



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

Carrots

In season:



**Summer and
Fall**

**Preserve it
to enjoy year
round!**

Pressure Canner

1. Prep

- Fill canner with 2 to 3 inches of water and begin to warm
- Wash, peel and rewash carrots
- Slice or dice carrots
 - » For canning, add ½ teaspoon of salt/pint jar, or 1 teaspoon of salt/quart jar for added flavor

2. Pack (choose one method)

Hot Pack

- » Cover with boiling water
- » Simmer for 5 minutes
- » Fill jars loosely with carrots and water

Raw Pack

- » Fill jars tightly with raw carrots
- » Add hot water

- Leave 1 inch headspace
- Remove air bubbles
- Wipe rims
- Tighten rings fingertip tight

3. Processing

Fill canner and process

- » Pint: 25 minutes
- » Quart: 30 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, medium-length carrots
- Remove tops, wash and peel
- Leave small carrots whole
- Cut others into thin slices, ¼ inch cubes or lengthwise strips
- Blanch in hot water according to size
 - » Small carrots 5 minutes
 - » Diced carrots 2 minutes
- Cool, drain, and package
- Leaving ½ inch headspace
- Seal and freeze

Drying

Process: Dehydrator

- Use crisp and tender carrots
- Wash, peel, and rewash
- Cut off roots
- Cut into ⅛ inch thick slices or strips
- Blanch for 3 ½ minutes
- Set dehydrator to 140 degrees F
- Arrange on drying racks
 - » Add some seasoning before dehydrating for extra flavor.
- Dry for 6-10 hours



Sips/Tricks:

An average of 17 ½ pounds (without tops) is needed per canner load of 7 quarts; an average of 11 pounds is needed per canner load of 9 pints.

Source: National Center for Home Food Preservation

Canned Carrots

Ingredients

- 17 ½ pounds carrots, without tops
- 7 teaspoons salt

Directions

1. Wash, peel and slice carrots.
2. Raw pack or hot pack in jars with 1 teaspoon salt, if desired.
 - **Raw Pack:** Fill jars tightly with carrots and add hot cooking liquid or water, leaving 1 inch headspace.
 - **Hot Pack:** Put carrots in a saucepan and cover with boiling water. Bring to a boil and simmer for 5 minutes. Fill jars with hot carrots and cover with hot cooking liquid or water, leaving 1 inch headspace.
3. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened, clean paper towel.
4. Secure lids and process in a dial-gauge pressure canner for 30 minutes at 11 pounds or a weighted-gauge pressure canner for 30 minutes at 10 pounds (altitudes above 2,000 feet (dial-gauge) and 1,00 feet (weighted-gauge) require an increase of 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 Carrots

Ingredients

- 2 ¾ pounds carrots (about 3 ½ pounds as purchased), peeled
- 5 ½ cups white distilled vinegar (5%)
- 1 cup water
- 2 cups sugar
- 2 teaspoons canning salt
- 8 teaspoons mustard seed
- 4 teaspoons celery seed

Directions

1. Wash and peel carrots well. Wash again after peeling and cut into rounds that are approximately ½ inch thick.
2. Combine vinegar, water, sugar and canning salt in a large stockpot. Bring to a boil and boil gently for 3 minutes. Add carrots and bring back to a boil.
3. Meanwhile, place 2 teaspoons mustard seed and 1 teaspoon celery seed in the bottom of each clean, hot pint jar.
4. Fill hot jars with the hot carrots, leaving 1 inch headspace. Cover with hot pickling liquid, leaving ½ inch headspace. 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 boiling water canner for 15 minutes (altitudes above 1,000 feet require an increase in processing time, see [Altitude Adjustments for Home Canning](#) on the SDSU Extension website).

Allow carrots to sit in processed jars for 3 to 5 days before consuming for best flavor.

Yield: Makes 4 pint jars

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

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