

South Dakota State University Extension

Pumpkin

Summer and Fall

In season:

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



Sips/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

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: <u>extension.sdstate.edu/food/preservation</u>

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.
- 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.
- 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 <u>Altitude Adjustments</u> <u>for Home Canning</u> 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.
- 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

Find more recipes and videos at extension.sdstate.edu

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

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