



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

Squash (Winter)

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
- Select ripe, mature squash
- 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

- Cover with water and boil for 2 minutes
- Fill clean jars with squash 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 squash
- Wash, remove seeds, and cut into cubes
- Boil, bake, or steam until soft
- Remove pulp from rind and mash
- Cool by placing pan containing squash in cold water and stirring occasionally
- Package, leaving ½ inch headspace
- Seal and freeze

Drying

Process: Dehydrator

- Wash, remove seeds, slice into 1 inch wide slices
- Peel rind, cut crosswise into ¼ 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 – an average of 2¼ pounds per quart.

Source: National Center for Home Food Preservation

Canned Cubed Squash

Ingredients

- 16 pounds squash

Directions

1. Wash, remove seeds and cut the flesh into 1 inch cubes.
2. Blanch the squash cubes for 2 minutes.
3. Fill hot 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](#)

Summer Squash Relish

Ingredients

- 4 pounds fresh, firm yellow summer squash
- ½ cup sweet onion, diced
- 2 cups cider vinegar (5%)
- 2 ¼ cups white sugar
- 2 teaspoons celery seed
- 2 teaspoons turmeric
- 4 teaspoons mustard seed

Directions

1. Rinse squash well, remove blossom and stem ends and shred in a food processor. Peel onions and remove root and stem ends. Rinse well and dice, or shred in a food processor.
2. Combine remaining ingredients in a pot and bring to a boil. Carefully add squash and onions. Return combined ingredients to a boil; boil gently for 5 minutes, stirring often.
3. Pack hot vegetables with liquid into hot jars, leaving ½ inch headspace. Make sure liquid covers the top of the food pieces. 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 boiling water bath 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).

Yield: Makes about 5 pint jars

Source: [University of Georgia](#)

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