



**SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION**



**In season:**



**Spring**

**Preserve it  
to enjoy year  
round!**

# Peas

## Pressure Canner

### 1. Prep

- Fill canner with 2-3 inches warm water
- Shell and wash peas

### 2. Pack (choose one method)

#### Hot Pack

- » Add peas to boiling water
- » Boil for 2 minutes
- » Fill jars loosely with hot peas

#### Raw Pack

- » Fill jars with raw peas
- Cover with hot water
- Leave 1 inch headspace
- Remove air bubbles
- Wipe rims
- Tighten rings fingertip tight

### 3. Processing

Fill canner and process

- » Pint and Quarts: 40 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 peas
- Wash and shell
- Blanch for 30 seconds
- Cool and drain
- Pack with ½ inch headspace
- Seal and freeze

## Drying

### Process: Dehydrator

- Wash and shell peas
- Blanch in boiling water for 2 minutes
- Cool and drain
- Set dehydrator to 140 degrees F
- Arrange in single layer on drying racks
- Rotate racks after 2 hours
- Dry 8-10 hours

## Sips/Tricks:

An average of 31 ½ pounds (in pods) is needed per canner load of 7 quarts; an average of 20 pounds is needed per canner load of 9 pints.

For more information, visit: [nchfp.uga.edu](http://nchfp.uga.edu)



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](http://extension.sdstate.edu/food/preservation)

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