

# Preparing Beets: Whole, Cubed, or Sliced for Canning<sup>1</sup>

United States Department of Agriculture, Extension Service<sup>2</sup>

**Quantity:** An average of 21 pounds (without tops) is needed per canner load of 7 quarts; an average of 13-1/2 pounds is needed per canner load of 9 pints. A bushel (without tops) weighs 52 pounds and yields 15 to 20 quarts -- an average of 3 pounds per quart.

**Quality:** Beets with a diameter of 1 to 2 inches are preferred for whole packs. Beets larger than 3 inches in diameter are often fibrous.

**Procedure:** Trim off beet tops, leaving an inch of stem and roots to reduce bleeding of color. Scrub well. Cover with

boiling water. Boil until skins slip off easily; about 15 to 25 minutes depending on size. Cool, remove skins, and trim off stems and roots. Leave baby beets whole. Cut medium or large beets into 1/2-inch cubes or slices. Halve or quarter very large slices. Add 1 teaspoon of salt per quart to the jar, if desired. Fill jars with hot beets and fresh hot 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.

**Table 1. Recommended process time for beets 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	Pints	30 min	11 lb	12 lb	13 lb	14 lb
	Quarts	35	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. Recommended process time for beets 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	30 min	10 lb	15 lb
	Quarts	35	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.

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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.