

Extension is expanding its [online education](#) and resources to adapt to COVID-19 restrictions.

Canning quick reference chart



<https://extension.umn.edu/sites/extension.umn.edu/files/canning->

[pickledd-beets.jpg](#)

This chart is provided for experienced canners familiar with safe canning methods. The processing times and methods are adjusted for Minnesota altitudes of 1001-2000 feet.

Time assumes a full 10-minute exhausting of the pressure canner. Once pressure is raised to an accurate level and stabilized, timing begins according to chart.

For more complete canning instructions, refer to the [National Center for Home Food Preservation](http://nchfp.uga.edu/) <http://nchfp.uga.edu/> .

Pressure canning low-acid foods

The reference chart below shows style of pack, jar size, head space, process time, dial gauge and weighted gauge for pressure canning low-acid foods.

Here are a few key takeaways:

- Process time is the most notable variable to pay attention to.
- The style of pack is either hot or raw, but some foods have both packing styles listed.
- Jar size is either pints or quarts, but some foods have both jar sizes listed.
- Head space is often 1 inch but varies for some foods.
- The dial gauge is 11 PSI for all foods.
- The weighted gauge is 15 PSI for all foods.

Reference chart: pressure canning low-acid foods

Type of food	Style of pack	Jar size	Head space	Process time (minutes)	Dial gauge (PSI)	Weighted gauge (PSI)
Asparagus	Hot and raw	Pints	1 inch	30	11#	15#
		Quarts	1 inch	40	11#	15#
Beans - lima (fresh) shelled	Hot and raw	Pints	Small beans - 1 inch small	40	11#	15#
		Quarts	Small beans - 1 1/2 inch	50	11#	15#
		Pints	Large beans - 1 inch	40	11#	15#
		Quarts	Large beans - 1 1/4 inch	50	11#	15#
Beans - green and wax	Hot and raw	Pints	1 inch	20	11#	15#
		Quarts	1 inch	25	11#	15#
Beets	Hot	Pints	1 inch	30	11#	15#
		Quarts	1 inch	35	11#	15#
Carrots	Hot and raw	Pints	1 inch	25	11#	15#
		Quarts	1 inch	30	11#	15#
Corn (cream style)	Hot	Pints	1 inch	85	11#	15#
Corn (whole kernel)	Hot and raw	Pints	1 inch	55	11#	15#
		Quarts	1 inch	85	11#	15#
Peas (fresh green)	Hot and raw	Pints	1 inch	40	11#	15#
		Quarts	1 inch	40	11#	15#
Peppers	Peeled	Half pints	1 inch	35	11#	15#
		Pints	1 inch	35	11#	15#
Potatoes (white, cubed or whole)	Hot	Pints	1 inch	35	11#	15#
		Quarts	1 inch	40	11#	15#
Pumpkin and winter squash (cubed)	Hot	Pints	1 inch	55	11#	15#
		Quarts	1 inch	90	11#	15#
Spinach and other greens	Hot	Pints	1 inch	70	11#	15#
		Quarts	1 inch	90	11#	15#
Soups (vegetable, dried beans/pea, meat, poultry-NO seafood)	Hot	Pints	1 inch	60	11#	15#
		Quarts	1 inch	75	11#	15#
Meat (ground or chopped)	Hot	Pints	1 inch	75	11#	15#
		Quarts	1 inch	90	11#	15#
Meat (strips, cubes or chunks)	Hot and raw	Pints	1 inch	75	11#	15#
		Quarts	1 inch	90	11#	15#
Poultry (without bones)	Hot and	Pints	1 1/4 inches	75	11#	15#

	raw					
		Quarts	1¼ inches	90	11#	15#
Poultry (with bones)	Hot and raw	Pints	1¼ inches	65	11#	15#
		Quarts	1¼ inches	75	11#	15#

Pressure canning or boiling water bathing acid foods

The reference chart below shows style of pack, jar size, head space, process time, dial gauge and weighted gauge for pressure canning or boiling acid foods.

Here are a few key takeaways:

- Boiling and pressure canning time have the most notable variable to pay attention to.
- The style of pack is either hot or raw, but some foods have both packing styles listed.
- Jar size is either pints or quarts, but some foods have both jar sizes listed.
- Head space is mostly ½ inch but can be ¼ for some foods.
- The dial gauge is 6 or 11 PSI.
- The weighted gauge is 10 or 15 PSI.

Reference chart: pressure canning or boiling water bathing acid foods

Type of food	Style of pack	Jar size	Head space	Boiling water bath (minutes)	Pressure canner (minutes)	Dial gauge	Weighted gauge
Applesauce	Hot	Pints	½ inch	20	8	6#	10#
		Quarts	½ inch	25	10	6#	10#
Apples (sliced)	Hot	Pints	½ inch	25	8	6#	10#
		Quarts	½ inch	25	8	6#	10#
Berries (whole)	Hot	Pints	½ inch	20	8	6#	10#
		Quarts	½ inch	20	8	6#	10#
	Raw	Pints	½ inch	20	8	6#	10#
		Quarts	½ inch	25	10	6#	10#
Cherries (sweet or sour)	Hot	Pints	½ inch	20	8	6#	10#
		Quarts	½ inch	25	10	6#	10#
	Raw	Pints	½ inch	30	10	6#	10#
		Quarts	½ inch	30	10	6#	10#
Peaches, apricots and nectarines	Hot	Pints	½ inch	25	10	6#	10#
		Quarts	½ inch	30	10	6#	10#
	Raw	Pints	½ inch	30	10	6#	10#
		Quarts	½ inch	35	10	6#	10#
Pears (halved)	Hot	Pints	½ inch	25	10	6#	10#
		Quarts	½ inch	30	10	6#	10#
Plums	Hot and raw	Pints	½ inch	25	10	6#	10#
		Quarts	½ inch	30	10	6#	10#
Rhubarb (stewed)	Hot	Pints	½ inch	20	8	6#	10#

		Quarts	1/2 inch	20	8	6#	10#
Fruit juices	Hot	Pints	1/4 inch	10	*See note		
		Quarts	1/4 inch	10	*See note		
		Half gallons	1/4 inch	15	*See note		
Fruit purees	Hot	Pints	1/4 inch	20	8	6#	10#
		Quarts	1/4 inch	20	8	6#	10#
Tomatoes** (no added liquid)	Raw	Pints and quarts	1/2 inch	90	25	11#	15#
Tomatoes** (packed in water)	Hot and	Pints	1/2 inch	45	10	11#	15#
	Raw	Quarts	1/2 inch	50	10	11#	15#
Tomatoes** (packed in juice)	Hot and raw	Pints and quarts	1/2 inch	90	25	11#	15#
Tomato juice**	Hot	Pints	1/2 inch	40	15	11#	15#
		Quarts	1/2 inch	45	15	11#	15#

*NOTE: Times are not available for processing fruit juices in the pressure canner.

** To ensure safe acidity in **all** canned tomato products, add bottled lemon juice or vinegar or citric acid directly to the jars before filling with product.

PINTS – to each pint of tomatoes:

- 1 tablespoon bottled lemon juice.
- OR 2 tablespoon vinegar.
- OR 1/4 teaspoon citric acid.

QUARTS – to each quart of tomatoes:

- 2 tablespoons bottled lemon juice.
- OR 4 tablespoons vinegar.
- OR 1/2 teaspoon citric acid.

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

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