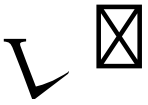


# Canning Low-Acid Foods: Vegetables

*By Julie Cascio*

## Selecting Vegetables



## Vegetable Preparation

1. Wash the vegetables thoroughly under running water.  
2. Peel the vegetables as required.  
3. Cut the vegetables into the required size and shape.  
4. Blanch the vegetables in boiling water for a few minutes.  
5. Drain the vegetables and pat them dry with a clean cloth.

6. Store the prepared vegetables in airtight containers.  
7. Use the prepared vegetables as per the recipe.  
8. Discard any vegetables that show signs of spoilage.

9. Wash your hands thoroughly with soap and water.  
10. Clean the cutting board and knives with hot, soapy water.

11. Store the prepared vegetables in airtight containers.  
12. Use the prepared vegetables as per the recipe.

13. Discard any vegetables that show signs of spoilage.  
14. Wash your hands thoroughly with soap and water.

15. Clean the cutting board and knives with hot, soapy water.  
16. Store the prepared vegetables in airtight containers.

17. Use the prepared vegetables as per the recipe.  
18. Discard any vegetables that show signs of spoilage.

19. Wash your hands thoroughly with soap and water.  
20. Clean the cutting board and knives with hot, soapy water.

21. Store the prepared vegetables in airtight containers.  
22. Use the prepared vegetables as per the recipe.

23. Discard any vegetables that show signs of spoilage.  
24. Wash your hands thoroughly with soap and water.

25. Clean the cutting board and knives with hot, soapy water.  
26. Store the prepared vegetables in airtight containers.

27. Use the prepared vegetables as per the recipe.  
28. Discard any vegetables that show signs of spoilage.



45

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*Recipes based on the Complete Guide to Home Canning, Agriculture Information Bulletin No. 539, USDA, revised 2015.*

## **References**

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