

Preparing Beans: Snap and Italian, Pieces, Green and Wax for Canning ¹

United States Department of Agriculture, Extension Service²

Quantity: An average of 14 pounds is needed per canner load of 7 quarts; an average of 9 pounds is needed per canner load of 9 pints. A bushel weighs 30 pounds and yields 12 to 20 quarts -- an average of 2 pounds per quart.

Quality: Select filled but tender, crisp pods. Remove and discard diseased and rusty pods.

Procedure: Wash beans and trim ends. Leave whole or cut or snap into 1-inch pieces.

Hot pack -- Cover with boiling water; boil 5 minutes. Fill jars loosely, leaving 1-inch headspace.

Raw pack -- Fill jars tightly with raw beans, leaving 1-inch headspace. Add 1 teaspoon of salt per quart to the jar, if desired. Add boiling water, leaving 1-inch headspace.

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

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 2. Reviewed for use in Florida by Amy Simonne, assistant professor, Food Safety and Quality, Department of Family, Youth and Community Sciences, Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida, Gainesville FL 32611.

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Table 1.

Table 1. Recommended process time for Snap and Italian Beans 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	4,001-6,000 ft	6,001-8,000 ft
Hot and Raw	Pints	20 min	11 lb	12 lb	13 lb	14 lb
	Quarts	25	11	12	13	14

*After the canner is completely depressurized, remove the weight from the vent port or open the petcock. Wait 10 minutes; then unfasten the lid and remove it carefully. Lift the lid with the underside away from you so that the steam coming out of the canner does not burn your face.

Table 2.

Table 2. Recommended process time for Snap and Italian Beans in a weighted-gauge pressure canner.				
			Canner Pressure (PSI) at Altitudes of	
Style of Pack	Jar Size	Process Time	0-1,000 ft	Above 1,000 ft
Hot and Raw	Pints	20 min	10 lb	15 lb
	Quarts	25	10	15

*After the canner is completely depressurized, remove the weight from the vent port or open the petcock. Wait 10 minutes; then unfasten the lid and remove it carefully. Lift the lid with the underside away from you so that the steam coming out of the canner does not burn your face.