



Beets

Pressure Canner

1. Prep

- Fill canner with 2-3 inch water. Warm.
- Trim tops of beets, leave an inch of stem. Scrub.
 - » Leaving part of the stem and root will reduce bleeding of color during cooking
- Cover with water and boil 15-25 minutes
- Remove skins, trim off stems and roots
- Cut beets into 1/2 inch slices or cubes

2. Pack

- Fill jars with hot beets and boiling water
- Leave 1 inch headspace
- Remove air bubbles
- Wipe jar rims
- Tighten rings fingertip tight

3. Processing

Fill canner and process

- » Pint: 30 minutes
- » Quart: 35 minutes
- » Altitudes above 1,000 feet require adjustments in PSI

Feet Above Sea Level	Pounds of Pressure	
	Weighted-Gauge	Dial-Gauge
0-1,000	10	11
1,001-2,000	15	11
2,001-4,000	15	12
4,001-6,000	15	13
6,001-8,000	15	14
8,001-10,000	15	15

Freezing

Process: Water Blanch

- Select deep red, tender, young beets
- Trim tops. Leave 1/2 inch of stem. Scrub and sort by size
- Boil in water 25-30 minutes (small); 45-50 minutes (medium)
- Cool in cold water
- Peel, remove stem and root
- Cut into slices or cubes
- Pack leaving 1/2 inch headspace
- Seal and freeze

Drying

Process: Dehydrator

- Roast peeled beets that have been cut into strips at 400 degrees F for 35 minutes
- Cool
- Set dehydrator to 140 degree F
- Arrange strips in single layer on drying racks
- Estimated drying time is 10-12 hours



Tips/Tricks:

21 pounds yields 7-quart jars, 13.5 pounds yields 9-pint jars

Source: National Center for Home Food Preservation

This document is to serve as supplemental material for those already knowledgeable on how to safely preserve food and should not serve as a guide to someone completely new to food preservation methods. For further guidance, go to: <https://extension.sdstate.edu/>

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