

Pressure Canning Chart

FOOD	PACK METHOD	PROCESS TIME		DIAL GAUGE CANNER				WEIGHTED GAUGE CANNER	
				up to 2000 ft	2001-4000 ft	4001-6000 ft	4001-8000 ft	0 to 1000 ft	Above 1000 ft
		Pints	Quarts						
Artichokes	Hot	25 min	25 min	11 lb.	12 lb	13 lb	14 lb	10	15
Asparagus	Raw/Hot	30 min	40 min	11 lb.	12 lb	13 lb	14 lb	10	15
Beans (green or yellow)	Raw/Hot	20 min	25 min	11 lb.	12 lb	13 lb	14 lb	10	15
Beets	Hot	30 min	35 min	11 lb.	12 lb	13 lb	14 lb	10	15
Broccoli	Canning is not recommended. Best to freeze or pickle for preservation								
Brussels Sprouts	Canning is not recommended. Best to freeze or pickle for preservation								
Cabbage	Canning is not recommended. Best kept in cold storage								
Carrots	Raw/Hot	25 min	30 min	11 lb.	12 lb	13 lb	14 lb	10	15
Cauliflower	Canning is not recommended. Best to freeze for preservation.								
Corn	Raw/Hot	55 min	85 min	11 lb.	12 lb	13 lb	14 lb	10	15
Eggplant	Canning is not recommended.								
Lima Beans	Raw/Hot	40 min	50 min	11 lb.	12 lb	13 lb	14 lb	10	15
Mushrooms	Hot	45 min		11 lb.	12 lb	13 lb	14 lb	10	15
Okra	Raw/Hot	25 min	40 min	11 lb.	12 lb	13 lb	14 lb	10	15
Peas	Raw/Hot	40 min	40 min	11 lb.	12 lb	13 lb	14 lb	10	15
Peas (snap)	Canning is not recommended. Best to freeze for preservation.								
Peppers	Hot	35 min		11 lb.	12 lb	13 lb	14 lb	10	15
Potatoes, White	Hot	35 min	40 min	11 lb.	12 lb	13 lb	14 lb	10	15
Pumpkin	Hot	55 min	90 min	11 lb.	12 lb	13 lb	14 lb	10	15
Spinach and Other Greens	Hot	70 min	90 min	11 lb.	12 lb	13 lb	14 lb	10	15
Squash (summer)	Canning is not recommended. Best eaten fresh or freeze.								
Squash (winter)	Hot	55 min	90 min	11 lb.	12 lb	13 lb	14 lb	10	15
Sweet Potatoes	Hot	65 min	90 min	11 lb.	12 lb	13 lb	14 lb	10	15