



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**



In season:



Summer

**Preserve it
to enjoy year
round!**

Beet

Pressure Canner

1. Prep

- Fill canner with 2-3 inches warm water
- Scrub beets until clean and trim tops leaving an inch of stem
 - » 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

Canned Beets with Water

Ingredients

- 21 pounds beets
- 7 teaspoons salt (optional)

Directions

1. Bring water to a boil in a large stock pot and add clean beets. Boil until skins slip off easily (about 15-25 minutes depending on size).
2. Cool beets to touch, then remove skins and trim off stems and roots. Leave baby beets whole. Cut medium or large beets into ½ inch cubes or slices.
3. Fill hot jars with hot beets and fresh hot water that has been brought to a boil (not the water you used to boil the beets), leaving 1 inch headspace. Add 1 teaspoon salt to each quart jar if desired.
4. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened, clean paper towel.
5. Secure lids and process in a dial-gauge pressure canner for 35 minutes at 11 pounds or a weighted-gauge pressure canner for 35 minutes at 10 pounds (altitudes above 1,000 feet (weighted-gauge) and 2,000 feet (dial-gauge) require an increase in PSI, see [Altitude Adjustments for Home Canning](#) on the SDSU Extension website).

Yield: Makes about 7 quarts

Source: [National Center for Home Food Preservation](#)

Pickled Beets

Ingredients

- 7 pounds of 2 to 2 ½ inch diameter beets
- 4 cups vinegar (5%)
- 1 ½ teaspoons canning or pickling salt
- 2 cups water
- 2 cups sugar
- 2 cinnamon sticks
- 12 whole cloves
- 4 to 6 onions (optional)

Directions

1. Bring water to a boil in a large stock pot and add beets. Boil until skins slip off easily (about 15-25 minutes depending on size). Drain and discard liquid.
2. Cool beets to touch, then remove skins and trim off stems and roots. Slice into ¼ inch slices. Thinly slice onions (optional).
3. In a large stock pot, combine vinegar, salt, sugar and fresh water. Put spices in a cheese cloth bag and add to vinegar mixture. Bring to a boil.
4. Add beets and onions. Simmer for 5 minutes. Remove spice bag.
5. Fill hot pint jars with beets and onions, leaving ½ inch headspace. Add hot vinegar solution, allowing ½ inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened, clean paper towel.
6. Secure lids and process for 30 minutes in a boiling-water canner (altitudes above 1,000 feet require an increase in processing time, see [Altitude Adjustments for Home Canning](#) on the SDSU Extension website).

Yield: Makes about 9 pints

Source: [National Center for Home Food Preservation](#)

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This material was funded by USDA's Supplemental Nutrition Assistance Program–SNAP.

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