FREEZING OR CANNING GREEN BEANS

Fresh Green Beans are a summer garden favorite. But what do you do when your garden is running over with them? Here are two ways to preserve green beans so you can enjoy the flavor next winter.

You will want to start with the freshest green beans possible. While green beans are available year-round at supermarkets, they are at their absolute best May through October. Look for beans that are green (without any yellow or brown parts), free of blemishes, and firm (not limp, shriveled, or lumpy). Purchase about 2 lb. of green beans for 1 quart of frozen product or canned product. If buying large quantities at the farm market, a bushel weighs about 30lb and will make about 12–20-quart jars depending on the size of the product.

INGREDIENTS AND EQUIPMENT

- *8 pounds green beans*
- *1 tsp salt per gallon*
- *6 qt pot or Dutch oven*
- *Knife or cutting board*
- *Tongs*
- *Colander*
- *Sink or tub for ice bath*
- *Sheet Pans*
- *Parchment paper*
- *Quart Containers or bags for freezing*



1. Bring a large 6-quart stockpot of water to a boil over high heat. Add salt.
2. While water comes to a boil, prepare ice bath in tub or sink.
3. To prepare green beans for blanching, trim the ends off, pull any strings and snap into 1–2-inch pieces
4. Working in small batches, place prepared beans into boiling water, once pot has reached a rolling boil, set timer for 4 minutes.
5. Using tongs, remove green beans from the boiling water and place in ice bath to stop cooking process Set timer for 4 minutes, start next batch of beans into boiling water
6. Once green beans are removed from ice bath, place into large colander placed over bowl. Drain off excess water. Proceed to either freezing or canning directions.

FREEZING

1. Line sheet pans with parchment paper. Spread blanched and cooled beans in single layer on the parchment paper and freeze for 1-2 hours, or until mostly frozen.
2. Prepare bags by labeling product and date, turn top edge of bag to outside while filling to keep edges clean
3. Fill bags about ¾ of the way full. Seal bags pressing out as much air as possible. Store bags flat in freezer
4. Frozen green beans will last 3-6 months in refrigerator freezer and 6-12 months in chest or upright freezer.



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CANNING STEP-BY-STEP

CANNING SUPPLIES (THESE ITEMS CAN BE PURCHASED SEPARATELY OR IN A KIT)

- *A pressure canner: a large pot that will be filled with boiling water-that jars will be placed in*
- *Jar rack: holds the cans in place in the water bath canner*
- *Jar Lifter: used to place the jars into the boiling water or lift the jars out safely*
- *Funnel: keeps the jar rim clean when you pour product into the jar*
- *Tool for measuring headspace and removing bubbles. One end of this tool helps release bubbles in the jars and the other end measures the headspace between the rim and jar contents*
- *Magnetic lid lifter often comes with canning kits; however, it is not an essential tool*
- *Canning jars with clean, rust-free lids and rims. Rims can be washed and re-used, but lids cannot.*
- *Large bowls*
- *Kitchen towels*

Step 1: Green beans are a low-acid vegetable and can only be canned safely in a pressure canner. Do not try to water bath green beans!

Step 2: Choose firm fresh green beans. You will need 2 lb. of green beans to equal 1 quart of canned green beans or 30lb (one bushel) for 20 quarts.

Step 3: Follow steps 1-6 (under the freezing guide) to prepare green beans for canning.

Step 4: Wash your jars, lids and bands and canning tools in hot soapy water, rinse and drain on clean towels.

Step 5: Place the pressure canner on the stove, add rack and add water per manufacturer's instructions.

Step 6: Place jars on the rack and fill halfway with water. Bring pan to a simmer 180 degrees for 10 minutes. Keep hot until you are ready to fill them. Bring separate pot of water to a boil. This water will be used to fill your jars after packing with green beans.

Step 7: Using a canning funnel, pack the green beans into the jars leaving about ½ inch of head room. Fill with water to ¼ inch from the top and add 1tsp canning salt per quart jar.

Step 8: Remove air bubbles Insert the flat end of the measuring tool down the side of each jar. Move it in towards the center of the jar. This will remove any air bubbles that might have formed.

Step 9: Clean the jar rims with a damp paper towel or cloth. Place a lid on top of the jars. Place and tighten the rim just until you feel resistance.

Step 10: Place jars in canner rack, close and lock lid.

Step 11: Process according to canner instructions. Date mark the lids before storage.





