

# Bell Peppers

## Pressure Canner

### 1. Prep

- Fill canner with 2-3 inch of water. Warm.
- Wash Peppers
- Quarter. Remove core and seeds
- Slash two slits in each quarter
- Dip in boiling water for 3 minutes
- Place in cold water
- Slip off skin

### 2. Pack

- Fill jars loosely and add boiled water, leave 1 inch headspace
- Remove air bubbles
- Wipe jar rims
- Tighten rings fingertip tight

### 3. Processing

Fill canner with jars

- » Process 35 minutes, adjusting the PSI for altitudes above 1000 feet

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 or Dry Pack

- Select crisp, tender peppers
- Wash peppers
- Quarter. Remove core and seeds
- Cut into ½ inch strips or leave quartered

### Heated:

- Boil pepper quarters for 3 minutes or strips for 2 minutes
- Cool in cold water
- Drain and package, leave ½ inch headspace

### Unheated:

- Package raw, leave no headspace
- Seal and freeze

## Drying

### Process: Dehydrator

- Wash peppers
- Remove core and seeds
- Cut into ½ inch strips
- Set dehydrator to 140 degree F
- Arrange strips in single layer on racks
- Rotate slices and racks during drying time
- Dry 8-12 hours, depending on variety and thickness of strips



## Sips/Tricks:

An average of 9 pounds is needed per canner load of 9 pints.

Source: National Center for Home Food Preservation