



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**



In season:



Fall

**Preserve it
to enjoy year
round!**

Sweet Potato

Pressure Canner

1. Prep

- Fill canner with 2 to 3 inches of water and begin to warm
- Select mature, small to medium sweet potatoes
- Wash
- Boil until slightly soft, approximately 15-20 minutes
- Allow to cool, then peel
- Cut pieces into uniform size

2. Pack

- Pack into clean jars
- Cover with fresh boiling water leaving 1 inch headspace
- Remove air bubbles
- Wipe jar rims
- Tighten rings fingertip tight

3. Processing

Fill canner and process

- » Pint: 65 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 medium to large sweet potatoes
- Wash
- Boil, steam or bake until soft
- Allow to cool, then remove peel
- Cut in halves, slice or mash
- May treat with solution to prevent darkening, if desired
 - » Mix 2 tablespoons lemon juice to each quart of mashed sweet potatoes
- Pack leaving ½ inch headspace
- Seal and freeze

Drying

Process: Electric Dehydrator

- Wash and peel
- Cut into ¼ inch strips or ⅛ inch slices
- Blanch for 5-6 minutes, cool, and drain
- Set dehydrator to 140 degrees F
- Arrange strips in single layer on drying racks
- Dry 8-12 hours



Tips/Tricks:

An average of 17 ½ pounds is needed per canner load of 7 quarts;
an average of 11 pounds is needed per canner load of 9 pints.

Source: National Center for Home Food Preservation

Canned Sweet Potatoes

Ingredients

- 11 pounds sweet potatoes (small to medium-sized)

Directions

1. Wash potatoes and boil or steam until partially soft, about 15 to 20 minutes. Remove skins.
2. Cut potatoes, if needed, into uniform sizes. Do NOT mash or puree pieces.
3. Fill hot jars with potatoes pieces, leaving 1 inch headspace. Add ½ teaspoon salt to each jar if desired. Cover pieces with choice of fresh boiling water or syrup, leaving 1 inch headspace.
4. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened, clean paper towel.
5. Secure lids and process in a dial-gauge canner for 65 minutes at 11 pounds or a weighted-gauge pressure canner for 65 minutes at 10 pounds (altitudes above 1,00 feet require an increase PSI, see [Altitude Adjustments for Home Canning](#) on the SDSU Extension website).

Yield: Make about 9 pints

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

Frozen Sweet Potatoes

Ingredients

- Sweet potatoes

Directions

1. Wash and cook potatoes until almost tender in water, in steam, in a pressure cooker or in the oven. Let stand at room temperature until cool. Peel sweet potatoes, cut in halves, slice or mash.
2. To prevent darkening mix 2 tablespoons orange or lemon juice with each quart of mashed potatoes.
3. Pack in containers or bags, leaving ½ inch headspace. Seal and freeze.

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

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