

Canning Sweet Potatoes



Quantity: An average of 17½ pounds is needed per canner load of 7 quarts; an average of 11 pounds is needed per canner load of 9 pints. A bushel weighs 50 pounds and yields 17 to 25 quarts - an average of 2½ pounds per quart.

Quality: Choose small to medium-sized potatoes. They should be mature and not too fibrous. Can within 1 to 2 months after harvest.

Procedure: Wash potatoes and boil or steam until partially soft (15 to 20 minutes). Remove skins. Cut medium potatoes, if needed, so that pieces are uniform in size. Caution: Do not mash or puree pieces. Fill jars, leaving 1-inch headspace. Add 1 teaspoon salt per quart to the jar, if desired. Cover with fresh boiling water, leaving 1-inch headspace.

Adjust lids and process following the recommendations in Table 1 and Table 2.

Table 1. Recommended process time for **Sweet Potatoes** in a dial-gauge pressure canner.

		Canner Pressure (PSI) at Altitudes of				
Style of Pack	Jar Size	Process Time	0-2,000 ft	2,001-4,000 ft	4,001 ft-6,000 ft	6,001-8,000 ft
Hot	Pints	65 min	11 lb	12 lb	13 lb	14 lb
	Quarts	90 min	11 lb	12 lb	13 lb	14 lb

Table 2. Recommended process time for **Sweet Potatoes** in a weighted-gauge pressure canner.

		Canner Pressure (PSI) at Altitudes of		
Style of Pack	Jar Size	Process Time	0 - 1,000 ft	Above 1,000 ft
Hot	Pints	35 min	10 lb	15 lb
	Quarts	40 min	10 lb	15 lb



POTATOES

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Canning White Potatoes

Quantity: An average of 20 pounds is needed per canner load of 7 quarts; an average of 13 pounds is needed per canner load of 9 pints. A bag weighs 50 pounds and yields 18 to 22 quarts - an average of 2½ to 3 pounds per quart.



Quality: Select small to medium-sized mature potatoes of ideal quality for cooking. Tubers stored below 45°F may discolor when canned. Choose potatoes 1 to 2 inches in diameter if they are to be packed whole.



Procedure: Wash and peel potatoes. Place in ascorbic acid* solution (1 tsp/gal water) to prevent darkening. If desired, cut into ½ -inch cubes. Drain. Cook 2 minutes in boiling water and drain again. For whole potatoes, boil 10 minutes and drain. Add 1 teaspoon of salt per quart to the jar, if desired. Fill jars with hot prepared potatoes, leaving no more than 1-inch headspace. Cover hot potatoes with FRESH boiling water, leaving 1-inch headspace and covering all pieces of potato.



(Caution: Do not use the water you cooked the potatoes in; it contains too much starch).

Adjust lids and process following the recommendations in Table 1 and Table 2.

*Fruit Fresh™ can also be used.

Table 1. Recommended process time for **White Potatoes** in a dial-gauge pressure canner.

		Canner Pressure (PSI) at Altitudes of				
Style of Pack	Jar Size	Process Time	0-2,000 ft	2,001-4,000 ft	4,001 ft-6,000 ft	6,001-8,000 ft
Hot	Pints	35 min	11 lb	12 lb	13 lb	14 lb
	Quarts	40 min	11 lb	12 lb	13 lb	14 lb

Table 2. Recommended process time for **White Potatoes** in a weighted-gauge pressure canner.

		Canner Pressure (PSI) at Altitudes of		
Style of Pack	Jar Size	Process Time	0 - 1,000 ft	Above 1,000 ft
Hot	Pints	35 min	10 lb	15 lb
	Quarts	40 min	10 lb	15 lb

Freezing New Irish Potatoes

Preparation: Select smooth new potatoes directly from the garden. Peel or scrape and wash. Water blanch (see below) for 3 to 5 minutes, depending on the size. Cool, drain, and package whole or sectioned, leaving ½ -inch headspace. Seal and freeze.

French Fried Potatoes: Select mature potatoes which have been stored 30 days. Wash, peel and cut into ⅓ -inch sticks lengthwise, then crosswise into 3/8-inch strips. Rinse in cold water. Dry thoroughly. Fry small amounts in deep, hot fat (360°F) about 5 minutes until tender but not brown. Drain on paper towel. Cool. Package, seal and freeze.

Water blanching: Put the potatoes in a blanching basket and lower into vigorously boiling water. Place lid on blancher. The water should return to boiling within 1 minute, or you are using too large a quantity for the amount of boiling water. Start counting blanching time as soon as the water returns to a boil. Keep heat high for this time. Immediately plunge potatoes into ice water.

Contact is:

Dr. Julie Albrecht
 Extension Food Specialist
 Department of Nutrition & Health Sciences
 University of Nebraska–Lincoln
 Lincoln, NE 68583-0808
 402/472-8884
 FAX: 402/472-1587
 Email: jalbrecht1@unl.edu

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