

Elevations for Utah County

Alpine	4957'	American Fork	4566'	Birdseye	5345'
Benjamin	4529'	Canyon Glen	4960'	Cedar Fort	5125'
Cedar Hills	4960'	Colton	7181'	Edgemont	4760'
Elberta	4664'	Elk Ridge	5300'	Fairfield	4876'
Genola	4598'	Goshen	4530'	Highland	5000'
Ironton	4525'	Lake Shore	4500'	Lake View	4550'
Lehi	4562'	Leland	4560'	Lindon	4640'
Mapleton	4724'	Mosida	4500'	Olmstead	4828'
Nunns	5061'	Orem	4756'	Palmyra	4522'
Payson	4700'	Pleasant Grove	4621'	Provo	4549'
Riverbend Trailer Park	4700'	Salem	4600'	Santaquin	4887'
Saratoga Springs	4500'	Silver Lake Summer Home Area	7320'	Spanish Fork	4549'
Spring Dell	4960'	Spring Lake	4730'	Springville	4515'
Thistle	5080'	Tucker	6200'	Vivian Park	5218'
Vineyard	4560'	Wicks	4880'	Wildwood	5218'
Woodland Hills	5320'				

Boiling Water Canner (increase processing time)

Recipe	0-1,000 ft	1,001-3,000 ft	3,001-6,000 ft	Above 6,001-8,000 ft
5-19min	Time given	+ 5 minutes	+ 5 minutes	+10 minutes
20+ min	Time given	+5 minutes	+10 minutes	+15 minutes

Pressure Canner Recommended Pressure (dial gauge canners)

Sea Level	Below 2,000 ft	2,001-4,000 ft	4,001-6,000 ft	6,001 - 8,000 ft
10 lbs.	11 lbs.	12 lbs.	13 lbs.	14 lbs.

Pressure Canner Recommended Pressure (weighted gauge canners)

0-1,000 ft	Above 1,000 ft
	15 lbs.

HAS YOUR CANNER GAUGE BEEN TESTED THIS YEAR?

Dial gauges should be tested once a year before you begin your canning season. "Weight only" gauges do not need testing.

Please use only lab tested recipes from a reputable