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.

www.aces.edu
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.


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.

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.


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 ½ 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 ½ 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.

<table>
<thead>
<tr>
<th>Vegetables</th>
<th>How To Change</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Step 8</td>
</tr>
<tr>
<td></td>
<td>Instead</td>
</tr>
<tr>
<td></td>
<td>of boiling</td>
</tr>
<tr>
<td></td>
<td>5 minutes,</td>
</tr>
<tr>
<td></td>
<td>do this:</td>
</tr>
<tr>
<td></td>
<td>20 minutes,</td>
</tr>
<tr>
<td>Butter beans,</td>
<td>Heat to</td>
</tr>
<tr>
<td>shelled</td>
<td>boiling</td>
</tr>
<tr>
<td>Black-eyed peas,</td>
<td>Heat to</td>
</tr>
<tr>
<td>shelled</td>
<td>boiling</td>
</tr>
<tr>
<td>Okra, whole or cut up</td>
<td>Boil 1 minute</td>
</tr>
<tr>
<td>Corn, cream-style</td>
<td>Heat to</td>
</tr>
<tr>
<td></td>
<td>boiling</td>
</tr>
<tr>
<td>Carrots, scraped and</td>
<td>Heat to</td>
</tr>
<tr>
<td>sliced</td>
<td>boiling</td>
</tr>
<tr>
<td></td>
<td>30 minutes</td>
</tr>
</tbody>
</table>

Trade names are used only to give specific information. The Alabama Cooperative Extension System does not endorse or guarantee any product or producer and does not recommend one product or producer instead of another that might be similar.

For more information, contact your county Extension office. Visit www.aces.edu/directory.

The Alabama Cooperative Extension System (Alabama A&M University and Auburn University) is an equal opportunity educator and employer. Everyone is welcome!

Revised Nov 2016, HE-0026

© 2016 by the Alabama Cooperative Extension System

www.aces.edu