

Preparing Potatoes, Sweet: Pieces or Whole for Canning

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United States Department of Agriculture, Extension Service²

It is not recommended to dry pack sweet potatoes.

Quantity: An average of 17-1/2 pounds is needed per canner load of 7 quarts; an average of 11 pounds is needed per canner load of 9 pints. A bushel weighs 50 pounds and yields 17 to 25 quarts -- an average of 2-1/2 pounds per quart.

Quality: Choose small to medium-sized potatoes. They should be mature and not too fibrous. Can within 1 to 2 months after harvest.

Procedure: Wash potatoes and boil or steam until partially soft (15 to 20 minutes). Remove skins. Cut medium potatoes, if needed, so that pieces are uniform in size. **Caution: Do not mash or puree pieces.** Fill jars, leaving 1-inch headspace. Add 1 teaspoon salt per quart to the jar, if desired. Cover with your choice of fresh boiling water or syrup, 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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Table 1.

Table 1. Recommended process time for Sweet Potatoes 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	65 min	11 lb	12 lb	13 lb	14 lb
	Quarts	90	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 Sweet Potatoes 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	65 min	10 lb	15 lb
	Quarts	90	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.