

## Utah County Food Processing Times (Adjusted for Altitude)

### *Boiling Water Bath*

<i>Product</i>	<i>Style of Pack</i>	<i>Pints</i>	<i>Quarts</i>
<b>Fruit</b>			
Applesauce	Hot	20 minutes	30 minutes
Pears	Hot	30 minutes	35 minutes
Apricots	Hot	30 minutes	35 minutes
	Raw	35 minutes	40 minutes
Cherries	Hot	20 minutes	30 minutes
	Raw	35 minutes	35 minutes
Apple or Grape Juice	Hot	10 minutes	10 minutes
Peaches	Hot	30 minutes	35 minutes
	Raw	35 minutes	40 minutes
Berries	Hot	20 minutes	30 minutes
	Raw	20 minutes	30 minutes
<b>Pickles</b>			
Dill Pickles	Raw	15 minutes	20 minutes
Dilled Beans	Raw	10 minutes	Not Recommended
Pickled Beets	Hot	40 minutes	40 minutes
Bread & Butter Pickles	Hot	15 minutes	15 minutes
<b>Jams, Jellies, &amp; Spreads</b>		<b>Half Pints</b>	<b>Pints</b>
Jams & Jellies	Hot	10 minutes	25 minutes
Spreads	Hot	20 minutes	30 minutes

### *Pressure Canner*

If your gauge is accurate, and you live between 4,000 and 6,000 feet, **process everything at 13 pounds** (dial gauge) or 15 pounds (weighted gauge). Have your dial gauge tested at the Utah County Extension Office before processing each year!

<i>Product</i>	<i>Style of Pack</i>	<i>Pints</i>	<i>Quarts</i>
<b>Vegetables (13lbs pressure – dial gauge or 15lbs pressure – weighted gauge)</b>			
Carrots, sliced or diced	Hot or Raw	25 minutes	30 minutes
Whole Corn	Hot or Raw	55 minutes	85 minutes
Mixed Vegetables	Hot or Raw	55 minutes	85 minutes
Green Beans	Hot or Raw	20 minutes	25 minutes

<b>Meat (13lbs pressure – dial gauge or 15lbs pressure – weighted gauge)</b>			
Chicken or Rabbit			
With Bone	Hot or Raw	65 minutes	75 minutes
Without Bone	Hot or Raw	75 minutes	90 minutes
Chopped Beef, Venison, or Pork	Hot	75 minutes	90 minutes
Chili*	Hot	75 minutes	Not recommended

*\*Only if using approved & tested USDA recipe!*

We recommend the online site [National Center of Food Preservation](http://www.uga.edu/nchfp) (<http://www.uga.edu/nchfp>) for current researched information and recipes. Occasionally, you might have a food preservation/canning question during our after-office hours or on the weekend. If this occurs, please contact the **Ball Canning Company** at 1-800-240-3340 with your food preservation questions or recipe requests. Be sure and request instructions for high altitude (4,000+ feet) food preservation. The Ball Company may also be contacted at their website: <http://www.freshpreserving.com>.

## Utah County Processing Times for Tomato Products

<i>Type of Product</i>	<i>Jar Size</i>	<i>Pack Style</i>	<i>Pressure Canner</i>	<i>Boiling Water Bath</i>
Crushed Tomatoes (No liquid added)	Pint	Hot	15 minutes	45 minutes
	Quarts	Hot	15 minutes	55 minutes
Whole or Halved (Packed in water)	Pint	Hot or Raw	10 minutes	50 minutes
	Quarts	Hot or Raw	10 minutes	55 minutes
Whole or Halved (Packed in tomato juice)	Pint	Hot or Raw	25 minutes	95 minutes
	Quarts	Hot or Raw	25 minutes	95 minutes
Whole or Halved (Packed raw without added liquid)	Pint	Raw	25 minutes	95 minutes
	Quarts	Raw	25 minutes	95 minutes
Tomato Juice	Pint	Hot	15 minutes	45 minutes
	Quarts	Hot	15 minutes	50 minutes
Tomato Vegetable Juice Blend	Pint	Hot	15 minutes	45 minutes
	Quarts	Hot	15 minutes	50 minutes
Tomato Sauce	Pint	Hot	15 minutes	45 minutes
	Quarts	Hot	15 minutes	50 minutes
Spaghetti Sauce without Meat	Pint	Hot	20 minutes	<i>Not Recommended</i>
	Quarts	Hot	25 minutes	<i>Not Recommended</i>
Spaghetti Sauce with Meat	Pint	Hot	60 minutes	<i>Not Recommended</i>
	Quarts	Hot	70 minutes	<i>Not Recommended</i>
Salsa*	Pints	Hot	<i>Not Recommended</i>	20 minutes

**\*Only if using an approved & tested USDA recipe!**

### Need a Good Salsa Recipe?

We are often asked for a tested and safe salsa recipe that actually tastes good and is not too “vinegarish!” Utah County’s FCS agent, Jana Darrington, has several approved recipes that have been taste-tested over the past few years. These favorites are: Fiesta Salsa and Zesty Salsa in the *Ball Blue Book*. The newest edition of the *Ball Blue Book* is available in the Utah County Extension Office for \$6.00. We also have other salsa recipes as well as many other pamphlets and recipes for food preservation, nutrition, meal planning, etc. in our office. Stop in!

### Acidification for Tomatoes

To ensure safe acidity in whole, crushed, or juiced tomatoes, add two tablespoons of bottled lemon juice or ½ teaspoon of citric acid per quart of tomatoes. For pints, use one tablespoon bottled lemon juice or ¼ teaspoon citric acid. **Acid should be added directly to the jars before filling with product.** Add sugar to offset acid taste, if desired. Four tablespoons of a 5% acidity vinegar per quart may be used instead of lemon juice or citric acid. However, vinegar may cause undesirable flavor changes. We recommend lemon juice or citric acid. We also recommend the use of a pressure canner for higher quality and more nutritious canned tomato products.

### Pressure Gauge Testing

Pressure gauges will be tested for free on Tuesdays from 1:00-4:00 p.m. and on Fridays from 9a.m.-12:00. Gauges may be tested by appointment at other times for \$2.00 per gauge. Bring your entire pressure canner (lid with gauge and bottom unit) to the USU Extension Office at 100 E Center Street, Room L600, Provo, UT 84606. Contact Marie at 801-851-8479 for appointments or more information.

### Steam Canners

The USDA *does not* recommend the use of steam canners due to inadequate research and testing. However, Utah State University has tested the steam canners and has found them to be safe and adequate for processing certain foods *if used according to instructions and safe canning procedures*. Due to botulism poisoning potential, **steamer canners may NOT be used for meats, tomatoes, and vegetables.** If you choose to use a steam canner for jams, jellies, or fruits, *only USDA approved and tested recipes and canning times should be used*. Processing times for boiling-water bath canners may be used for the steam canners. It is very important to follow instructions and be sure that an 8 to 10-inch plume of steam is present during the entire processing time and the water must not run out before the end of processing.