



Food
Preservation
for Youth

Method 6: Pressure Canning (Beg.)

Can My Green Beans

Ingredients:

for about 9 pint jars

- 8-9 pounds green beans (3/4 to 1 pound per pint)
- 9 cups water
- 4½ teaspoons canning salt (optional)
- Ingredients from 'Want to Experiment?' (optional)

Equipment:

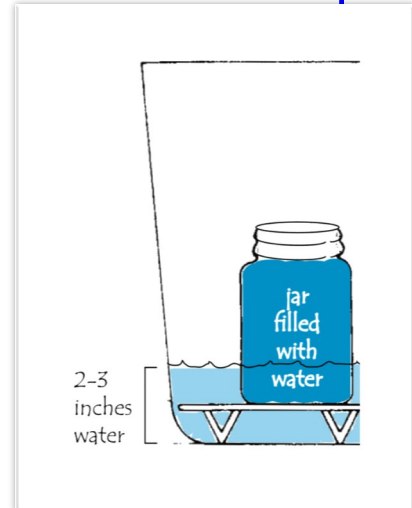
- Gas or electric stovetop range with four burners
- Pressure canner with rack
- Permanent marker
- Large stockpot
- Measuring cups
- Small knife (optional)
- Measuring spoons
- Large colander
- Large mixing bowl
- Ladle
- Slotted spoon (for hot pack method only)
- Spoon
- Oven mitts (recommended)
- Paper towels
- Thermometer
- Timer (may be on oven)
- Towel or cake-cooling rack
- Pint canning jars
- Two-piece metal canning lids and bands
- Jar lifter
- Jar funnel
- Headspace tool
- Bubble freer or narrow spatula



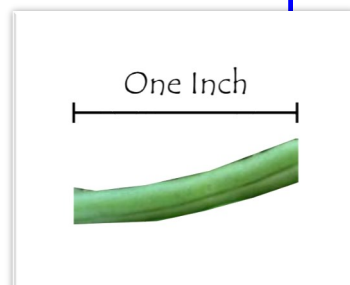
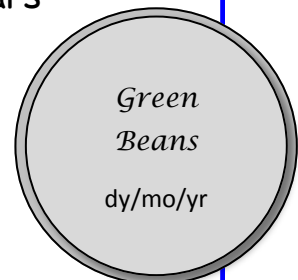
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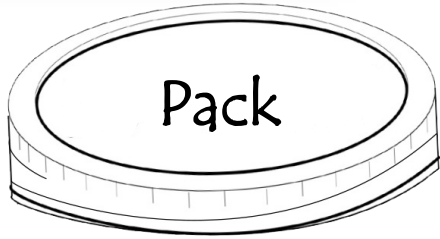
- ___ Wash hands for 20 seconds and dry well.
- ___ Assemble equipment and ingredients.
- ___ Place the rack into the canner and fill with 2-3 inches of water. Turn burner on medium-high heat to bring and keep water to 180°F (simmering) for a hot pack, or 140°F for a raw pack or if doing both.
- ___ Fill a large stockpot with 9 cups water, cover with lid, and bring to a boil.
- ___ Examine ring bands and jars for flaws. Discard any with rust, dents, cracks or chips.
- ★ Wash and rinse jars, and then either fill jars with hot water and place upright in the canner or cover jars with hot water in a clean, drain-plugged sink.
- ___ Use a permanent marker to label lids.
- ___ Prepare lids as instructed by manufacturer.
- ___ Use colander to rinse vegetables. Discard any discolored or diseased bean pods.
- ★ Use your clean hands to snap the ends off the beans, then snap the beans into 1-inch pieces.
Or, use a knife to cut off ends and slice into 1-inch pieces.



★ = **BE EXTRA CAREFUL!**



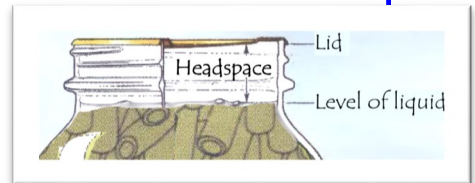
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First, decide whether to do a raw pack, a hot pack, or several jars of each to compare. Then:

For a Raw Pack:

- ★ Remove jars from water and place empty jars upright on a towel or a rack.
- ___ Use funnel and clean fingers to push beans tightly into jars, leaving 1-inch headspace.

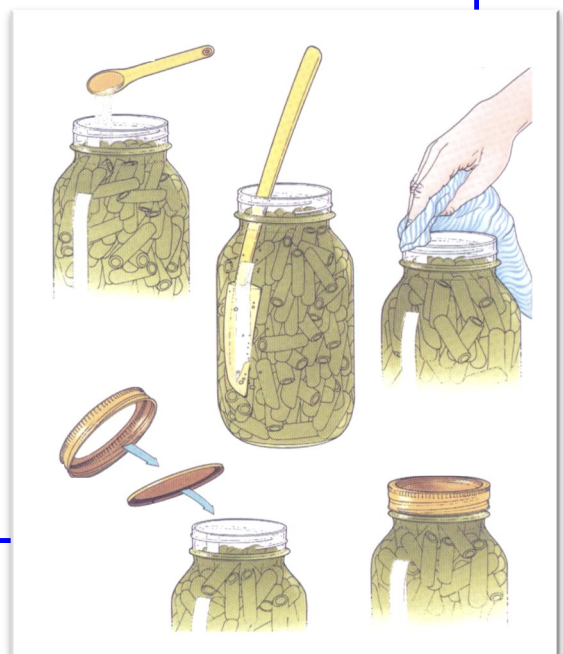


For a Hot Pack:

- ★ Place beans in the boiling water for 5 minutes.
- ★ Remove jars from water and place empty jars upright on a towel or a rack.
- ★ Use funnel and a slotted spoon to fill the jars with beans, leaving 1-inch headspace.

And then (for both raw and hot packs):

- ___ Add ½ teaspoon of salt to each jar, if desired.
- ★ Fill each jar to 1-inch headspace with boiling water.
- ___ Remove air bubbles by moving bubble freer or spatula gently in and out of filled jars.
- ___ Check the headspace of each jar; remove or add liquid if needed.
- ___ Wipe jar rims with a clean, damp paper towel.
- ___ Apply lids. Turn bands onto jars until fingertip tight.



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- ★ Check the temperature of the water in the canner. Wait or adjust burner if needed to reach 180°F for a hot pack and 140°F for a raw pack (140°F for combination of raw and hot packs).
- ★ Lift jars into canner, upright. Water level will rise; remove water if tops of jars are covered.
- ★ Place lid on the canner and close tightly. Turn burner to full heat. Look for steam to form a funnel as it comes out of the vent port, then set timer for 10 minutes.
- ★ Determine how many pounds of pressure are needed at your altitude (see table below). After steam funnels for 10 minutes, place weight (s) or close the vent port.

— Wait until you see and hear the weight steadily jiggling or the dial indicates the recommended pressure, then set timer for 20 minutes.



Altitude Adjustments and Processing Times for Green Beans Raw or Hot Pack in Pint Jars:

	Altitude (feet)	Pressure (pounds)
Weighted Gauge	0-1,000	10
	above 1,000	15
Dial Gauge	0-2,000	11
	2,001-4,000	12
	4,001-6,000	13
	above 6,000	14

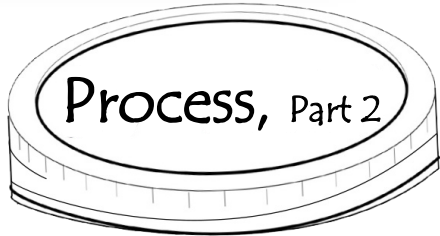
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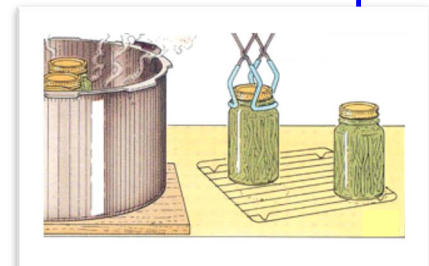
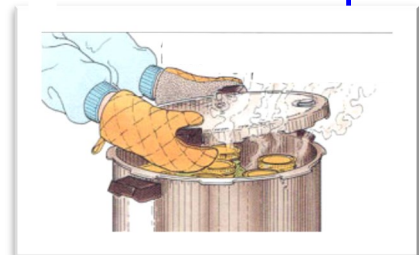
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- ★ When timer sounds, turn off heat. Wait until canner pressure returns to 0 pounds (if the canner has a vent lock, look for it to drop) then wait two more minutes (or set a timer for 45 minutes if the canner gives no indication).
- ★ Carefully check that the pressure is gone before removing the weight, then remove weight or open the vent port and wait 10 minutes for settling.
- ★ Remove lid, lifting its underside away from you to direct steam away from your face. Lift jars from canner, keeping upright. Place them on a towel or a rack, at least 1 inch apart to cool evenly.
- ___ Do not disturb for 12-24 hours.
- ___ When completely cooled, test for vacuum seals. If jars do not seal or are taken home before cooling completely, keep in a refrigerator and eat the green beans within one week.
- ___ Remove ring bands from sealed jars and wipe jars.
- ___ Store in a cool, dark, dry place.



Enjoy within one year for best quality. After opening, store in refrigerator and eat within one week.

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