

Preparing Pumpkins and Winter Squash: Cubed for Canning ¹

United States Department of Agriculture, Extension Service²

Quantity: An average of 16 pounds is needed per canner load of 7 quarts; an average of 10 pounds is needed per canner load of 9 pints -- an average of 2-1/4 pounds per quart.

Quality: Pumpkins and squash should have a hard rind and stringless, mature pulp of ideal quality for cooking fresh. Small size pumpkins (sugar or pie varieties) make better products.

Procedure: Wash, remove seeds, cut into 1-inch-wide slices, and peel. Cut flesh into 1-inch cubes. Boil 2 minutes in water. **Caution: Do not mash or puree.** Fill jars with cubes and cooking liquid, leaving 1-inch headspace.

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

For making pies, drain jars and strain or sieve cubes.

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Table 1.

Table 1. Recommended process time for Pumpkin and Winter Squash in a dial-gauge pressure canner.						
			Canner Pressure (PSI) at Altitudes of			
Style of Pack	Jar Size	Process	0-2,000 ft	2,001-4,000 ft	4,001-6,000 ft	6,001-8,000 ft
Hot	Pints	55 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 Pumpkin and Winter Squash 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	55 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.