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SHELLED BEANS



FREEZING SHELLED BEANS, GREENS

Select pods that are plump, not dry or wrinkled. Shell the beans. Heat in boiling water for 1 minute. Cool promptly in cold water and drain.

Pack into containers, leaving 1/2-inch headspace. Seal. Freeze; store at 0° F. or below.

CANNING PEAS--BLACK EYE, CROWDER, AND FIELD

Shell and wash peas. RAW PACK Pack raw peas in jars leaving 1/2 inches at top of pint jars; 2 inches in quart jars. Do not shake or press peas down. 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 jar and food. Adjust jar lids.

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

Pint jars 35 minutes

Quart jars 40 minutes

HOT PACK Cover shelled peas with boiling water and bring to a boil. Drain. Pack hot peas in jars leaving 1 1/4 inches at top of pint jars; 1 1/2 inches in quart jars. Do not shake or press peas down. 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 jar and food. Adjust jar lids.

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

Pint jars 35 minutes

Quart jars 40 minutes

FREEZING LIMA BEANS

Select well-filled pods. Beans should be green but not starchy or mealy. Shell and sort according to size, or leave beans in pods to be shelled after heating and cooling. Heat in boiling water:

Small beans or pods 2 minutes

Medium beans or pods 3 minutes

Large beans or pods 4 minutes

Cool promptly in cold water and drain.

Pack into containers, leaving 1/2-inch headspace. Seal. Freeze; store at 0° F. or below.

CANNING LIMA BEANS

Shell young, tender beans and wash.

RAW PACK Pack raw beans into jars. Fill to 1 inch of top of jars for pints; 1 1/4 inches for quarts. Do not press or shake beans. Add 1/2 teaspoon salt to pint jars; 1 teaspoon to quarts. Fill jar to 1/2 inch of top with boiling water. 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 50 minutes

HOT PACK Cover beans with boiling water and bring to boil. Pack hot beans loosely to 1 inch of top. 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 50 minutes

MF-132 Canning and Freezing - General Information has information about operating a pressure canner.

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

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

Extension Division • Virginia Polytechnic Institute and State University

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