CANNING BEANS AND PEAS

BEANS

Quantity: An average of 5 pounds is needed per canner load of 7 quarts; an average of 3¼ pounds is needed per canner load of 9 pints — an average of ¾ pounds per quart.

Quality: Select filled but tender, crisp pods. Remove and discard diseased and rusty pods.

Procedure: Wash beans and trim ends. Leave whole or cut or snap into 1" pieces. Raw pack: Fill jars with beans and water, leaving 1" headspace. Hot Pack: cover with boiling water; boil 5 minutes. Fill jars leaving 1" head-space. Adjust lids and process as recommended in Tables 1 or 2 according to the method of canning used.

PEAS

Quantity: An average of 5 pounds is needed per canner load of 7 quarts; an average of 3¼ pounds is needed per canner load of 9 pints — an average of ¾ pounds per quart.

Quality: Select filled pods containing young, tender, sweet seeds. Discard diseased pods.

Procedure: Shell and wash peas. Raw pack: Fill jars with peas and water leaving 1" headspace. Hot pack: Cover with boiling water, boil 2 minutes. Fill jars with peas and boiling water leaving 1" headspace. Adjust lids and process as recommended in Tables 1 or 2 according to method of canning used.

Table 1. Recommended process time for **Beans and Peas** in a **dial-gauge** pressure canner.

			Canner Gauge Pressure (PSI) at Altitudes of			
Style of Pack	**Jar Size**	**Process Time**	**0-2,000 ft**	**2,001-4,000 ft**	**4,001-6,000 ft**	**6,001 - 8,000 ft**
BEANS: Hot or	Pints	20 min	**11 lb**	12 lb	13 lb	14 lb
Raw	Quarts	25 min	**11 lb**	12 lb	13 lb	14 lb
PEAS: Hot or	Pints	40 min	**11 lb**	12 lb	13 lb	14 lb
Raw	Quarts	40 min	**11 lb**	12 lb	13 lb	14 lb

Table 2. Recommended process time for **Beans and Peas** in a **weighted-gauge** pressure canner.

			Canner Gauge Pressure (PSI) at Altitudes of	
Style of Pack	**Jar Size**	**Process Time**	**0-1,000 ft**	**Above 1,000 ft**
BEANS: Hot or	Pints	20 min	**10 lb**	15 lb
Raw	Quarts	25 min	**10 lb**	15 lb
PEAS: Hot or	Pints	40 min	**10 lb**	15 lb
Raw	Quarts	40 min	**10 lb**	15 lb

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Source: National Center for Home Food Preservation

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University of Nebraska Lincoln EXTENSION

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PEAS AND BEANS

GREEN PEAS

Preparation: Harvest when pods are filled with young, tender peas that have not become starchy. Wash and shell; water blanch 1½ minutes, cool and drain. Package, leaving ½-inch headspace. Seal and freeze.

GREEN, SNAP, OR WAX BEANS

Preparation: Select young tender pods when the seed is first formed. Wash in cold water, snip and cut into 2 to 4-inch lengths.

Water blanch for 3 minutes. Cool promptly, drain and package, leaving ½-inch headspace. Seal and freeze.

BLANCHING

Blanching (scalding vegetables in boiling water or steam for a short time) is a must for almost all vegetables to be frozen. It stops enzyme actions which can cause loss of flavor, color and texture.

Blanching cleanses the surface of dirt and organisms, brightens the color and helps retard loss of vitamins. It also wilts or softens vegetables and makes them easier to pack.

Blanching time is crucial and varies with the vegetable and size. Underblanching stimulates the activity of enzymes and is worse than no blanching. Overblanching causes loss of flavor, color, vitamins and minerals.

Water Blanching

For home freezing, the most satisfactory way to heat all vegetables is in boiling water. Use a blancher which has a blanching basket and cover, or fit a wire basket into a large pot with a lid.

Use one gallon water per pound of prepared vegetables. Put the vegetable in a blanching basket and lower into vigorously boiling water. Place a lid on the blancher. The water should return to boiling within 1 minute, or you are using too much vegetable for the amount of boiling water. Start counting blanching time as soon as the water returns to a boil. Keep heat high for the time given in the directions for the vegetable you are freezing.

COOLING

As soon as blanching is complete, vegetables should be cooled quickly and thoroughly to stop the cooking process. To cool, plunge the basket of vegetables immediately into a large quantity of cold water, 60^{0}F or below. Change water frequently or use cold running water or ice water. If ice is used, about one pound of ice for each pound of vegetables is needed. Cooling vegetables should take the same amount of time as blanching. Drain vegetables thoroughly after cooling. Extra moisture can cause a loss of quality when vegetables are frozen.

Important Note: Microwave blanching may not be effective, since research shows that some enzymes may not be inactivated. This could result in off-flavors and loss of texture and color. Microwave blanching will not save time or energy.

Vegetable	Blanching Time (minutes)
Beans - Snap, Green or Wax	3
Beans - Lima, Butter or Pinto Small Medium Large	 2 3 4
Peas - Edible Pod	1½ - 3
Peas - Field *(blackeye)*	2
Peas - Green	1 ½