

Squash (Winter)

Pressure Canner

1. Prep

- Fill canner with 2-3 inches water. Warm
- Select ripe, mature squash
- Wash, remove seeds, and cut into 1 inch slices
- Remove peel and cut into 1 inch cubes
- Cover with water and boil for 2 minutes

2. Pack

- Cover with water and boil for 2 minutes
- Fill clean jars with squash and cooking liquid
- Leave 1 inch headspace
- Remove air bubbles
- Wipe jar rims
- Tighten rings fingertip tight

3. Processing

Fill canner and process

- » Pint: 55 minutes
- » Quart: 90 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

- Select ripe, mature squash
- Wash, remove seeds, and cut into cubes
- Boil, bake, or steam until soft
- Remove pulp from rind and mash
- Cool by placing pan containing squash in cold water and stirring occasionally
- Package, leaving ½-inch headspace
- Seal and freeze

Drying

Process: Dehydrator

- Wash, remove seeds, slice into 1 inch wide slices
- Peel rind, cut crosswise into 1/8 inch thick pieces
- Blanch for 1 minute, cool, and drain
- Set dehydrator to 140 degrees F
- Arrange strips in single layer on drying racks
- Dry 10-16 hours



Tips/Tricks:

An average of 16 pounds is needed per canner load of 7 quarts; an average of 10 pounds is needed per canner load of 9 pints – an average of 2¼ pounds per quart.

Source: National Center for Home Food Preservation