



GREEN BEANS

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Select beans with a fresh, bright appearance with good color for the variety. Get young, tender beans with pods in a firm, crisp condition.

Avoid wilted or flabby bean pods, serious blemishes, and decay. Thick, tough, fibrous pods indicate overmaturity.

A bushel of snap beans weighs about 30 pounds and will yield 18 to 20 quarts of canned or frozen beans.

Wash beans and drain. Cut or break off ends; cut or break into 1 or 2-inch pieces. Slice lengthwise for french-style beans.

CANNING BEANS

RAW PACK Pack raw beans tightly to 1/2 inch to top. Add 1/2 teaspoon salt to pint jars; 1 teaspoon to quarts. Cover with boiling water, leaving 1/2-inch headspace. Remove air bubbles by running spatula or knife between food and jar. Adjust jar lids.

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

Pint jars 20 minutes

Quart jars 25 minutes

HOT PACK Cover cut beans with boiling water and cook for 5 minutes. Pack hot beans loosely to 1/2 inch of top of jar. Add 1/2 teaspoon salt to pint jars; 1 teaspoon to quarts. Cover with boiling-hot liquid, leaving 1/2-inch headspace. Adjust jar lids.

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

Pint jars 20 minutes

Quart jars 25 minutes

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

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

FREEZING BEANS

Heat beans in boiling water for 3 minutes in a blancher or in a wire basket in a large kettle. Work with small quantities of beans for best results. Use at least 1 gallon of boiling water for each pound of prepared beans. Put beans in blanching basket or wire basket and lower into the boiling water. Cover and start timing immediately.

After 3 minutes, plunge basket containing beans into a large quantity of cold water (60° F. or below) to stop the cooking. Allow 5 minutes for cooling.

Drain thoroughly. Pack beans, 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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