



Pressure Canning Summary Sheet for Judges USDA Recommendations*

VEGETABLES

	Headspace	Style of Pack	Jar Size	Process Time (minutes)	Pressure (psig) at Altitudes of					
					Weighted Gauge		Dial Gauge			
					0 - 1,000 ft	Above 1,000 ft	0 - 2,000 ft	2,001 - 4,000 ft	4,001 - 6,000 ft	6,001 - 8,000 ft
Asparagus – Spears or Pieces	1 inch	Hot & Raw	Pint Quart	30	10	15	11	12	13	14
				40	10	15	11	12	13	14
Beans or Peas – Shelled and Dried	1 inch	Hot Hot	Pint Quart	75	10	15	11	12	13	14
				90	10	15	11	12	13	14
Beans, Baked	1 inch	Hot Hot	Pint Quart	65	10	15	11	12	13	14
				75	10	15	11	12	13	14
Beans, Fresh Lima – Shelled	**	Hot & Raw	Pint Quart	40	10	15	11	12	13	14
				50	10	15	11	12	13	14
				**Small beans - leave 1 inch headspace for pints and 1½ inches for quarts Large beans - leave 1 inch headspace for pints and 1¼ inches for quarts						
Beans, Snap or Italian – Pieces	1 inch	Hot & Raw	Pint Quart	20	10	15	11	12	13	14
				25	10	15	11	12	13	14

******* There are NO recommended boiling water processes for the vegetables in this table, or for any non-pickled vegetables *******

* Source: *Complete Guide to Home Canning*, Agriculture Information Bulletin No. 539, US Department of Agriculture. Revised 1994. www.homefoodpreservation.com

Developed by The University of Georgia, Athens, for the National Center for Home Food Preservation. Released by Elizabeth L. Address, Ph.D., Department of Foods and Nutrition, College of Family and Consumer Sciences. August 2003.

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Beets – Whole, Cubed, or Sliced	1 inch	Hot	Pint	30	10	15	11	12	13	14
			Quart	35	10	15	11	12	13	14
Carrots – Sliced or Diced	1 inch	Hot & Raw	Pint	25	10	15	11	12	13	14
			Quart	30	10	15	11	12	13	14
Corn – Cream Style	1 inch	Hot	Pint	85	10	15	11	12	13	14
		Hot	Quart	-----Not Recommended-----	-----Not Recommended-----	-----Not Recommended-----	-----Not Recommended-----	-----Not Recommended-----	-----Not Recommended-----	
Corn – Whole Kernel	1 inch	Hot & Raw	Pint	55	10	15	11	12	13	14
			Quart	85	10	15	11	12	13	14
Mixed Vegetables	1 inch	Hot	Pint	75	10	15	11	12	13	14
		Hot	Quart	90	10	15	11	12	13	14
Mushrooms – Whole or Sliced	1 inch	Hot	Half Pint	45	10	15	11	12	13	14
		Hot	Pint	45	10	15	11	12	13	14
		Hot	Quart	-----Not Recommended-----	-----Not Recommended-----	-----Not Recommended-----	-----Not Recommended-----	-----Not Recommended-----	-----Not Recommended-----	

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Okra	1 inch	Hot	Pint	25	10	15	11	12	13	14		
		Hot	Quart	40	10	15	11	12	13	14		
Peas, Green or English – Shelled	1 inch	Hot & Raw	Pint	40	10	15	11	12	13	14		
			Quart	40	10	15	11	12	13	14		
Peppers	1 inch	Hot	Half Pint	35	10	15	11	12	13	14		
		Hot	Pint	35	10	15	11	12	13	14		
		Hot	Quart	-----Not Recommended-----	-----Not Recommended-----							
Potatoes, Sweet – Pieces or Whole	1 inch	Hot	Pint	65	10	15	11	12	13	14		
		Hot	Quart	90	10	15	11	12	13	14		
Potatoes, White – Cubed or Whole	1 inch	Hot	Pint	35	10	15	11	12	13	14		
		Hot	Quart	40	10	15	11	12	13	14		
Pumpkins and Winter Squash – Cubed	1 inch	Hot	Pint	55	10	15	11	12	13	14		
		Hot	Quart	90	10	15	11	12	13	14		
Soup Mixes	1 inch	Hot	Pint	60***	10	15	11	12	13	14		
		Hot	Quart	75***	10	15	11	12	13	14		

*** Process 100 minutes if soup contains seafood.

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					0 - 1,000 ft	Above 1,000 ft	0 - 2,000 ft	2,001 - 4,000 ft	4,001 - 6,000 ft	6,001 - 8,000 ft
Spinach and Other Greens	1 inch	Hot	Pint	70	10	15	11	12	13	14
		Hot	Quart	90	10	15	11	12	13	14
Squash, Winter – Cubed	1 inch	Hot	Pint	55	10	15	11	12	13	14
		Hot	Quart	90	10	15	11	12	13	14
Succotash	1 inch	Hot &	Pint	60	10	15	11	12	13	14
		Raw	Quart	85	10	15	11	12	13	14

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Pressure Canning Summary Sheet for Judges USDA Recommendations*

MEAT & SEAFOOD

	Headspace	Style of Pack	Jar Size	Process Time (minutes)	Pressure (psig) at Altitudes of					
					Weighted Gauge		Dial Gauge			
					0 - 1,000 ft	Above 1,000 ft	0 - 2,000 ft	2,001 - 4,000 ft	4,001 - 6,000 ft	6,001 - 8,000 ft
Chicken or Rabbit – Without Bones	1 ¼ inch	Hot & Raw	Pint Quart	75	10	15	11	12	13	14
				90	10	15	11	12	13	14
Chicken or Rabbit – With Bones	1¼ inch	Hot & Raw	Pint Quart	65	10	15	11	12	13	14
				75	10	15	11	12	13	14
Ground or Chopped Meat	1 inch	Hot Hot	Pint Quart	75	10	15	11	12	13	14
				90	10	15	11	12	13	14
Strips, Cubes, or Chunks of Meat	1 inch	Hot & Raw	Pint Quart	75	10	15	11	12	13	14
				90	10	15	11	12	13	14
Meat Stock (Broth)	1 inch	Hot Hot	Pint Quart	20	10	15	11	12	13	14
				25	10	15	11	12	13	14
Chili Con Carne	1 inch	Hot	Pint	75	10	15	11	12	13	14

******* There are NO recommended boiling water processes for the meat, poultry, seafood or meat products in this table *******

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Festive Mincemeat Pie Filling	1 inch	Hot	Quart	90	10	15	11	12	13	14

There are no recommended process times for jars larger than pints for the seafood products below.

Clams – Minced or Whole	1 inch	Hot	Half Pint	60	10	15	11	12	13	14
		Hot	Pint	70	10	15	11	12	13	14
King and Dungeness Crab Meat	1 inch	Cooked per directions	Half Pint	70	10	15	11	12	13	14
			Pint	80	10	15	11	12	13	14
Fish	1 inch	Raw	Pint	100	10	15	11	12	13	14
Oysters	1 inch	Cooked per directions	Half Pint	75	10	15	11	12	13	14
			Pint	75	10	15	11	12	13	14
Smoked Fish	1 inch	Cooked per directions	Pint	110	10	15	11	12	13	14
Tuna	1 inch	Cooked per directions	Half Pint	100	10	15	11	12	13	14
			Pint	100	10	15	11	12	13	14

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