

Preparing Okra for Canning¹

United States Department of Agriculture, Extension Service ²

Quantity: An average of 11 pounds is needed per canner load of 7 quarts; an average of 7 pounds is needed per canner load of 9 pints. A bushel weighs 26 pounds and yields 16 to 18 quarts -- an average of 1-1/2 pounds per quart.

Quality: Select young, tender pods. Remove and discard diseased and rust-spotted pods.

Procedure: Wash pods and trim ends. Leave whole or cut into 1-inch pieces. Cover with hot water in a saucepan, boil 2 minutes and drain. Fill jars with hot okra and cooking liquid, leaving 1-inch headspace. Add 1 teaspoon of salt per quart to the jar, if desired.

Adjust lids and process following the recommendations in Table 1 and 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 Okra 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	25 min	11 lb	12 lb	13 lb	14 lb
	Quarts	40	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 Okra 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	Pints	25 min	10 lb	15 lb
	Quarts	40	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.