



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

Potatoes

In season:



**Summer and
Fall**

**Preserve it
to enjoy year
round!**

Pressure Canner

1. Prep

- Fill canner with 2 to 3 inches water and begin to warm
- Select firm potatoes
- Wash, peel, and cut into 1/2 inch cubes
- Boil potatoes for 2 minutes
- Drain and discard water

2. Pack

- Fill jars with potatoes and fresh boiling water
- Leave 1 inch headspace
- Remove air bubbles
- Wipe jar rims
- Tighten rings fingertip tight

3. Processing

Fill canner and process

- » Pint: 35 minutes
- » Quart: 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

- Generally, not recommended as potatoes store well and are available year round
- Can be chopped into fries or hash browns for later use
- Seal and freeze

Drying

Process: Dehydrator

- Wash and peel
- Cut into 1/4 inch strips or 1/8 inch slices
- Blanch for 7 minutes, cool, and drain
- Set dehydrator to 140 degrees F
- Arrange strips in single layer on drying racks
 - » For added flavor, season your potatoes before drying.
- Dry 6-10 hours

Tips/Tricks:

An average of 20 pounds is needed per canner load of 7 quarts; an average of 13 pounds is needed per canner load of 9 pints.

Source: National Center for Home Food Preservation



Canned Cubed Potatoes

Ingredients

- 20 pounds white potatoes

Directions

1. Wash, peel and cut potatoes into ½ inch cubes.
2. Place in ascorbic acid solution to prevent darkening and drain.
3. Cook in boiling water for 2 minutes and drain again.
4. Add ½ teaspoon of salt per pint jar, if desired.
5. Fill hot jars with hot prepared potatoes, leaving no more than 1 inch headspace. Add fresh boiling water, leaving 1 inch headspace and covering all the potato pieces. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened, clean paper towel.
6. Secure lids and process in a dial-gauge pressure canner for 40 minutes at 11 pounds or a weighted-gauge pressure canner for 40 minutes at 10 pounds (altitudes above 2,00 feet (dial-gauge) and above 1,000 feet (weighted-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](#)

**Find more recipes
and videos at
extension.sdstate.edu**

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