



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

Pumpkin

In season:



**Summer and
Fall**

**Preserve it
to enjoy year
round!**

Pressure Canner

1. Prep

- Fill canner with 2-3 inches warm water
- Select ripe, mature pumpkin
- Wash, remove seeds, and cut into 1 inch slices
- Remove peel and cut into 1 inch cubes
- Cover with water and boil for 2 minutes

2. Pack

- Fill clean jars with pumpkin and cooking liquid
- Leave 1 inch headspace
- Remove air bubbles
- Wipe jar rims
- Tighten rings fingertip tight

3. Processing

Fill canner and process

- » Pint: 55 minutes
- » Quart: 90 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

- Select ripe, mature pumpkin
- Wash, remove seeds and cut into cubes
- Boil, bake, or steam until soft
- Remove pulp from rind and mash
- Cool by placing pan containing pumpkin in cold water, stirring occasionally
- Pack, leaving 1/2-inch headspace
- Seal and freeze

Drying

Process: Dehydrator

- Wash, remove seeds, slice into 1 inch wide slices
- Peel rind, cut crosswise into 1/8 inch thick pieces
- Blanch for 1 minute, cool, and drain
- Set dehydrator to 140 degrees F
- Arrange strips in single layer on drying racks
- Dry 10-16 hours



Tips/Tricks:

An average of 16 pounds is needed per canner load of 7 quarts; an average of 10 pounds is needed per canner load of 9 pints.

***Not recommended to can mashed or pureed pumpkin.**

Source: National Center for Home Food Preservation

Canned Cubed Pumpkin

Ingredients

- 16 pounds pumpkin

Directions

1. Wash, remove seeds and cut the flesh into 1 inch cubes.
2. Blanch the pumpkin cubes for 2 minutes.
3. Fill jars with cubes and cooking liquid, leaving 1 inch headspace. 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 90 minutes at 11 pounds or a weighted-gauge pressure canner for 90 minutes at 10 pounds (altitudes above 2,00 feet 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](#)

Drying Pumpkin Seeds

Ingredients

- Pumpkin seedst

Directions

1. Wash the seeds and remove the fibrous pumpkin tissue.
2. Place seeds in a dehydrator for 1 to 2 hours or in an oven on 'warm' or at 140 degrees F for 3 to 4 hours.

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

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