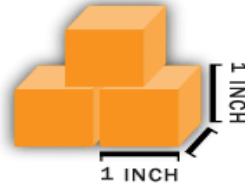
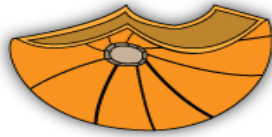


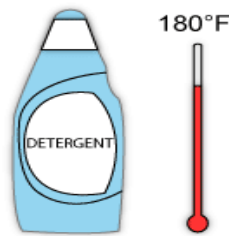
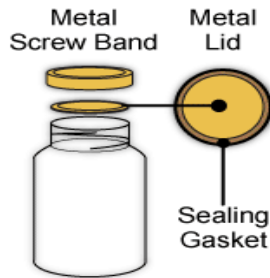
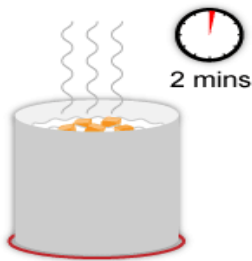
Pressure Canning Pumpkin



1 Pumpkins should have a hard rind and stringless, mature pulp. Small size pumpkins make a better product.

2 Wash and remove seeds, **cut** into inch-wide slices, and **peel**.

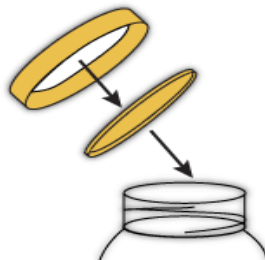
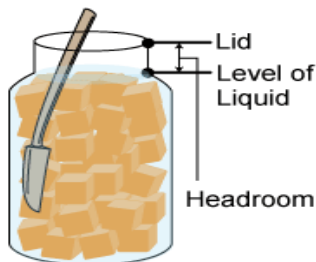
3 Cut flesh into inch-wide **cubes**. USDA doesn't recommend mashing or pureeing them. Processing time for those methods isn't determined for home use.



4 Boil the pumpkin cubes in water for two minutes.

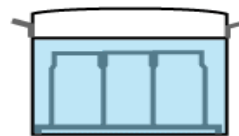
5 Don't use old, dented or deformed **lids**. Make sure the sealing gasket is functioning well.

6 Wash the jars and lids in hot water with detergent before use. Submerge the jars in hot water (180°F), and keep them hot until use.



Pressure Canner

Weighted Gauge	15 lb	Dial Gauge	13 lb
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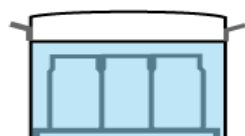


7 Use a flat plastic spatula to **remove air bubbles**. **Adjust** the **headroom** to 1 to 1.25 inches.

8 Clean the jar rim, place the preheated lid and push the gasket down onto it. Then fit the metal screw band over the flat lid.

9 Set process pressure as indicated by elevation. Keep pressure at or slightly above required amount.

pressure – pints 55 min.
quarts 90 min.



10 Start reading time after reaching required pressure. **Wait** for 55 minutes if using pint jars; quart jars need 90 minutes.

11 Cool the jars at room temperature for 12 to 24 hours. **Test** jar seals by pressing the lid or tapping lid with a spoon (listen for a high pitch sound).

12 Remove screw bands. **Label** and **date** the jars and **store** them in a clean, cool (below 95°F), dark and dry place.