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Canning for Food Preservation

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Canning for Food Preservation



Home canning has changed greatly over the years. Food science has led us to safer canning techniques and better quality canned goods.

Home canning can be a cost-saving way to preserve good-tasting food. If you have the time, canning homegrown food may save you half the cost of retail canned goods.

The advantages of home canning are lost when you use bruised, cut, or over-ripe foods. If you do not follow proper canning procedures, your food may spoil or the quality (i.e., flavor, texture, color, and nutrients) may break down during long periods of storage. Vegetables that are properly handled and promptly canned after harvest can be more nutritious than fresh produce sold in local stores.

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Whether food should be processed in a pressure canner or a boiling water canner depends on the food's acid level. Acid prevents the growth of bacteria in food. It can also destroy bacteria when a food is properly heated. Don't guess at which procedure is best for your product. Follow product-specific guidelines for canning.

Safety First

The Cooperative Extension Service publishes the *Complete Guide to Home Canning* series. These publications are regularly updated for your safety.

Whether you are a first-time canner or an experienced one, these publications will be helpful to you. Visit your county Extension office for a copy of the appropriate guide.

The Bottom Line

1. Properly canned goods can be safe, nutritious, and delicious.
2. Food-borne illness from improperly canned foods can be deadly.
3. Use current, tested canning procedures. Don't count on an old family recipe to be a safe recipe.

Yield of Canned Fruits and Vegetables

Product	Average Weight Per Bushel	Average Yield Per Bushel	Average Weight To Yield One Quart
Apples, sliced	48 pounds	16-19 quarts	2-3 pounds
Asparagus			3-4 pounds
Beans, Lima	32 pounds	6-10 quarts	4 pounds
Beans or Peas, dried			12 ounces
Beans, Snap	30 pounds	12-20 quarts	2 pounds
Beets (no tops)	52 pounds	15-20 quarts	3 pounds
Berries			1-2 pounds
Carrots (no tops)	50 pounds	17-25 quarts	2-3 pounds
Cherries			2-3 pounds
Corn, whole kernel, in husks	35 pounds	6-11 quarts	4-5 pounds
Grape Juice			3-4 pounds
Peaches	48 pounds	16-24 quarts	2-3 pounds
Pears	50 pounds	16-25 quarts	2-3 pounds
Peas, shelled	30 pounds (in pods)	5-10 quarts (shelled)	4-5 pounds
Peppers, Hot or Sweet	25 pounds	20-30 pints	2 pounds (1 pound per pint)
Pumpkins and Winter Squash			2-3 pounds
Rhubarb			1-2 pounds
Spinach and Greens	18 pounds	3-9 quarts	4 pounds
Sweet Potatoes	50 pounds	17-25 quarts	2-3 pounds
Tomatoes	53 pounds	15-21 quarts	3 pounds
Tomato Juice	53 pounds	15-18 quarts	3-4 pounds

Selecting, Preparing and Canning Vegetables and Vegetable Products, FCS3-328, revised and adapted for use in Kentucky by Sue Burrier, former Extension Food and Nutrition Specialist

Principles of Home Canning, FCS3-325, revised and adapted for use in Kentucky by Sue Burrier, former Extension Food and Nutrition Specialist

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