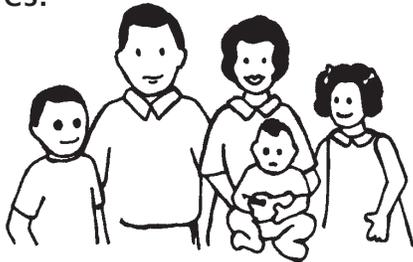


Canning Snap Beans

and Other Vegetables



- Snap beans are a vegetable.
- Vegetables are good for you.
- They help your body grow.
- They are good for your skin and eyes.

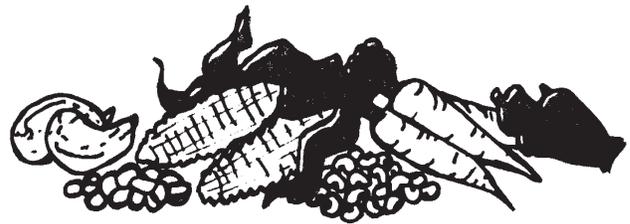


- Everyone should eat vegetables every day.
- Do you have fresh vegetables in your garden now?



• Why not can some? You will have them to eat this winter.

• These are good canned—butter beans, black-eyed peas, snap beans, carrots, corn, and okra!

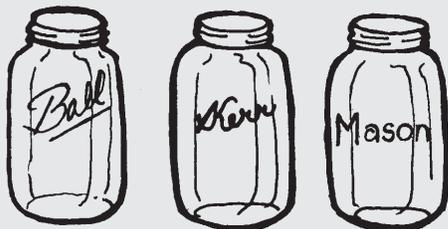


• All of these vegetables are canned almost the same way.

• Let's see how to can snap beans. Then see the last page. See what you change when you can other vegetables.

Things You Use to Can Snap Beans

- Snap beans, 7 or 8 quarts. Young and tender.
- Stove.
- Standard canning jars. All jars in the canner at one time must be the same size. Standard canning jars have Ball, Kerr, or Mason printed on the side of the jar.



- New lids. Lids must not have bad spots in the rubber or metal. No scratches, no cuts.

Good lid



Bad lid



- Metal rings. You can use rings you have used before. Do not use rusty or bent rings. Do not use mayonnaise or peanut butter jar tops.

- Pressure canner and rack.

Put rack inside canner.

See if gauge is working correctly.

Call your county Extension office to inquire about testing your gauge.

- Dishpan
- Large spoon
- 2 large boilers
- Salt
- Measuring spoons or teaspoon
- Small boiler
- Clean, damp dishcloth
- Small pan



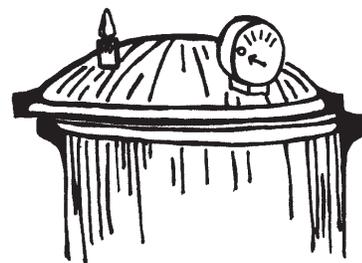
How to Can Snap Beans in Quart Jars

(If you want to use pint jars, follow these directions, but see the changes in steps 6, 8, 10, and 20.)

1. Wash jars in hot, soapy water. Then rinse them.
2. Rub your finger over each jar mouth. If it is rough, do not use the jar.
3. Put about 2 inches of water in pressure canner. Be sure rack is inside. Put jars on rack in canner.



4. Put lid on canner so that it is partly open. Be sure petcock is open.



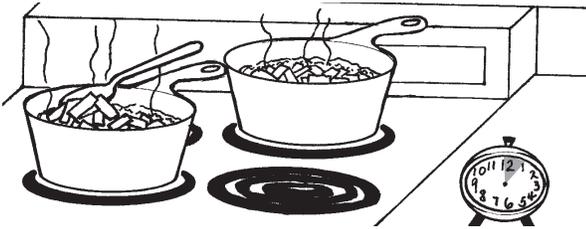
5. Wash beans in **clean** water 3 or 4 times.

6. Snap beans in short pieces. Snap about 7 quarts of beans. Wash them again in clean water.



7. Turn heat on **low** under the canner.

8. Put 1 quart water in each large boiler. Let water come to a boil. Then add half of the beans to one boiler. Add rest of beans to other boiler. Water must cover beans. Boil beans 5 minutes.



9. Rinse new jar lids in cold water. Cover lids with boiling water in small boiler. Let sit till ready to use.

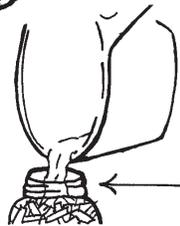
10. Take just 1 jar out of the canner at a time. Put 1 teaspoon of salt in jar. (If you use pint jars, put $\frac{1}{2}$ teaspoon of salt in jar.)

Salt can be left out if desired.

11. Put enough beans in jar to fill up to the bottom rim. Do not pack beans in jar tight.



12. Pour water from cooked beans into jar—just enough to cover beans. Leave $\frac{1}{2}$ inch space in top of jar, about the length of your fingernail.

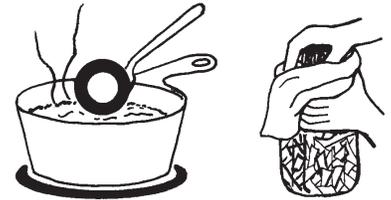


13. Wipe the jar mouth with a clean, damp cloth. Wipe the jar rim too.



14. Take jar lid from hot water. Put lid and ring on jar. Turn with your hand until ring is tight. Put jar in pressure canner.

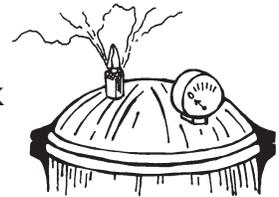
15. Fill other jars as you did this one.



16. Do not let the jars touch each other in the canner.

17. Put top on canner. Fasten it. Leave petcock open.

18. Let steam come from petcock for 10 minutes.



19. Then close petcock. Let pressure get to 11 pounds.



20. Keep pressure at 11 pounds for 25 minutes (only 20 minutes for pint jars).

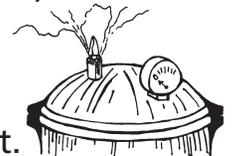
If you are using a pressure canner with a weighted gauge, let steam escape before putting the 10-pound weight on the lid.

21. When time is up, slide canner off heat.

22. Close windows and doors to keep drafts off canner.

23. Let needle get to 0 (zero). Then wait 3 minutes.

24. Slowly open petcock. Some steam may come out.



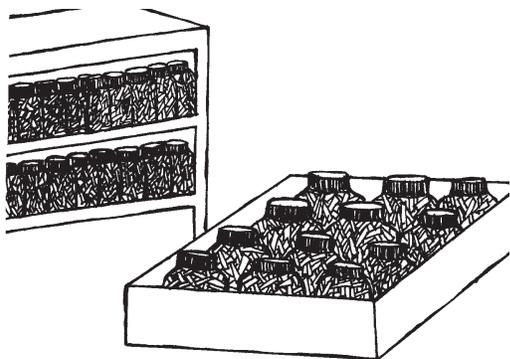
25. Lift back of lid first.
This keeps steam
from burning you.



26. Take hot jars out with a heavy cloth.
Put them on a rack or cloth. Do not let
jars touch each other. Do not tighten
rings. Do not put jars near an open
window or door. Do not cover jars.



27. Let jars cool for 4 hours. Rings can
then be taken off. If they are stuck,
leave rings on jars. Press center of lid.
If lid is down and will not move, jar is
sealed. Store jars in a cool, dark, dry
place.



Other Vegetables

Some other vegetables are canned
almost like snap beans. To can
butter beans, black-eyed peas, okra,
squash, cream-style corn, or carrots,
you need only to change steps 8 and
20. Look at the chart below. This
chart tells you what to change.

	How To Change		
	Step 8 Instead of boiling 5 minutes, do this:	Step 20 (for quarts) Instead of waiting 25 minutes, wait:	Step 20 (for pints) Instead of waiting 20 minutes, wait:
Vegetables			
Butter beans, shelled	Heat to boiling	50 minutes	40 minutes
Black-eyed peas, shelled	Heat to boiling	40 minutes	35 minutes
Okra, whole or cut up	Boil 1 minute	40 minutes	25 minutes
Corn, cream-style	Heat to boiling	Use only pint jars	1 hour and 25 minutes
Carrots, scraped and sliced	Heat to boiling	30 minutes	25 minutes

Patricia West, *Regional Extension Agent*, and **Evelyn F. Crayton**, *former Extension Assistant Director for Family and Community Programs, Professor, Nutrition and Food Science*, both at Auburn University.

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