove the bag from the product before packing the jars. Powdered spices are recommended in some recipes but in others may cause the product to darken and become cloudy.

Equipment

The right equipment is important! Read each recipe completely to make sure you have all necessary equipment, before you start to make relishes. A few pieces of equipment you will certainly need to can relishes are a boiling water canner and canning jars and lids.

Boiling Water Canner for Processing

Relishes: Boiling water canners are available in several types of stores or through Internet sales. Any big metal stockpot may be used as a boiling water bath canner if it is deep enough so the water can cover upright jars by at least one inch and still have ample room for boiling (two or four inches above jar tops - see illustration).

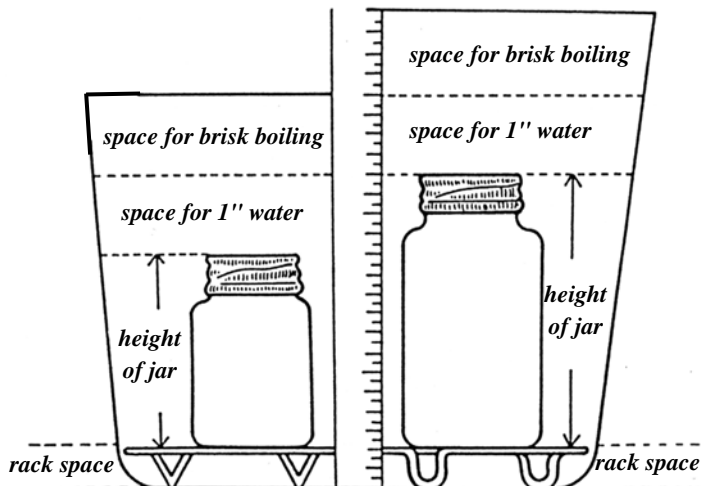
The canner must have a tight-fitting lid and wire or flat metal rack with plenty of open spaces in it to allow for good circulation of the boiling water.

Canning Jars and Lids: Use half-pint or pint canning jars specially designed for home canning. Commercial jars such as mayonnaise jars break more easily than canning jars and may not seal. Check jars carefully and discard any found with cracks, nicks or chips. Wash jars in hot, soapy water, rinse well, and keep hot until filled and placed in the canner.

Jar lids need to be prepared as instructed by the manufacturer ahead of filling time. Read the manufacturer's instructions on preparing and attaching lids. Instructions will not be the same for all lid types. With two-piece metal canning lids, the flat lid should be used only once for sealing new products, but the ring bands can be reused as long as they are in good condition. Ring bands should be free of rust and not bent out of shape. Flat lids should be free of dents, scratches and gaps or flaws in the sealing compound. Do not reuse lids from commercially canned foods for home canning.



Water Bath Canner



Processing

Processing is necessary for all relishes to destroy yeasts, molds and bacteria that may cause the products to spoil and also to inactivate enzymes that could affect the color, flavor and texture of the pickled product. As in all canning, a vacuum seal is also necessary on each jar to prevent recontamination during storage.

Relishes are an acidified food because of the large amount of vinegar added. Since they are high acid products, relishes are processed in a boiling water bath canner.

To Fill the Jars: Follow the directions in the recipe and pack the relish into the jar, leaving the appropriate headspace (usually 1/2-inch). Remove any trapped air bubbles by sliding a non-metal spatula around the inside edge of the jar. Wipe the jar rim clean with a damp cloth. Place the lid (prepared according to the manufacturer's instructions) on the jar and apply following the manufacturer's directions.

For All These Relishes: Place each jar as it is filled onto a rack in the canner containing simmering (about 180°F) water. When canner is filled with jars, add more hot water if necessary to cover jars by at least 1 inch. Cover canner and bring water to a boil. Start counting the processing time when water reaches a boil. Process for the time specified in the recipe. Recipes in this publication are processed for 10 minutes or longer and therefore pre-sterilization of jars is not required.

Caution! Altitude Adjustments: The processing times given for the relishes in this publication are for altitudes of 0-1000 feet. If you are processing at an altitude over 1000 feet, see the charts at the end of this publication for the correct processing time.

Day-After Canning Jobs: Test the seal on the jar lids 12 to 24 hours after canning, once jars have completely cooled. Press flat metal lids at the center of the lid. It should be slightly concave and should not move. Ring bands may be removed from sealed jars. Label sealed jars with contents and date. Store the canned relishes in a cool, dry place, between 50 and 70°F. Stored properly, canned relishes should retain their high quality for about one year. Unsealed jars of food need to be treated as fresh. The food can be eaten immediately, or refrigerated. Recanning will make relishes softer.

On Guard Against Spoilage

Always be on the alert for signs of spoilage. Before opening a jar, examine it closely. A bulging lid or leakage may mean the contents are spoiled. When a jar is opened, look for other signs of spoilage, such as spurting liquid, disagreeable odor, change in color or unusual softness, mushiness or slipperiness of product. If there is even the slightest indication of spoilage, do not taste contents. If the suspect jars are still sealed, place them in a heavy garbage bag. Close and place the bag in a regular trash container or dispose in a nearby landfill. If the suspect jars are unsealed, open, or leaking, they should be detoxified before disposal in case they contain the toxin that causes botulism. To detoxify, wear disposable rubber or heavy plastic gloves. Carefully place the suspect jars and lids on their sides in an 8-quart volume or larger stock pot, pan, or boiling-water canner. Wash your gloved hands thoroughly. Carefully add water to the pot and avoid splashing the water. The water should completely cover the containers with a minimum of a 1-inch level above the containers. Place a lid on the pot and heat the water to boiling. Boil 30 minutes to ensure detoxifying the food and all container components. Cool and discard the containers, their lids, and food in the trash or dispose in a nearby landfill.

Follow These Steps For Successful Boiling Water Canning:

1. Before you start preparing your food, place canner rack in the bottom of a boiling water canner. Fill the canner half full with clean warm water for a canner load of pint jars. For other sizes and numbers of jars, you will need to adjust the amount of water so it will be 1 to 2 inches over the top of the filled jars.
2. Center the canner over the burner and preheat the water to 140°F for raw-packed foods and to 180°F for hot-packed foods. You can begin preparing food for your jars while this water is preheating.
3. Load filled jars, fitted with lids and ring bands, into the canner one at a time, using a jar lifter. When moving jars with a jar lifter, make sure the jar lifter is securely positioned below the neck of the jar (below the ring band of the lid). Keep the jar upright at all times. Tilting the jar could cause food to spill into the sealing area of the lid. If you have a shaped wire rack that has handles to hold it on the canner sides, above the water in the canner, you can load jars onto the rack in the raised position and then use the handles to lower the rack with jars into the water.
4. Add more boiling water, if needed, so the water level is at least one inch above the jar tops. Pour the water around the jars and not directly onto them. For process times over 30 minutes, the water level should be 2 inches above the jars.
5. Turn the heat setting to its highest position, cover the canner with its lid and heat until the water boils vigorously.
6. Set a timer (after the water is boiling) for the total minutes required for processing the food.
7. Keep the canner covered for the process time. The heat setting may be lowered as long as a gentle but complete, visible boil is maintained for the entire process time.
8. Add more *boiling* water during the process, if needed, to keep the water level above the jar tops. Pour the water around the jars and not directly onto them.
9. If the water stops boiling at any time during the process, turn the heat on its highest setting, bring the water back to a vigorous boil, and begin the timing of the process over, from the beginning (using the total original process time).
10. When the jars have been processed in boiling water for the recommended time, turn off the heat and remove the canner lid. Tilt the lid so that the steam escapes away from your face. Wait 5 minutes before removing jars to allow contents to settle. This waiting period is not required for safety of the food when using USDA or University of Georgia processing times, however.
11. Using a jar lifter, remove the jars one at a time, being careful not to tilt the jars. Carefully place them directly onto a towel or cake cooling rack, leaving at least one inch of space between the jars during cooling. Avoid placing the jars on a cold surface or in a cold draft.
12. Let the jars sit undisturbed while they cool, from 12 to 24 hours. Do *not* tighten ring bands on the lids or push down on the center of the flat metal lid until the jar is completely cooled.
13. Once jars cool completely, remove ring bands from sealed jars. Put any unsealed jars in the refrigerator and use first.
14. Wipe jars and lids with a clean cloth to remove all residues.
15. Label jars and store in a cool, dry place out of direct light.

Relish Recipes

HARVEST TIME APPLE RELISH

Yield: about 7-8 pint jars

8 pounds apples (crisp cooking variety such as Honey Crisp, Cameo, or Pink Lady)
3 cups distilled white vinegar (5%)
2½ cups sugar
2 cups water
2 teaspoons ground cloves
8 pieces stick cinnamon (3 inches each)
1 tablespoon ground allspice
4 teaspoons ground ginger
4 tablespoons (¼ cup) finely chopped red Serrano pepper (about 4-6 peppers as purchased)

Caution: *Wear plastic or rubber gloves and do not touch your face while handling or cutting hot peppers. If you do not wear gloves, wash hands thoroughly with soap and water before touching your face or eyes.*

Procedure:

1. Wash and rinse pint or half-pint canning jars; keep hot until ready to fill. Prepare lids and ring bands according to manufacturer's directions.
2. Rinse apples, peel if desired, and core. Immerse prepared apples in a solution of 1 teaspoon ascorbic acid and 4 quarts of water to prevent browning. Coarsely shred with food processor or dice by hand and return to ascorbic acid bath as you work.
3. Rinse peppers and remove stem ends; trim to remove seeds then finely chop.
4. Combine vinegar, sugar, water, cloves, cinnamon sticks, allspice, ginger and red pepper. Heat while stirring to dissolve sugar; bring to a boil.
5. Drain apples and add to hot syrup. Bring back to a boil. Boil gently 5 minutes, stirring occasionally, until apples are mostly translucent. Turn off heat. Remove cinnamon from relish mixture and place one piece in each jar.
6. Fill hot fruit with syrup into hot jars, leaving ½-inch headspace, making sure fruit is completely covered with syrup. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened, clean paper towel. Adjust lids and bands.
7. At altitudes under 1,000 feet, process in a boiling water canner for 10 minutes. At altitudes of 1,000 feet and above, process according to recommendations in **Table 1**, on page 16.

Note: Peeling apples is preferred for quality.

Additional Note: *Refrigerate any leftover relish after filling jars, and enjoy freshly made!*

SWEET PEPPER RELISH

Yield: about 6 pint jars

5 cups ground green bell peppers (about 7-8 peppers, or 3-4 pounds before grinding)
5 cups ground red bell peppers (about 7-8 peppers, or 3-4 pounds before grinding)
1½ cups ground onion (3 medium yellow onions, 2½-3 inches diameter, before grinding)
2½ cups white distilled vinegar (5%)
2 cups sugar
4 teaspoons canning or pickling salt
4 teaspoons mustard seed

Procedure:

1. Wash and rinse canning jars; keep hot until ready to fill. Prepare lids and ring bands according to manufacturer's directions.
2. Rinse peppers well; trim to remove stems and seeds. Peel, rinse, and trim onions. Cut peppers and onions into large pieces. Coarsely grind peppers and onions (see Note).
3. Measure 5 cups of each type of ground bell peppers with their juice, and 1½ cups of ground onion, also including juice. Combine measured peppers and onions with remaining ingredients into a large stockpot. Bring the mixture to a boil over high heat. Reduce heat and cook at a low boil for 30 minutes, stirring often to prevent scorching.
4. Fill the hot relish into hot jars, leaving ½-inch headspace. If needed, remove air bubbles and adjust headspace to ½-inch. Wipe rims of jars with a dampened, clean paper towel. Adjust lids and bands.
5. At altitudes under 1,000 feet, process in a boiling water canner for 10 minutes. At altitudes of 1,000 feet and above, process according to recommendations in **Table 1**, on page 16.

Note: For recipe development, vegetables were ground using a coarse blade stand mixer attachment.



HOT PEPPER RELISH

Yield: about 6 pint jars

5 cups ground green or red bell peppers (about 7-8 peppers, or 3-4 pounds, before grinding)
5 cups ground jalapeño peppers (about 3-4 pounds before grinding)
1½ cups ground onion (3 medium yellow onions, 2½-3 inches diameter, before grinding)
2½ cups distilled white or cider vinegar (5%)
2 cups sugar
4 teaspoons pickling or canning salt
4 teaspoons mustard seed

CAUTION: *Wear plastic or rubber gloves and do not touch your face while handling or cutting hot peppers. If you do not wear gloves, wash hands thoroughly with soap and water before touching your face or eyes.*

Procedure:

1. Wash and rinse canning jars; keep hot until ready to fill. Prepare lids and ring bands according to manufacturer's directions.
2. Rinse bell peppers well; trim to remove stems and seeds. Slice stem end from jalapeño peppers; grind remaining jalapeño peppers with seeds. Peel, rinse, and trim onions. Cut peppers and onions into large pieces. Coarsely grind peppers and onions (see Notes).
3. Measure 5 cups of the ground bell peppers with their juice, 5 cups of the ground jalapeño peppers with their juice, and 1½ cups of the ground onion, also including juice. Combine the measured peppers and onions with the remaining ingredients into a large stockpot. Bring the mixture to a boil over high heat. Reduce heat and cook at a low boil for 30 minutes, stirring often to prevent scorching.
4. Fill the hot relish into prepared hot pint jars, leaving ½-inch headspace. If needed, remove air bubbles and adjust headspace to ½-inch. Wipe rims of jars with a dampened, clean paper towel. Adjust lids and bands.
5. At altitudes under 1,000 feet, process in a boiling water canner for 10 minutes. At altitudes of 1,000 feet and above, process according to recommendations in **Table 1**, on page 16.

Notes: For recipe development, peppers and onions were ground using a stand mixer grinder attachment with the coarse blade.

This is a fairly hot pepper relish. It would be good stirred into cooked greens or beans, or served with cream cheese on crackers. In order to adjust the hot pepper intensity of the finished product, the proportion of sweet to hot peppers may be adjusted according to taste and the variety of hot pepper provided that the total amount of measured ground pepper is not altered. In other words, with all other ingredients measured as specified in the recipe, there should be no more than 10 cups of ground peppers.

Additional Note: *Refrigerate any leftover relish after filling jars, and enjoy freshly made!*

VIDALIA ONION RELISH

Yield: about 8 pint jars

1½ gallons ground Vidalia onions (about 20 lbs)	1 teaspoon turmeric
½ cup canning or pickling salt	4 teaspoons pickling spice
1 quart apple cider vinegar (5%)	4 tablespoons pimento, chopped
4½ cups sugar	

Procedure:

1. Wash and rinse canning jars; keep hot until ready to fill. Prepare lids and ring bands according to manufacturer's directions.
2. Grind enough Vidalia onions to yield 1½ gallons, add ½ cup salt and let stand 30 minutes. Squeeze juice from onion-salt mixture and discard juice.
3. Tie pickling spice in cheesecloth. Combine onions, vinegar, sugar, turmeric, spice bag, and pimento in a large saucepot. Bring to a boil and cook until thick, (approximately 30 minutes), stirring often. Remove and discard spice bag.
4. Pack onion mixture and cooking liquid to cover in hot jars, leaving ½-inch headspace. Remove air bubbles and adjust headspace if needed. Wipe jar rims. Adjust lids and bands.
5. At altitudes under 1,000 feet, process in a boiling water canner for 10 minutes. At altitudes of 1,000 feet and above, process according to recommendations in **Table 1**, on page 16.

PICKLE RELISH

Yield: about 9 pint jars

3 quarts chopped cucumbers	2 cups sugar
3 cups each of chopped sweet green and red peppers	6 cups white vinegar (5 percent)
1 cup chopped onions	4 teaspoons each of mustard seed, turmeric, whole allspice, and whole cloves
¾ cup canning or pickling salt	
4 cups ice	
8 cups water	

Procedure:

1. Wash and rinse canning jars; keep hot until ready to fill. Prepare lids and ring bands according to manufacturer's directions.
2. Add cucumbers, peppers, onions, salt, and ice to water and let stand 4 hours. Drain and re-cover vegetables with fresh ice water for another hour. Drain again.
3. Combine spices in a spice or cheesecloth bag. Add spices to sugar and vinegar. Heat to boiling and pour mixture over vegetables. Cover and refrigerate 24 hours.
4. Heat mixture to boiling and fill into hot jars, leaving ½-inch headspace. Remove air bubbles and adjust headspace if needed. Wipe jar rims with a damp paper towel. Adjust lids and bands.
5. At altitudes under 1,000 feet, process in a boiling water canner for 10 minutes. At altitudes of 1,000 feet and above, process according to recommendations in **Table 1**, on page 16.

FRESH DILL CUCUMBER RELISH

Yield: about 6 to 7 pint jars

12 cups chopped pickling cucumbers (about 4½ pounds pickling cucumbers as purchased)
3 cups chopped red bell pepper
1 cup chopped onion

Pre-Soak Ingredients:

¾ cup canning or pickling salt
4 cups crushed or cubed ice
8 cups water

Pickling Solution:

5 cups cider vinegar (5%)
1 cup sugar
1 cup water
2 tablespoons mustard seed
1 cup chopped fresh dill
1 teaspoon garlic powder

Procedure:

1. Wash and rinse canning jars; keep hot until ready to fill. Prepare lids and ring bands according to manufacturer's directions.
2. Rinse cucumbers and peppers thoroughly under running water. After rinsing, slice a thin piece from both the stem and blossom ends of the cucumbers and discard. Cut cucumbers into about 1-inch pieces and then chop in a food processor (using about 3 to 4 short pulses on "chop") to yield ¼-inch or smaller pieces. Measure 12 cups of the chopped cucumber.
3. Remove the stem, seeds and white membranes from peppers. Cut into about 1-inch pieces or slices and then chop in a food processor (using about 3 to 4 pulses on "chop") to yield about ¼-inch or slightly smaller pieces. Measure 3 cups of the chopped pepper.
4. Remove the skin from onions. Rinse well, trim, and chop into about ¼-inch cubes, or process to size in a food processor as for peppers. Measure 1 cup of the chopped onion.
5. Pre-soak the vegetables: Combine the measured chopped cucumber, pepper and onion with salt, ice and the 8 cups water in a large bowl or stockpot. Cover; let stand 3 to 4 hours (in the refrigerator preferably). Drain the vegetables; rinse thoroughly with ice cold water and drain well again through a cheesecloth-lined strainer (until no more water drips through, about 15 to 20 minutes).
6. Make the relish: In a large stockpot, stir together the vinegar, sugar, 1 cup water, mustard seed, chopped dill, and garlic powder. Heat until the sugar dissolves. Add the drained, chopped vegetables, and bring to a boil. Reduce heat and simmer 10 minutes.
7. Fill hot relish into clean, hot jars leaving ½-inch headspace. Remove air bubbles and adjust headspace if needed. Make sure liquid covers the top of the food pieces. Wipe rims of jars with a dampened, clean paper towel. Adjust lids.
8. At altitudes under 1,000 feet, process in a boiling water canner for 15 minutes. At altitudes of 1,000 feet and above, process according to recommendations in **Table 2**, on page 16.

Notes: This is a sweet relish, not a salty dill pickle relish. We also like this as a sweet salsa on tortilla chips, particularly after it has been refrigerated and is cold.

Additional Note: Refrigerate any leftover relish after filling jars, and enjoy freshly made!



OSCAR RELISH

Yield: about 6 pint jars

8 cups chopped fresh peaches (about 12 large)
8 cups chopped ripe tomatoes (about 12)
2 cups diced green sweet peppers (about 2 large)
1 tablespoon red hot pepper, ground (about 1)
2 cups ground onions (about 6 onions)
1½ teaspoons canning or pickling salt
4 cups light brown sugar (firm packed)
1½ teaspoons canning or pickling salt
2 cups cider vinegar (5%)
4 tablespoons pickling spice, tied in a cheesecloth bag

Procedure:

1. Wash and rinse canning jars; keep hot until ready to fill. Prepare lids and ring bands according to manufacturer's directions.
2. Rinse all produce well. Peel and pit peaches. Chop into small pieces. Peel and chop tomatoes into ½-inch pieces. Remove stem and seed from peppers and dice into ¼-inch pieces. Peel onions and grind in food chopper. Grind red hot peppers.
3. Combine all ingredients in 10 quart saucepan. Cook and stir about 1½ to 2 hours, until it reaches desired thickness.
4. Pack in hot jars, leaving ½-inch headspace. Remove air bubbles and adjust headspace if needed. Wipe jar rims with a dampened, clean paper towel. Adjust lids and bands.
5. At altitudes under 1,000 feet, process in a boiling water canner for 10 minutes. At altitudes of 1,000 feet and above, process according to recommendations in **Table 1**, on page 16.

Variation: Use two small hot peppers if you like a hotter relish. For milder relish, substitute Tabasco to taste (½ to 1 teaspoon) for the peppers.

DILL PICKLE RELISH

Yield: about 7 pint jars

14 cups chopped pickling cucumbers (about 5 pounds pickling cucumbers as purchased)
2 cups chopped red bell pepper
5½ cups cider vinegar (5%)
3 teaspoons dill seed
6 cloves garlic, minced
5 tablespoons pickling or canning salt

Procedure:

1. Wash and rinse canning jars; keep hot until ready to fill. Prepare lids and ring bands according to manufacturer's directions.
2. Rinse cucumbers and peppers well. Slice a thin piece from both the stem and blossom ends of cucumbers and discard. Cut into about 1-inch pieces and then chop in a food processor (using about 3 to 4 short pulses on "chop") to yield ¼-inch or smaller pieces. Measure 14 cups of the chopped cucumber.
3. Remove the stem, seeds and white membranes from peppers. Cut into about 1-inch pieces or slices and then chop in a food processor (using about 3 to 4 pulses on "chop") to yield about ¼-inch or slightly smaller pieces. Measure 2 cups of the chopped pepper.
4. Combine chopped cucumbers and bell peppers and set aside.
5. In a large stockpot, stir together the cider vinegar, dill seed, garlic and salt, until salt dissolves. Add chopped vegetables and bring to boil. Reduce heat and simmer 10 minutes.
6. Fill relish into hot jars leaving ½-inch headspace. Remove air bubbles and adjust headspace if needed. Make sure liquid covers the food. Wipe jar rims. Adjust lids and bands.
7. At altitudes under 1,000 feet, process in a boiling water canner for 15 minutes. At 1,000 feet of altitude and above, process according to recommendations in **Table 2**, on page 16.

DIXIE RELISH

Yield: about 5 pint jars

2 quarts cold water
¼ cup canning or pickling salt
2 cups chopped sweet red peppers (about 4 medium peppers)
2 cups chopped sweet green peppers (about 4 medium peppers)
1 quart chopped cabbage (about 1 small head)
2 cups chopped onions
¾ cup sugar
1 quart vinegar (5%)
2 tablespoons mustard seed
2 tablespoons celery seed

Procedure:

1. Wash and rinse canning jars; keep hot until ready to fill. Prepare lids and ring bands according to manufacturer's directions.
2. Dissolve salt in 2 quarts cold water. Pour over chopped vegetables and let stand 1 hr. Drain.
3. Combine sugar, vinegar and spices; add vegetables and simmer 20 mins. Bring to boiling.
4. Pack relish into hot jars, leaving ½-inch headspace. Remove air bubbles and adjust headspace if needed. Wipe jar rims. Adjust lids and bands.
5. At altitudes under 1,000 feet, process in a boiling water canner for 15 minutes. At altitudes of 1,000 feet and above, process according to recommendations in **Table 2**, on page 16.



CHAYOTE AND PEAR RELISH

Yield: about 5 pint jars

3½ cups peeled, cubed chayote (about 2½ medium or 2 large, hard, crisp chayote)

3½ cups peeled, cubed Seckel pears (about 6 to 7 raw Seckel pears)

2 cups chopped red bell pepper

1½ cups water

2 cups chopped yellow bell pepper

1 cup white sugar

3 cups finely chopped onion

2 teaspoons canning salt

2 Serrano peppers, finely chopped*

1 teaspoon ground allspice

2½ cups cider vinegar (5%)

1 teaspoon ground pumpkin pie spice

Caution: *Wear plastic or rubber gloves and do not touch your face while handling or cutting hot peppers. If you do not wear gloves, wash hands with soap and water before touching anything.*

Procedure:

1. Wash and rinse canning jars; keep hot until ready to fill. Prepare lids and ring bands according to manufacturer's directions.
2. Rinse, peel and cut chayote and pears into ½-inch cubes, discarding cores and seeds. Peel, rinse, and chop onions. Rinse, remove seeds and membrane, and chop peppers.
3. Combine vinegar, water, sugar, salt and spices in a Dutch oven or large saucepot. Bring to a boil, stirring to dissolve sugar. Add chopped onions and peppers; return to a boil and boil for 2 minutes, stirring occasionally. Add cubed chayote and pears; return to the boiling point and turn off heat.
4. Fill the hot solids into clean, hot jars, to within 1 inch from the top of the jar. Cover with boiling hot cooking liquid, leaving ½-inch headspace. Remove air bubbles and adjust headspace if needed. Wipe jar rims with a dampened, clean paper towel. Adjust lids and bands.
5. At altitudes under 1,000 feet, process in a boiling water canner for 15 minutes. At altitudes of 1,000 feet and above, process according to recommendations in **Table 2**, on page 16.

TANGY TOMATILLO RELISH

Yield: about 6 or 7 pint jars

12 cups chopped tomatillos	1 cup canning or pickling salt
3 cups finely chopped jicama	2 quarts water
3 cups chopped onion	6 tablespoons whole mixed pickling spice
6 cups chopped plum-type tomatoes	1 tablespoon crushed red pepper flakes (optional)
1½ cups chopped green bell pepper	6 cups sugar
1½ cups chopped red bell pepper	6½ cups cider vinegar (5%)
1½ cups chopped yellow bell pepper	

Procedure:

1. Wash and rinse canning jars; keep hot until ready to fill. Prepare lids and ring bands according to manufacturer's directions.
2. Remove husks from tomatillos; peel jicama and onion. Rinse all vegetables well before trimming and chopping. Place chopped tomatillos, jicama, onion, tomatoes, and all bell peppers in a 4-quart Dutch oven or saucepot.
3. Dissolve salt in water. Pour over prepared vegetables. Heat to boiling; simmer 5 minutes. Drain thoroughly through a cheesecloth-lined strainer (until no more water drips through, about 15 to 20 minutes).
4. Place pickling spice and optional red pepper flakes on a clean, double-layer, 6-inch-square piece of 100% cotton cheesecloth. Bring corners together and tie with a clean string. (Or use a purchased muslin spice bag.)
5. Mix sugar, vinegar and spice bag in a saucepan; bring to boil. Add drained vegetables. Return to boil; reduce heat and simmer, uncovered, 30 minutes. Remove spice bag.
6. Fill relish mixture into hot jars, leaving ½-inch headspace. Remove air bubbles and adjust headspace if needed. Wipe jar rims with a dampened, clean paper towel. Adjust lids and bands.
7. At altitudes under 1,000 feet, process in a boiling water canner for 15 minutes. At altitudes of 1,000 feet and above, process according to recommendations in **Table 2**, on page 16.



PICCALILLI

Yield: about 9 half-pint jars

6 cups chopped green tomatoes	½ cup canning or pickling salt
1½ cups chopped sweet red peppers	3 cups brown sugar
1½ cups chopped green peppers	4½ cups vinegar (5 percent)
2¼ cups chopped onions	3 tablespoons whole mixed pickling spice
7½ cups chopped cabbage	

Procedure:

1. Wash and rinse canning jars; keep hot until ready to fill. Prepare lids and ring bands according to manufacturer's directions.
2. Rinse, chop, and combine vegetables with ½ cup salt. Cover with hot water and let stand 12 hours in a refrigerator. Drain and press in a clean cloth to remove all possible liquid.
3. Combine sugar and vinegar. Place spices loosely in a clean cloth; tie with a string. Add to vinegar and sugar mixture; heat to boiling.
4. Add vegetables and boil gently 30 minutes or until the volume of the mixture is reduced by one-half. Remove spice bag.
5. Fill hot relish into hot jars, leaving ½-inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a damp paper towel. Adjust lids and bands.
6. At altitudes under 1,000 feet, process in a boiling water canner for 10 minutes. At altitudes of 1,000 feet and above, process according to recommendations in **Table 3**, on page 16.

PICKLED GREEN TOMATO RELISH

Yield: about 7 to 9 pint jars

10 pounds small, hard green tomatoes	1 quart water
1½ pounds red bell peppers	4 cups sugar
1½ pounds green bell peppers	1 quart vinegar (5 percent)
2 pounds onions	⅓ cup prepared yellow mustard
½ cup canning or pickling salt	2 tablespoon cornstarch

Procedure:

1. Wash and rinse canning jars; keep hot until ready to fill. Prepare lids and ring bands according to manufacturer's directions.
2. Rinse and coarsely grate or finely chop tomatoes, peppers, and onions. Place in a large pot.
3. Dissolve salt in water and pour over vegetables. Heat to boil and simmer 5 mins. Drain.
4. Return vegetables to stockpot. Add sugar, vinegar, mustard, and cornstarch. Stir to mix. Heat to boil and simmer 5 minutes.
5. Fill hot pint jars with hot relish, leaving ½-inch headspace. Remove air bubbles and adjust headspace if needed. Wipe jar rims with a damp paper towel. Adjust lids and bands.
6. At altitudes under 1,000 feet, process in a boiling water canner for 10 minutes. At altitudes of 1,000 feet and above, process according to recommendations in **Table 3**, on page 16.

SUMMER SQUASH RELISH

Yield: about 5 pint jars

4 pounds fresh, firm yellow or zucchini summer squash (as purchased)
½ cup diced sweet onion (about 2.4 ounces) 2¼ cups white sugar
2 cups cider vinegar (5%) 2 teaspoons turmeric
2 teaspoons celery seed or celery salt 4 teaspoons mustard seed

Procedure:

1. Wash and rinse canning jars; keep hot until ready to fill. Prepare lids and ring bands according to manufacturer's directions.
2. Rinse squash, remove both ends; shred in food processor. Peel onions and remove root and stem ends. Rinse and dice, or shred in a food processor.
3. Combine remaining ingredients and bring to a boil. Carefully add squash and onions. Return combined ingredients to a boil; boil gently for 5 minutes, stirring often.
4. Pack hot vegetables with liquid into hot jars, leaving ½-inch headspace. Remove air bubbles and adjust headspace if needed. Make sure liquid covers the top of the food pieces. Wipe rims of jars with a dampened, clean paper towel. Adjust lids and bands.
5. At altitudes under 1,000 feet, process in a boiling water canner for 15 minutes. At altitudes of 1,000 feet and above, process according to recommendations in **Table 2**, on page 16.

Note: Recipe may use all yellow squash, all zucchini squash, or a combination of both. Squash may be diced or shredded by hand instead of being shredded in a food processor. For recipe development, Vidalia onions were used. Any variety of onion is acceptable.



Table 1: Recommended Process Times in a Boiling Water Canner with Altitude Adjustments					
		Process Time (minutes) at Altitudes of:			
Style of Pack	Jar Size	0–1,000 ft	1,001–3,000 ft	3,001–6,000 ft	Above 6,000 ft
Hot	Pints or Half-pints	10 min.	15	15	20

Table 2: Recommended Process Times in a Boiling Water Canner with Altitude Adjustments					
		Process Time (minutes) at Altitudes of:			
Style of Pack	Jar Size	0–1,000 ft	1,001–3,000 ft	3,001–6,000 ft	Above 6,000 ft
Hot	Pints or Half-pints	15 min.	20	20	25

Table 3: Recommended Process Times in a Boiling Water Canner with Altitude Adjustments					
		Process Time (minutes) at Altitudes of:			
Style of Pack	Jar Size	0–1,000 ft	1,001–3,000 ft	3,001–6,000 ft	Above 6,000 ft
Hot	Pints or Half-pints	10 min.	10	10	15



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