

CANNING BEANS AND PEAS

SHELLED, DRIED, ALL VARIETIES

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 mature, dry seeds. Sort out and discard discolored seeds.

Procedure: Place dried beans or peas in a large pot and cover with water. Soak 12 to 18 hours in a cool place. Drain water. To quickly hydrate beans, you may cover sorted and washed beans with boiling water in a sauce pan. Boil 2 minutes, remove from heat, soak 1 hour and drain. Cover beans soaked by either method with fresh water and boil 30 minutes. Add ½ teaspoon salt per pint or 1 teaspoon per quart to the jar, if desired. Fill jars with beans or peas and cooking water, leaving 1-inch headspace. Adjust lids and process as recommended in Table 1 or Table 2 according to the method of canning used.

Table 1. Recommended process time for Beans or 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
Hot	Pints or	75 min	11 lb	12 lb	13 lb	14 lb
	Quarts	90	11	12	13	14

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
Hot	Pints or	75 min	10 lb	15 lb
	Quarts	90	10	15

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Resource:

www.buylocalnebraska.org

Source: National Center for Home Food Preservation



PEAS AND BEANS

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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°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	3
Beans - Lima, Butter or Pinto	2
Small	3
Medium	4
Large	
Peas - Edible Pod	1½ - 3
Peas - Field (<i>blackeye</i>)	2
Peas - Green	1 ½

