

## PICKLED BABY CARROTS

**Yield: About 4 pint jars**

- 8½ cups peeled baby carrots
- 5½ cups white distilled vinegar (5%)
- 1 cup water
- 2 cups sugar
- 2 teaspoons canning salt
- 8 teaspoons mustard seed
- 4 teaspoons celery seed



### Directions:

1. Wash and rinse pint canning jars; keep hot until ready to use. Prepare lids and bands according to manufacturer's directions.
2. Wash carrots well and peel, if necessary. Wash again after peeling.
3. Combine vinegar, water, sugar and canning salt in an 8-quart Dutch oven or stockpot. Bring to a boil and boil gently 3 minutes. Add carrots and bring back to a boil. Then reduce heat to a simmer and heat until the carrots are half-cooked (about 10 minutes).
4. Meanwhile, place 2 teaspoons mustard seed and 1 teaspoon celery seed in the bottom of each clean, hot pint jar.
5. Fill hot jars with the hot carrots, leaving 1-inch headspace. Cover with hot pickling liquid, leaving ½-inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened, clean paper towel; adjust two-piece metal canning lids.
6. Process in a boiling water canner, as recommended in Table 1. Wait 5 minutes before removing jars from canner. Let cool, undisturbed, 12 to 14 hours and check for seals.

*Allow carrots to sit in processed jars for 3 to 5 days before consuming for best flavor.*

**Table 1.** Recommended process time for Pickled Baby Carrots in a boiling water canner.

		Process Time at Altitudes of		
Style of Pack	Jar Size	Process Time	0 - 1,000 ft	Above 1,000 ft
Hot	Pints	15 min	20 lb	25 lb

Source: National Center for Home Food Preservation

Resource:

[www.buylocalnebraska.org](http://www.buylocalnebraska.org)



# CARROTS

**In Partnership with:**

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## Canning Carrots

**Quantity:** An average of 17½ pounds (without tops) is needed per canner load of 7 quarts; an average of 11 pounds is needed per container load of 9 pints. A bushel (without tops) weighs 50 pounds and yields 17 to 25 quarts - an average of 2½ pounds per quart.

**Quality:** Select small carrots, preferably 1 to 1¼ inches in diameter. Larger carrots are often too fibrous.



**Procedure:** Wash, peel, and rewash carrots. Slice or dice.

**Hot Pack:** Cover with boiling water; bring to boil and simmer for 5 minutes. Fill jars, leaving 1-inch of headspace.

**Raw Pack:** Fill jars tightly with raw carrots, leaving 1-inch headspace.



Add 1 teaspoon of salt per quart to the jar, if desired. Add hot cooking liquid or water, leaving 1-inch headspace.

Adjust lids and process following the recommendations in Table 1 or Table 2 (next column) according to the method of canning used.

**Table 1.** Recommended process time for **Carrots** 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 and Raw	Pints	25 min	11 lb	12 lb	13 lb	14 lb
	Quarts	30 min	11 lb	12 lb	13 lb	14 lb

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

		Process Time at Altitudes of		
Style of Pack	Jar Size	Process Time	0 - 1,000 ft	Above 1,000 ft
Hot and Raw	Pints	25 min	10 lb	15 lb
	Quarts	30 min	10 lb	15 lb

## Freezing Carrots

**Preparation:** Select young, tender, coreless, medium length carrots. Remove tops, wash and peel. Leave small carrots whole. Cut others into thin slices, ¼-inch cubes or lengthwise strips.

Water blanch small whole carrots 5 minutes, diced or sliced 2 minutes and lengthwise strips 2 minutes.

Cool promptly, drain and package, leaving ½ -inch headspace. Seal and freeze

**Water blanching:** For home freezing, use one gallon water per pound of prepared vegetables. Put the vegetables 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 much vegetable for the amount of boiling water. Start counting blanching time as soon as the water return to a boil. Keep heat high for the time given in the directions for the vegetable you are freezing.

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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