

Canning_Vegetables_2004.txt

Sauerkraut-Wedge chopped cabbage into cans. Add 1 tsp. salt (heaped). Fill with boiling water. Stick knife in sides, add more water if needed. Tighten lids. Leave in cool, dark area.

Beans-String and break as usual. Pack blanched beans into hot jars. Add 1 tsp. salt to each quart. Add boiling water leaving 1 1/2" headspace. Run knife down sides. Place lids and rings on jars. Process 50 minutes at 10 lbs. pressure in pressure canner.

Corn can be canned or frozen. The best way to keep corn is to place it in milk jugs, cover with cold water and freeze.