

COOKING OR STERILIZING VEGETABLES

1. Remove the sterilized jars from hot water and pack with vegetables.
2. Add to each quart jar one level teaspoon salt and fill with boiling water.
3. Cover, but do not screw or clamp down (see Fig. 2, left-hand jar).
4. Put into the boiler in water about the same heat as jars.
5. Bring water to boiling point and boil gently for that period of time given in time-tables below.

6. *Time-table of boiling for cold pack method.*

String beans	90 minutes.
Asparagus and other greens.....	60 “
Corn.....	180 “
Green peas	40 “
Beets and carrots.....	60 “
Tomatoes.....	20 “

7. *Time-table of boiling for intermittent method.*

String beans.....	30 minutes on three successive days.
Asparagus and other greens.....	as beans.
Corn.....	as beans.
Peas.....	30 minutes on two successive days.
Tomatoes.....	20 minutes on two successive days.

8. Allow the jars to stand in the covered boiler for ten minutes, then screw or clamp down covers.

9. Finish the same as fruit.