



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

Beans

In season:



Summer

**Preserve it
to enjoy year
round!**

Pressure Canner

1. Prep

- Fill canner with 2-3 inches of warm water
- Select tender, crisp pods
- Wash beans and trim ends
- Leave whole or cut into 1-inch pieces
- In pot, cover beans with boiling water for 5 minutes

2. Pack

- Drain and pack loosely into jars
- Cover with hot water, leave 1 inch headspace
- Remove air bubbles
- Wipe jar rims
- Tighten rings fingertip tight

3. Processing

- Fill canner with jars
- » Pint: 20 minutes
 - » Quart: 25 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 young, tender pods
- Wash in cold water
- Snip and cut into 2-4 inches lengths
- Water blanch for 3 minutes
- Cool and drain
- Pack, leaving 1/2 inch headspace
- Seal and freeze

Drying

Process: Dehydrator

- Wash thoroughly
- Cut in short pieces or lengthwise
- Blanch for 2 minutes
- Arrange in a single layer on drying racks
- Dry 8-14 hours



Sips/Tricks:

An average of 14 pounds is needed per canner load of 7 quarts;
an average of 9 pounds is needed per canner load of 9 pints.

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: extension.sdstate.edu/food/preservation

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