

Canning Low-Acid Foods: Vegetables

By Julie Cascio

Selecting Vegetables



Vegetable Preparation

1. Wash the vegetables thoroughly under running water.
2. Peel the vegetables as needed.
3. Cut the vegetables into uniform pieces.
4. Store the prepared vegetables in airtight containers in the refrigerator.

5. Use the prepared vegetables within 3-5 days.
6. Reheat the vegetables before serving.

7. Use the prepared vegetables in soups, stews, and casseroles.
8. Use the prepared vegetables in salads and sandwiches.

9. Use the prepared vegetables in smoothies and juices.
10. Use the prepared vegetables in omelets and pancakes.

11. Use the prepared vegetables in casseroles and gratins.
12. Use the prepared vegetables in stir-fries and sautés.

13. Use the prepared vegetables in soups and stews.
14. Use the prepared vegetables in casseroles and gratins.

15. Use the prepared vegetables in smoothies and juices.
16. Use the prepared vegetables in omelets and pancakes.

17. Use the prepared vegetables in casseroles and gratins.
18. Use the prepared vegetables in stir-fries and sautés.

19. Use the prepared vegetables in soups and stews.
20. Use the prepared vegetables in casseroles and gratins.

21. Use the prepared vegetables in smoothies and juices.
22. Use the prepared vegetables in omelets and pancakes.

23. Use the prepared vegetables in casseroles and gratins.
24. Use the prepared vegetables in stir-fries and sautés.

25. Use the prepared vegetables in soups and stews.
26. Use the prepared vegetables in casseroles and gratins.

45

Okra

Recipes based on the Complete Guide to Home Canning, Agriculture Information Bulletin No. 539, USDA, revised 2015.

References
