

Let's
Preserve



CAUTION

This product **cannot** be safely canned in a boiling water bath. Snap beans must be processed in a pressure canner.

Snap Beans

Recommended Varieties

Green: Blue Lake types, Bush Kentucky Wonder 125, Tenderette (round podded), and Roma II (for freezing).

Wax/yellow: Gold Rush, Rocdor, Indy Gold, Wax Romano 264 (freezing only).

Quantity

An average of 14 pounds is needed per canner load of 7 quarts; an average of 9 pounds is needed per canner load of 9 pints. A bushel weighs 30 pounds and yields 12 to 20 quarts. An average of $\frac{3}{4}$ pound makes 1 pint of frozen beans.

Quality

Select filled, but tender, crisp pods. Remove and discard any diseased and rusty pods.

Preparation

Wash beans, snip off and discard ends, and remove strings, if appropriate. Leave whole or cut or snap into 1-inch pieces. Wash and drain prepared pieces.

FREEZING PROCEDURE

Don't freeze more than 2 pounds of food per cubic foot of freezer capacity per day. Blanch 6 cups of raw prepared beans at a time. Place each batch in 1 gallon of boiling water. Blanch small pieces for 2 minutes and large pieces for 3 minutes after the water returns to a boil. Cool quickly in several changes of cold water and drain in a colander. Fill pint- or quart-size freezer bags to 3 to 4 inches from the

top. Squeeze out air, label, and freeze.

Before freezing, bags may be inserted into reusable rigid plastic freezer containers for added protection against punctures and freezer burn. If using rigid containers, allow $\frac{1}{2}$ -inch headspace for expansion. At end of freezing, insert tray pack. Spread the blanched, cooled, and drained beans in a single layer on shallow trays or pans. Place in the freezer only long enough to freeze firm. Check often after the first hour to avoid loss of moisture. Package leaving no headspace and seal. Tray-packed beans remain looser, allowing you to pour desired amount from the container.

CANNING PROCEDURE

This product cannot be safely canned in a boiling water bath.

Wash jars. Prepare lids according to manufacturer's instructions. If desired, add 1 teaspoon of canning or pickling salt per quart.

FOR RAW PACKS

Fill jars tightly with prepared beans, leaving 1-inch headspace. Add boiling water over beans, leaving 1-inch headspace.

FOR HOT PACKS

Cover prepared beans in a large pot with boiling water and boil for 5 minutes. Fill jars with beans and the cooking liquid, leaving 1-inch headspace. Remove air bubbles. Wipe the sealing surface of jars with a clean, damp paper towel. Add lids, tighten screw bands, and process in a pressure canner.

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Table 1. Recommended process times in a pressure canner at different altitudes.

		CANNER GAUGE PRESSURE AT ALTITUDES OF					
		DIAL GAUGE CANNER				WEIGHTED GAUGE CANNER	
JAR SIZE	PROCESS TIME (MIN)	0–2,000 FT (LBS)	2,001–4,000 FT (LBS)	4,001–6,000 FT (LBS)	6,001–8,000 FT (LBS)	0–1,000 FT (LBS)	ABOVE 1,000 FT (LBS)
Pints	20	11	12	13	14	10	15
Quarts	25	11	12	13	14	10	15

TO PROCESS IN A PRESSURE CANNER

Place jar rack, 2 inches of water, and sealed jars in canner. Fasten lid and heat canner on high setting. After exhausting steam for 10 minutes, add weighted gauge or close petcock to pressurize the canner. Start timing the recommended process when the desired pressure is reached.

Regulate heat to maintain a uniform pressure. When the processing is complete, remove canner from heat. Air-cool canner until it is fully depressurized. Then slowly remove weighted gauge or open petcock, wait 10 more minutes, and unfasten and carefully remove canner lid.

After processing is complete, remove jars from canner with a jar lifter and place on a towel or rack. Do not retighten screw bands. Air-cool jars for 12 to 24 hours. Remove screw bands and check lid seals. If the center of the lid is indented, then wash, dry, label, and store in a clean, cool, dark place. If the lid is unsealed, examine and replace jar if defective, use new lid, and reprocess as before. Wash bands and store separately. Beans are best if consumed within a year and are safe as long as lids remain vacuum sealed.



For additional information about food preservation, visit the Penn State Food Safety Web site at foodsafety.cas.psu.edu and select the Home Food Preservation Web site, or contact Penn State Cooperative Extension in your county.

Prepared by Luke LaBorde, associate professor of food science; Nancy Wiker, senior extension educator in Lancaster County; and Martha Zepp, extension project assistant. Adapted from original material developed by Gerald D. Kuhn, professor emeritus of food science.

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