



## *Preserving Foods: Green, Italian or Wax Beans*

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Beans are often a family favorite. To preserve them, select young, tender beans that are free from mold and decay.

It takes about 1½ to 2½ pounds of beans to fill a quart jar. A bushel of beans weighs approximately 30 pounds and yields 12-20 quarts.

Beans may be canned, frozen, dried, and pickled.

### **Canning**

Wash beans and trim ends. Leave whole or cut into 1-inch pieces.

Beans must be processed in a pressure canner at 240°F. (10 pounds pressure with a weighted gauge; 11 pounds with a dial gauge). Ask your county Extension office for pressure adjustments if you live above 1,000 feet.

Use either the hot or raw pack method:

**Hot Pack** - Cover the beans with boiling water and boil for 5 minutes. Pack hot beans loosely in jars. Add salt, if desired (½ teaspoon per pint; 1 teaspoon per quart). Cover with boiling water, leaving 1 inch headspace.

Remove air bubbles by running a plastic spatula or blunt knife between the jar and the food. Wipe rims, adjust lids, and process in a pressure canner. Follow manufacturer's directions for venting and operation.

Process 240°F.: pints for 20 minutes; quarts for 25 minutes.

**Raw Pack** - Pack beans tightly into jars. Add salt, if desired. Cover beans with boiling water, leaving 1 inch headspace.

Remove air bubbles. Wipe rims, adjust lids, and process in a pressure canner.

Process at 240°F: pints for 20 minutes; quarts for 25 minutes.

**For an added margin of safety, boil all home-canned vegetables for at least 10 minutes before tasting.**

## Freezing

Wash and trim ends of beans. Cut or break into suitable pieces or slice lengthwise.

Blanch beans for 3 minutes in boiling water. (Allow 1 gallon of water for each pound of vegetables.) Cool promptly in ice water. Drain and pack in moisture/vapor-resistant freezer containers. Seal and store at 0°F. or below for best quality.

## Drying

Wash and trim ends of beans. Slice diagonally or lengthwise to expose more surface area. Blanch in boiling water for 3-4 minutes or steam-blanch for 4-6 minutes.

Spread beans in thin layer on drying trays. Dry until brittle in the sun or in the oven or dehydrator at 140°F.

Dried beans can be reconstituted and added to soups, stews, or casseroles.

## Pickling

### Pickled Dilled Beans

4 pounds fresh tender green or yellow beans (5-6 inches long)

8-16 heads fresh dill

8 cloves garlic (optional)

½ cup canning or pickling salt

4 cups white vinegar (5% acidity)

4 cups water

1 tsp. hot red-pepper flakes (optional)

**Procedure** - Wash and trim ends from beans, and cut into 4 inch lengths. Sterilize jars. (Place jars right side up in boiling water bath canner. Fill the canner and jars with hot boiling water to 1 inch above tops of jars. Boil 10 minutes at altitudes of less than 1,000 feet). In each sterile pint jar, place 1-2 heads of dill and 1 clove of garlic. Place beans upright in jars, leaving ½ inch headspace. Combine salt, vinegar, water, and pepper flakes. Bring to a boil. Pour hot brine over beans, leaving ½ inch headspace. Adjust lid and process pints 5 minutes in a boiling water canner.

Yield: about 8 pints

For additional information on preserving beans, contact your local county Extension office.

Source: Family Food Education Program