

## Montana Extension Service in Agriculture and Home Economics

Montana State College of Agriculture and Mechanic Arts  
and the U. S. Department of Agriculture, Cooperating  
Acts of Congress May 8 and June 30, 1914

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NUMBER 19

APRIL 1, 1917

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### Montana Boys' and Girls' Clubs Garden-Canning Contest

To the Members of the Garden-Canning Contest:

Dear Friends:

This circular is sent to you as a guide in your Garden-Canning Club work. Will you read and study it carefully? My message to you is: Success will come only as you put your best efforts into whatever you undertake. The biggest reward that can come to any boy or girl is the feeling that you have done your best. Turn your failures into success.

Remember that we are working with you and will be equally disappointed if you fail.

Very sincerely yours,

M. J. ABBEY,

State Club Leader.

Bozeman, Montana.

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#### OBJECT

To acquire knowledge and skill in growing a garden, canning the surplus produce, doing something which brings pleasure and profit to the owner. To demonstrate the value of a garden in reducing the cost of living and furnishing a healthful supply of food at all times of the year.

#### REQUIREMENTS

1. Open to any boy or girl between the ages of ten and eighteen years.
2. The size of the garden must be at least two square rods ( $16\frac{1}{2} \times 33$  ft.). For horse cultivation it should be four square rods ( $16\frac{1}{2} \times 66$  ft.). It is hoped that each boy or girl will cultivate a larger garden.

3. Follow the directions given in this circular and other directions which will be sent from time to time.

4. Keep an accurate account of all transactions; estimate your time as worth ten cents per hour; hired help with or without a team at actual cost; the cost of seeds, plants, fertilizers, vegetables, shall be charged at actual cost at the home markets. All vegetables used in the home shall be credited at the price the owner would have paid in the local market—as radishes by the bunch, spinach by the pound.

5. At the close of the season the club member will go over his accounts and make a report showing yield, garden expenses and receipts. This report should be sent to us. This is the only reward that we get for helping you. We will send you report blanks.

6. Prizes will be awarded on the following basis:

(a) Record of garden work as shown by—

1. Garden plan.

2. Story—How I made and used my garden crop.

3. Garden account book.

(b) Quantity and quality of fresh and canned vegetables.

(c) Profit on the garden.

#### ENROLLMENT

If you desire to become a member of the Montana Boys' and Girls' Garden-Canning Club, ask yourself these questions:

(a) Do my father and mother favor the work and will they help me?

(b) Am I willing to follow the directions, complete the work and make my final report?

If these two questions can be answered by "Yes," write us for an enrollment card. This should be signed, giving the other data, and returned to us at once. Most of the boys and girls who receive this circular have already done this. Full membership is not given until the garden has been measured, planted and a report made to us. A report blank will be sent to each member about May 15th. When this report card has been signed and returned to us, you will be a member of the State and National Boys' and Girls' Garden-Canning Club. The State and National government pays the entrance fee by appropriating several thousand dollars each year to assist Montana's boys and girls.

## AWARDS

The greatest reward that can come to any boy or girl is the satisfaction of having achieved something worth while. To have helped in making the problem of living easier in the home is no small reward. The boy or girl in each county who exhibits at the County Fair the best display of fresh vegetables and not less than six or more than ten cans of canned vegetables, together with a complete record of his or her garden, will be entitled to a free trip to the State Fair at Helena. If a County Fair is not held in the County, the County Agent or three disinterested persons, one of whom shall be the County Superintendent of Schools, shall determine, upon the advice of the State Club Leader, the method of judging the garden-canning produce. The person winning the first prize shall bring his or her exhibit to the State Fair. This person shall not, however, be entitled to compete at the State Fair. Persons not winning prizes in the County are urged to exhibit at the State Fair, where a large number of prizes are offered. No person will be permitted to compete who has not signed the registration card and submitted a full report.

## CLUB MEETINGS

The importance of club meetings can scarcely be overestimated. If the Club Leader is the teacher in the local school, one or two periods each week should be devoted to the study of this circular and to the bulletin "The Home Vegetable Garden," which has been sent each club member. Local leaders should make certain that each club member thoroughly understands the fundamental facts of growing a garden. If more than one club is organized in the community, have a joint meeting. Provide music, recitations, invite the parents to be present. If you have a County Agent in the county, ask him to be present and give a talk on garden growing.

## SUPERVISION

The success of club work depends to a great extent upon local supervision during the summer months. At the early part of the season there is always a greater enthusiasm than at cultivation time. Leaders who are not in the community during the summer months should appoint some one to look after the clubs during their absence. Select a person who is interested in club work and is willing to take the responsibility. Parents should be urged to give direction and

assistance during the critical period of a club project. About June 1st is an opportune time to call a club meeting. Later in the summer arrange for a picnic, join with farmers' organizations in their summer outings, arrange with the State Leader to send a representative from the college to give a canning demonstration, serve lunch, have a play time, talk over what each member has done in his club work. Remember that if you have a County Agent to call upon him frequently for assistance. Before the summer vacation, send him the names of your club members. Whenever a member needs encouragement or special help, write us at once.

#### **MOTHER-DAUGHTER AND FATHER-SON RELATION**

Mothers and fathers should thoroughly understand the purpose of club work. They should become so much interested that they will use every effort to encourage and assist their boys and girls. Every boy likes to work with Dad and every girl likes to work with Mother. Let us have their co-operation. To every father and mother who may read this bulletin, this is a direct message to you. We desire to be of more service to your boys and girls, and in this service we need your co-operation. Disappointment must not come to a single boy or girl who takes up this work. It will not come if you will co-operate with us and the people in your community to make garden-canning successful.

#### **THE GARDEN**

Select a sandy loam or clay loam soil as near the house as possible. Be sure that the plot is so located that you will have access to a supply of water. It should also be well drained. Well rotted manure may be applied just before plowing or spading. Chicken, hog, or sheep manure should be used in smaller quantities than stable manure. The soil should be plowed or spaded as deeply as possible and then harrowed or raked until you have a perfect seed bed.

Buy the best seed possible. Select the earliest varieties to insure early maturity. Sow the seeds in perfectly straight rows. As soon as the rows can be seen, the garden should be cultivated to keep down the weeds and to conserve the moisture. Keep the top soil fine and dust-like. Don't let the weeds get a start. Give a little time each day to the care of the garden. There are a variety of crops to be grown. Every garden should have beans, carrots, cabbage, corn, cucumbers, lettuce, radishes, onions, parsnips, pumpkins,

spinach, squash, tomatoes, chard, peas, and beets. One of the big lessons to be learned from the garden is that of thrift. Your big profit will come when you can all the produce not used. Read the directions in this circular and in others which will be sent you on canning your surplus. By the cold-pack process you will be able to successfully can almost everything that grows in your garden.

#### **KEEP A RECORD**

Read No. 4 under "Requirements" in the circular and you will understand what is required in your record. In a small note book keep an accurate record of all your transactions. Select a page for each of the following: Date the Garden was Planted or Spaded; How I Prepared the Soil; Cost of Preparing the Soil; Cost of Seeds and Plants; Hours of Labor; Vegetables Used in Home and Value; Vegetables Sold and Price; Amount of Vegetables Canned and Value; Cost of Canning. At the end of the season you will be able to make your final report and show a net profit. It may encourage you to know that one Montana sixth grade girl made a net profit of \$77.50 on her garden last year. You can do as well.

#### **DIRECTIONS FOR PLANTING DIFFERENT SEEDS**

In general the directions which are given on the seed packages may be followed. Frequently it is advisable to purchase seeds in bulk.

**Beans.** The best varieties are Stringless, Early Mohawk, Early Valentine, Black Wax, Golden Wax, Kidney Wax, Davis White Wax, Extra Early Refuge, and Early Red Valentine. Plant in rows two feet apart, two and a half inches deep, seeds four inches apart.

**Beets.** Select the smaller round or half-round forms. Best varieties are Early Blood Turnip, Edmand, Egyptian Turnip, Bastian and Eclipse. Plant in rows eighteen inches apart, one and one-half inches deep. Scatter the seed rather thickly and thin young plants until they stand two inches apart. Pour warm water on seed and let stand eight hours before planting. Young beets make excellent greens.

**Cabbage.** Start seeds in boxes indoors at least five weeks before the plants are set in the garden. Plant seeds in rows three-fourths of an inch apart, with five seeds to an inch. Cover with one-fourth inch of dirt firmly packed about the seed. Transplant to rows thirty inches apart, with the plants twenty-four inches apart in the rows.

Early Jersey Wakefield, Early Winningstadt and Danish Ballhead are among the best varieties.

**Carrot.** Sow in rows twelve inches apart. Cover with an inch of dirt. Thin plants to three inches apart in the row. The seeds germinate so slowly that it is advisable to mix in a few radish seeds to locate the rows. Weeds will grow long before the carrot plant appears. Danvers, Oxheart, Half-long Scarlet and Long Orange are excellent varieties.

**Swiss Chard.** A form of garden beet in which the midrib of the leaves is cooked and eaten as a pot herb. Sow in rows sixteen inches apart. Often the whole top is used for greens. Grow much the same as beets. Lucullus, a good variety.

**Cucumber.** Plant late in the spring, when the ground is warm and there is no danger of frost. Plant in hills five feet apart each way. Ten to twelve seeds in a hill. Cover with one inch of dirt, pressing the soil firmly about the seeds. If the soil is poor, place manure in each hill. Keep the soil loose about the hills. The striped cucumber beetle is the worst enemy of the cucumber. Of all the remedies suggested Bordeaux Mixture is the most effective. Davis Perfect, a general purpose cucumber.

**Endive.** Used as a salad plant and also for greens. Plant the same as lettuce.

**Kohlrabi.** Sow in rows two feet apart. Same cultivation as is given turnips.

**Lettuce.** Sow in rows sixteen inches apart. Cover with one-half inch of dirt. Sow thickly. Hanson, Tennis Ball, Grand Rapids and Boston Market are good varieties. Matures in five weeks. Crisp lettuce may be had all summer if it is cut off frequently at the top of the ground.

**Onion.** Onions require a rich soil. Use a liberal amount of fertilizers. Sow in rows fourteen inches apart. Sow about twenty-five seeds to the foot and cover with one inch of dirt. Thin the plants to three inches apart. Most of the varieties sold in the local markets will grow well in this climate. Varieties are the White Portugal, Yellow Globe Danvers, Red Wethersfield and Australian Brown.

**Parsley.** Sow early in the season in rows twelve inches apart. A few plants will supply a family. Roots may be taken in the house over winter and cuttings may be made frequently.

**Parsnips.** Sow and cultivate the same as carrots. They may be left in the ground over winter or gathered late in the fall and stored in a cool cellar.

**Peas.** Plant as early in the spring as the soil will admit. Plant in rows eighteen inches apart. One quart of seed is needed to one hundred feet of row. Cover with two inches of soil. Plant at intervals of two weeks. Early and medium varieties are the Advance, Admiral, Yorkshire Hero and Queen.

**Peppers.** Raise the young plants as you raise tomato plants and eggplants. Set plants in rows two feet apart and two feet apart in the row. Long Red Cayenne, Chile and Neapolitan are among the best varieties. For making stuffed pickles, Sweet Mountain and Large Bell are excellent.

**Radish.** Sow in rows twelve inches apart and cover with one-half inch of dirt. Three seeds to an inch in the row. One ounce of seed is sufficient for a row one hundred feet long. Sow every ten days during the season. Either the long or round varieties are suitable, according to the preference of the grower.

**Spinach.** It is used for greens. Quick, rapid growth is desirable. Rows sixteen inches apart. Sow about forty seeds to each foot of row and cover with one inch of dirt. Leaves will be large enough to use at the end of six weeks.

**Squash.** A warm, fertile soil of a sandy nature. Summer squash should be planted in hills about four feet apart. If insects are few, it will be necessary to hand pollinate. This is done by dusting the pollen of the male flower on the stigmas of the female flowers.

**Sweet corn.** Plant in hills three feet each way with five kernels in a hill. Plant as soon as danger of frost is past. Cory is an early variety, maturing in sixty days. Shallow cultivation is necessary to conserve the moisture and not disturb the roots.

**Tomato.** Start plants early in the window box. Sow in rows two inches apart, with about four seeds to an inch. Cover with one-half inch of soil. Give the young plants plenty of light and keep them constantly growing. When the plants are about fifteen inches high they are ready to be transplanted. Set in rows three feet apart each way. Stone, Paragon, Livingston, Favorite and Beauty are early varieties.

## REASONS FOR CANNING VEGETABLES IN THE HOME

1. To enable the family to have vegetables in the diet the year around. Many families lack these foods, especially in the late winter and early spring. The body needs those things which vegetables supply, especially the mineral matter which they contain and which is hard to supply in sufficient quantities and at a low cost unless vegetables are freely used in the diet. Vegetables also contain a good deal of fiber and this gives the bulk which is necessary in our diet. If there were plenty of vegetables in the diet through the whole year fewer people would need a "spring tonic." It is cheaper to can vegetables than to pay doctors' bills.

2. Vegetables help to give the variety which we want in our diet and give it at a low cost. If there is a good supply of home canned vegetables in the cellar, your mother will not so frequently ask in despair, "What shall I have for dinner?" She will also appreciate your store of canned vegetables when unexpected company arrives just before dinner.

3. Canning the vegetables that go to waste in the garden in the summer will mean a real saving in money. Many club members have saved fifty, seventy-five, or a hundred dollars in this way. Isn't this worth while? Probably it will not pay to can vegetables unless you have them in your own garden, but it is certainly poor economy, if you have a garden with more vegetables than you need during the summer, to let those vegetables go to waste and then either go without in the winter or buy commercially canned goods in the winter and spring to replace them.

## TERMS USED IN CANNING WORK

(Definitions of various terms and reasons for different processes taken from U. S. Dept. of Agriculture: Form N. R. 24).

**Scalding:**—To dip fruits or vegetables into boiling hot water.

**Blanching:**—To boil vegetables for a few minutes in water enough to cover. This is most easily done by putting them into a wire basket or a cheesecloth bag and lowering them into the pan of boiling water. Note:—"Blanching" differs from "scalding" in that the vegetables are left in the boiling water for a longer time.

**Cold Dip:**—To quickly chill vegetables after scalding or blanching by immediately dipping them into a pan or kettle of cold water.

## REASONS FOR SCALDING, BLANCHING, AND COLD DIPPING

**Scalding.**—Three important reasons for scalding fruits and vegetables are as follows:

1. To loosen the skins.
2. To eliminate objectionable acids and acrid flavors.
3. To start the flow of the coloring matter, which is later arrested or coagulated by the cold dip.

**Blanching.**—Three reasons for blanching are as follows:

1. To eliminate objectionable acids and acrid flavors.
2. To reduce the bulk of vegetable greens.
3. To make it unnecessary to use the exhaust period and intermittent process.

**Cold dipping.**—Three reasons for using the cold dip in canning are:

1. To harden the pulp under the skin and thus permit the removal of the skin without injury to the pulp.
2. To coagulate the coloring matter and make it harder to dissolve during the sterilization period.
3. To make it easier to handle the products in packing.

## TYPES OF EQUIPMENT USED IN CANNING

1. **Steam Pressure Canners.** These lessen the time required for canning and are splendid where a large amount of food is canned. Directions for using such canners are furnished by the company whenever a canner is purchased.

2. **Water-Seal Outfits.** This outfit consists of three parts so made that when the cover is adjusted the steam cannot escape and so the food is processed under slight pressure.

3. **Aluminum Pressure Cooker.** This is a combination outfit which can be used for general cooking processes as well as for canning work. It is a real labor saving device when used for cooking meats, soups, etc.

4. **Hot-Water Bath Outfit.** These outfits can be purchased in the market or can be made from utensils usually found in the home. This type is the one used in the directions for canning given below.

## METHODS OF CANNING

1. **Open Kettle, or Hot-Pack, Method.** This is the old way

of canning. Food canned by this method is cooked in an open kettle, packed in sterilized cans, and sealed at once.

2. **Cold-Pack Method.** When food is canned by this method, it is first scalded or blanched, then dipped into cold water, packed in the jars, and covered with hot liquid. The rubber is then adjusted, the cover put on lightly, and the jars put into the container and surrounded by water. The container is then covered and the food is processed or sterilized. This is the method which most of the members of the garden-canning clubs will follow.

Note: This is not the "cold-water" method sometimes used with rhubarb and gooseberries.

#### **Utensils Needed for the Cold-Pack Method of Canning**

1. A wash boiler or a kettle with a flat bottom. The boiler or kettle should have a good tight-fitting cover. If the cover does not fit tightly, a strip of cloth may be put around the edge to help prevent the loss of steam.

2. A false bottom for the kettle or boiler. This may be a board with holes bored through it, a rack made of strips of board fastened together with cleats, a rack made of heavy wire with strips of board underneath, or any other arrangement that will raise the cans 1 to 2 inches from the bottom of the boiler or kettle.

3. Cheesecloth, or a wire basket.

4. Pans or kettles for blanching and cold dip.

5. Spoons (table, tea, wooden).

6. Paring knives.

7. Paddle.

8. Measuring cup.

9. Cans or jars.

10. Covers.

11. New rubbers.

Most of this equipment you will find already in the kitchen at home. The paddle and the rack for the boiler or kettle you can make yourself.

#### **Materials Needed for Work**

1. Fresh fruits or vegetables.

2. Water.

3. Salt.

4. Sugar (for fruits and a little for some vegetables).

## GENERAL DIRECTIONS FOR CANNING VEGETABLES

Note: The directions given below will have to be modified slightly for some of the vegetables. Special directions for some of the common vegetables will be sent to the club members later. Others can be obtained from the publications of the U. S. Department of Agriculture.

1. Select perfect fruits or vegetables. They should be ripe, but not over-ripe. They should be perfectly fresh—"an hour from garden to can."

2. Have all utensils ready for use. Before beginning work have the cans and covers clean and fit the covers to the cans, testing by filling the jar with water and inverting to make sure that the covers fit tightly enough so that the cans are perfectly sealed.

3. Grade products, i. e., choose those which are as nearly uniform in size, color, and ripeness as can be secured. One poorly selected piece lowers the quality of the entire can.

4. Wash vegetables and scrape or peel, as you would if preparing them to be used at once on the table.

5. Scald, blanch, or steam. Vegetables like tomatoes we simply scald after washing to make it easier to remove the skins; peas, beans, carrots, etc., we blanch after they are washed and prepared as for the table.

6. Plunge at once into cold water. The vegetables can be most easily handled in blanching and cold-dipping if they are put into a wire basket, a square of cheesecloth, or a thin cloth bag. For soft fruits and vegetables the basket is better; for firmer products the cloth is just as good.

Pack in the jars. The vegetables can be handled more easily if a paddle, made of some flexible wood like bamboo or reed, is used. The jars should be well filled. It is foolish to use time and fuel to sterilize cans which are filled chiefly with water.

7. Fill the jars to overflowing with hot water, adding one level teaspoonful of salt to each quart jar of vegetables.

8. Adjust the rubbers.

9. Put on the covers, tighten them, and then loosen slightly by turning back about one-half an inch. This is to allow a slight amount of steam to escape and avoid breaking the cans. If jars with glass covers and spring clamps are used, adjust the wire over

the cover, but leave the other wire loose. If jars of the "Economy" type are used, put on the clamp only tightly enough to hold the cover in place.

10. Place the rack in boiler or kettle and set jars on rack. Be sure that the jars do not touch each other.

11. Pour warm water into the boiler using enough to completely cover the jars. Three or four cupfuls of salt may be added to this water. This slightly raises the boiling point and is a good idea, especially in the higher altitudes.

12. Put the cover on the boiler or kettle. If the cover does not fit tightly, strips of cloth should be packed around the edge to prevent the escape of the steam.

13. Heat to the boiling point and then continue to boil for the length of time indicated in the table given at the end of the bulletin.

14. After sterilizing for the required length of time, remove the jars from the container and tighten the covers.

15. Invert the jars to cool. Be careful not to let a draft strike the jars while they are hot as they are apt to break.

#### **SOME FAILURES AND THEIR CAUSES**

Note:—From U. S. Department of Agriculture, Washington, D. C.

##### **"FLAT SOUR" OF CORN, PEAS, AND BEANS:**

If corn, peas, beans, and, very often, asparagus are allowed to stand too long before they are canned, a sour taste may develop. Accordingly, they should be canned within two or three hours after picking, to avoid the development of this sour taste, known as "flat sour."

##### **CORN TURNING DARK:**

A dark color in canned corn is due to some of the following causes:

1. Using water that contains too much iron.
2. Using corn that has reached the dough stage.
3. Blanching for too long a period. Three to five minutes is sufficient for white corn.

##### **WATER-LOGGED OR SOAKED CORN:**

When canned corn becomes "water-logged" or "soaked" it is due to such causes as the following:

1. Allowing the product to stand in the cold water too long after the hot dip.

2. Allowing the jars to stand after they have been packed and filled with hot water. The jars should be immediately placed in the sterilizer after being packed.

3. Allowing ear corn to stand in cold water after opening.

4. Heating corn in warm water over a slow fire.

#### BEETS: THEIR LOSS OF COLOR:

The loss of color in canned beets is due to faulty methods of preparation before packing them into the jars. To secure good results an inch of the top and all of the tail should be left on while blanching. Beets should be blanched for five minutes and the skin should be scraped but not peeled. Beets should be packed whole if possible.

#### CLOUDY PEAS:

The condition known as "cloudy" is due to such causes as the following:

1. Cracking the skin of the pea.

2. Blanching for too long a period.

3. Use of water which is too hard or has too much mineral content.

#### SHRINKAGE OF PRODUCT DURING CANNING:

Such shrinkage may be due to one or more of the following:

1. Improper blanching and cold dipping.

2. Careless packing and using variety of sizes.

3. Sterilizing for too long a period.

4. Lack of sizing whole products for the container.

#### SHRINKAGE OF GREENS:

Shrinkage of greens or pot herbs during the canning process is usually due to insufficient blanching. The proper way to blanch all greens or pot herbs is in a steamer or in a vessel improvised to do the blanching in live steam above the water line. If this is not done, much of the mineral salts and volatile oil contents will be extracted by the water and lost.

#### LOSS OF LIQUID DURING CANNING:

A loss of liquid in canning with a hot-water-bath outfit may be caused by one or more of the following:

1. Not having the water in the sterilizing vat cover the tops of the jars by at least one inch.

2. Not providing a suitable platform to hold the jars off the bottom of the sterilizing vat, permitting circulation of water under as well as around the jars.

3. Not tightening the cover sufficiently.

#### MOULD ON CANNED PRODUCTS:

Mould may result from one or more of the following:

1. Leaky rubbers or defective joints.

2. Removing tops from jars at the end of the sterilizing period and substituting new rubbers, without returning the jars to the canning outfit for at least a few minutes.

#### OPERATION OF HOT-WATER-BATH OUTFIT:

These four rules will help in the operation of the hot-water-bath canning outfit:

1. Support the jars off the bottom sufficiently to permit the circulation of water under and around the jars.

2. Have the water cover the tops of the jars by at least one inch. The heat and pressure must be equal on all parts of the jars.

3. Count time as soon as the water begins to bubble or "jump" over the entire surface, and keep the water "jumping."

4. Remove jars from the water and tighten the covers as soon as the time is up.

Loss of liquid is due to too loose a joint or not enough water in canner.

#### BREAKAGE OF JARS:

When breakage of jars occurs it is due to such causes as the following:

1. Overpacking jars. Corn, pumpkin, and sweet potatoes swell or expand in processing. Do not quite fill jars with these products.

2. Placing cold jars in hot water or vice versa. As soon as jars are filled with hot sirup or hot water place immediately in the canner.

3. Having wire bail of glass top jars too tight.

4. In steam canner, having too much water in canner. The water should not come above the tray.

5. Cold draft striking the jars when they are removed from the canner.

6. Wire spring too tight, thus breaking the jar when contents expand.

#### RUBBERS:

A good rubber ring will stand considerable pulling and jerking and will return to the original shape. A good rubber will also stand several hours of boiling in a hot-water outfit without being affected.

#### TESTS FOR JARS:

The following tests for screw-top jars are valuable:

1. Place top on jar without the rubber. If the thumb nail can be inserted between top and glass, the top is usually defective.

2. Place rubber and cap in position and screw down tightly. Pull rubber from position; release. If the rubber returns to position, the top is defective.

#### GLASS-TOP JARS:

1. Place glass top on jar without rubber. Tap finger around the outer edge of top. If the top rocks, it is defective.

2. Wire bail passed over the top of cover should go in with a snap, even when tightening lever or clamp spring is up. If it does not, remove bail from tightening lever and bend to make tight. This tightening of bail should be done every year.

#### TIME FOR STERILIZING VARIOUS VEGETABLES

The time is counted from the time the water begins to bubble vigorously, or "jump," over the entire surface. It must be kept bubbling hard during the entire period given in the table. For altitudes more than 4,000 feet, add 20-25 per cent to the time given in the table.

| Vegetable         | Time to scald or<br>blanch (minutes) | Time to sterilize<br>(minutes) |
|-------------------|--------------------------------------|--------------------------------|
| Asparagus .....   | 5-8                                  | 90                             |
| Beans .....       | 5-10                                 | 150                            |
| Beets .....       | 5-7                                  | 100                            |
| Carrots .....     | 5-6                                  | 100                            |
| Cauliflower ..... | 3-5                                  | 60-90                          |
| Corn .....        | 5-15                                 | 180-240                        |
| Greens .....      | 15-20                                | 150                            |
| Peas .....        | 3-10                                 | 150                            |
| Peppers .....     | 10-15                                | 100                            |
| Tomatoes .....    | 1-3                                  | 30                             |