



Extension

# CANNING QUICK REFERENCE GUIDE

May 2024



*This is provided for experienced canners familiar with safe canning methods. For more complete canning instructions, refer to the resources at <http://bit.ly/NFS-Food-Preservation>*

## **Steps for safely preserving foods:**

1. Begin with clean hands, food, equipment, utensils, and work surfaces.
2. Choose an up-to-date, tested and approved recipe from a reliable source (i.e., University of WY Extension, USDA's Complete Guide to Home Canning, National Center for Home Food Preservation, Ball, other Extension recipes).
3. Follow the recipe instructions for type of pack, jar size, food preparation, headspace, canning method, and processing time.
4. If pressure canning, vent the canner for 10 minutes before pressurizing.
5. Make adjustments to processing time or pressure as needed for your altitude. **Most recipes are written for sea level, and adjustments are required for safety. All of Wyoming must make adjustments.**
6. Store food in a cool, dry, dark space. Use within 1 year for best quality.
7. Follow recommendations (below) regarding recipe alterations.

## **Safe changes and substitutions to canning recipes:**

- When canning salsa, you may substitute sweet peppers for hot peppers and vice versa, measure for measure. Also, acceptable for tomato and onion varieties.
- You may safely reduce or eliminate salt in home-canned tomato recipes.
- When pressure canning vegetables, you may create vegetable mixtures as long as there is a tested recipe for each vegetable and you follow the processing time for the vegetable that has the longest time listed.

When making quick pickles, you may safely reduce sugar or salt in a tested quick-process pickle recipe.

When making fruit jam or jelly, you may safely add 1 teaspoon or less of herb or other flavoring.

Other recipe alterations may result in a canned product that is unsafe! If you wish to make additional recipe alterations consider using your refrigerator or freezer to preserve the food.

For more safe changes visit: <https://bit.ly/3RqTkvk>

## **High Acid Foods (boiling water canner/ atmospheric steam canner)**

- Apples
- Apricots
- Berries
- Cherries
- Grapes
- Nectarines
- Peaches
- Pears
- Rhubarb
- Some fermented and/ or pickled foods



## **Acidified Foods (require added acid\* for safety)**

- Asian pears
  - Figs
  - Tomatoes
- \*commercially bottled lemon juice, 5% acidity vinegar, or citric acid. Check recipe, processing times, and requirements for each specific product.

## **Low Acid Foods (pressure canner)**

- Legumes
- Meats
- Poultry
- Seafood
- Vegetables



## **High and Low-acid Combination Foods (pressure canner)**

- Soups/ Stews
- Meat Sauces

# Canning Quick Reference Chart

## Pressure Canning or Boiling Water Low-acid Foods

	Preparation			Processing Time (min) Boiling Water		Process Time (min) for Pressure Canner at all Altitudes	Pressure for Dial/ Weighted Gauge (PSI) at altitude of:		
	Pack	Head space (inch)	Jar size	3001 - 6000 ft	6001 - 8000 ft		2001 - 4000 ft	4001 - 6000 ft	6001 - 8000 ft
Asparagus (spears or pieces)	Hot or Raw	1	Pint	NR	NR	30	12/15	13/15	14/15
		1	Quart	NR	NR	40	12/15	13/15	14/15
Beans (green, waxed, snap, Italian, or pieces)	Hot or Raw	1	Pint	NR	NR	20	12/15	13/15	14/15
		1	Quart	NR	NR	25	12/15	13/15	14/15
Beets	Hot	1	Pint	NR	NR	30	12/15	13/15	14/15
		1	Quart	NR	NR	35	12/15	13/15	14/15
Carrots	Hot or Raw	1	Pint	NR	NR	25	12/15	13/15	14/15
		1	Quart	NR	NR	30	12/15	13/15	14/15
Corn (whole kernel)	Hot or Raw	1	Pint	NR	NR	55	12/15	13/15	14/15
		1	Quart	NR	NR	85	12/15	13/15	14/15
Peas (fresh green)	Hot or Raw	1	Pint	NR	NR	40	12/15	13/15	14/15
		1	Quart	NR	NR	40	12/15	13/15	14/15
Peppers	Peeled	1	Half Pint	NR	NR	35	12/15	13/15	14/15
		1	Pint	NR	NR	35	12/15	13/15	14/15
Potatoes (white)	Hot	1	Pint	NR	NR	35	12/15	13/15	14/15
		1	Quart	NR	NR	40	12/15	13/15	14/15

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	Pack	Head space (inch)	Jar size	3001 - 6000 ft	6001 - 8000 ft		2001 - 4000 ft	4001 - 6000 ft	6001 - 8000 ft
Pumpkin/ Winter Squash	Hot	1	Pint	NR	NR	55	12/15	13/15	14/15
		1	Quart	NR	NR	90	12/15	13/15	14/15
Soups - no seafood	Hot	1	Pint	NR	NR	60	12/15	13/15	14/15
		1	Quart	NR	NR	75	12/15	13/15	14/15
Meat** (ground/ chopped)	Hot	1	Pint	NR	NR	75	12/15	13/15	14/15
		1	Quart	NR	NR	90	12/15	13/15	14/15
Meat** (strip, cube, chunk)	Hot or Raw	1	Pint	NR	NR	75	12/15	13/15	14/15
		1	Quart	NR	NR	90	12/15	13/15	14/15
Poultry/ Rabbit (no bones)	Hot or Raw	1 1/4	Pint	NR	NR	75	12/15	13/15	14/15
		1 1/4	Quart	NR	NR	90	12/15	13/15	14/15
Poultry/ Rabbit (with bones)	Hot or Raw	1 1/4	Pint	NR	NR	65	12/15	13/15	14/15
		1 1/4	Quart	NR	NR	75	12/15	13/15	14/15
Meat Broth	Hot	1	Pint	NR	NR	20	12/15	13/15	14/15
		1	Quart	NR	NR	25	12/15	13/15	14/15

\*\*Bear, beef, lamb, pork, sausage, veal, venison  
NR - Not Recommended

# Canning Quick Reference Chart

## Pressure Canning or Boiling Water High-acid Foods

	Preparation			Processing Time (min) Boiling Water		Process Time (min) for Pressure Canner at all Altitudes	Pressure for Dial/ Weighted Gauge (PSI) at altitude of:		
	Pack	Head space (inch)	Jar size	3001 - 6000 ft	6001 - 8000 ft		2001 - 4000 ft	4001 - 6000 ft	6001 - 8000 ft
Applesauce*	Hot	1/2	Pint	20	25	8	7/10	8/10	9/10
			Quart	30	35	10	7/10	8/10	9/10
Apples* (sliced)	Hot	1/2	Pint	30	35	8	7/10	8/10	9/10
			Quart	30	35	8	7/10	8/10	9/10
Berries* (whole)	Hot	1/2	Pint	20	25	8	7/10	8/10	9/10
			Quart	20	25	8	7/10	8/10	9/10
	Raw	1/2	Pint	20	25	8	7/10	8/10	9/10
			Quart	30	35	10	7/10	8/10	9/10
Cherries* (whole sweet or sour)	Hot	1/2	Pint	20	25	8	7/10	8/10	9/10
			Quart	30	35	10	7/10	8/10	9/10
	Raw	1/2	Pint	35	40	10	7/10	8/10	9/10
			Quart	35	40	10	7/10	8/10	9/10
Apricots, Yellow Peaches, & Yellow Nectarines*	Hot	1/2	Pint	30	35	10	7/10	8/10	9/10
		1/2	Quart	35	40	10	7/10	8/10	9/10
	Raw	1/2	Pint	35	40	10	7/10	8/10	9/10
		1/2	Quart	40	45	10	7/10	8/10	9/10
Pears* (halved)	Hot	1/2	Pint	30	35	10	7/10	8/10	9/10
		1/2	Quart	35	40	10	7/10	8/10	9/10
Plums*	Hot or Raw	1/2	Pint	30	35	10	7/10	8/10	9/10
			Quart	35	40	10	7/10	8/10	9/10

# Canning Quick Reference Chart

Pressure Canning or Boiling Water High-acid Foods									
	Preparation			Processing Time (min) Boiling Water		Process Time (min) for Pressure Canner at all Altitudes	Pressure for Dial/ Weighted Gauge (PSI) at altitude of:		
	Pack	Head space (inch)	Jar size	3001 - 6000 ft	6001 - 8000 ft		2001 - 4000 ft	4001 - 6000 ft	6001 - 8000 ft
Rhubarb* (stewed)	Hot	1/2	Pint	20	25	8	7/10	8/10	9/10
			Quart	20	25	8	7/10	8/10	9/10
Tomatoes** (no added liquid)	Raw	1/2	Pint	95	100	40	7/10	8/10	9/10
			Quart	95	100	25	12/15	13/15	14/15
Tomatoes** (packed in water)	Hot or Raw	1/2	Pint	50	55	15	7/10	8/10	9/10
			Quart	55	60	10	12/15	13/15	14/15
Tomatoes** (packed in juice)	Hot or Raw	1/2	Pint	95	100	40	7/10	8/10	9/10
			Quart	95	100	25	12/15	13/15	14/15

\*Acceptable method for processing fruits in a pressure canner requires a different temperature/time combination.

\*\*To ensure safety in **all** canned tomato products, add one of the following directly to each jar before filling:

- Pints: 1 Tablespoon commercially bottled lemon juice *or* 2 Tablespoons (5%) vinegar *or* 1/4 teaspoon citric acid
- Quarts: 2 Tablespoons commercially bottled lemon juice *or* 4 Tablespoons (5%) vinegar *or* 1/2 teaspoon citric acid

To offset an acid taste in tomato products, add sugar if desired.

Process times and pressures for Dial/ Weighted Gauge for some acids foods refer to pages 2-31 to 2-32 and 3-6 to 3-16 in Complete Guide to Home Canning, revised 2015. <http://bit.ly/usda-canning>

Sources:

Complete Guide to Home Canning. (2015). United States Department of Agriculture.

Driessen, A. S. (2022). Canning Quick Reference Chart. UMN Extension. <https://extension.umn.edu/preserving-and-preparing/canning-quick-reference-chart>



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