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GREEN PEAS

Select bright-green, plump, firm pods with sweet, tender peas. All peas should be of the same maturity. Shell and wash peas. Drain.

A bushel of peas in the pod weighs about 30 pounds and will yield an average of 7 quarts of canned or frozen peas.

CANNING PEAS

RAW PACK Pack raw peas to 1 inch of top of jar; do not shake or press down. Add 1/2 teaspoon salt to pint jars; 1 teaspoon to quarts. Cover with boiling water, leaving 1-inch headspace. Remove air bubbles by running spatula or knife between jar and food. Adjust jar lids.

Process in pressure canner at 10 pounds pressure (240° F.).

Pint jars 40 minutes

Quart jars 40 minutes

HOT PACK Cover shelled peas with boiling water. Bring to a boil. Pack peas loosely in jars to 1 inch of top of jar. Add 1/2 teaspoon salt to pints; 1 teaspoon to quarts. Cover with boiling-hot cooking liquid or boiling water leaving 1-inch of headspace. Remove air bubbles by running spatula or knife between jar and food. Adjust jar lids.

Process in pressure canner at 10 pounds pressure (240° F.).

Pint jars 40 minutes

Quart jars 40 minutes

MF-132 has information about processing in a pressure canner.

The small amount of salt used adds flavor but may be omitted.

FREEZING PEAS

Heat peas in boiling water for 1 1/2 minutes in a blancher or in a wire basket in a large kettle. Work with small quantities of peas for best results. Use at least 1 gallon of boiling water for each pound of prepared peas. Put peas in blanching basket or wire basket and lower into the boiling water. Cover and start timing immediately.

After 1 1/2 minutes, plunge basket containing peas into a large quantity of cold water (60° F. or below) to stop the cooking. Allow 2 to 5 minutes for cooling.

Drain thoroughly. Pack peas, leaving 1/2-inch headspace.

Seal. Freeze; store at 0° F. or below.

Information adapted from USDA Home and Garden Bulletins by Jo Anne Barton, Extension Specialist, Foods and Nutrition.

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