

After the canner is depressurized, remove weight from the vent port/open the petcock. Wait **10 minutes**. Lift lid away from you.

Use a jar lifter, remove jars straight up and out of canner. Place on a towel or rack undisturbed 12-24 hours.

Remove screw bands. Place any unsealed jars in the refrigerator and use quickly. Wipe down sealed jars with sudsy water to remove any residue. Label jars, with product name and date. Best if used in 1 year.



# N EXTENSION

More information on food preservation from Nebraska Extension on the web:

<https://food.unl.edu/food-preservation>



## Selecting, Preparing and Canning Carrots

There are two types of pressure canners: dial gauge and weighted gauge.

**Table 1.** Recommended process time for **Carrots** in a **Dial Gauge Pressure Canner**.

			Canner Gauge Pressure (PSI) at Elevation			
Style of Pack	Jar Size	Process Time	0 - 2,000 ft	2,001 - 4,000 ft	4,001 - 6,000 ft	6,001 - 8,000 ft
Hot and Raw	Pints	25 min	11 lb	12 lb	13 lb	14 lb
	Quarts	30 min	11 lb	12 lb	13 lb	14 lb

**Table 2.** Recommended process time for **Carrots** in a **Weighted Gauge Pressure Canner**.

			Canner Gauge Pressure (PSI) at Elevation	
Style of Pack	Jar Size	Process Time	0 - 1,000 ft	Above 1,000 ft
Hot and Raw	Pints	25 min	10 lb	15 lb
	Quarts	30 min	10 lb	15 lb

Source: National Center for Home Food Preservation  
[https://nchfp.uga.edu/how/can4\\_vegetable.html](https://nchfp.uga.edu/how/can4_vegetable.html)

2022 B. Aufdenkamp

# Home Canned Carrots

All steps in preparing, cooking and canning foods need to be followed.

When canning low acid foods, temperatures of 240° F or above *MUST* be reached and maintained during the entire process time.

*C. botulinum* forms spores. Spores require high temperatures for destruction.

## Selecting Carrots

Select small carrots, preferably 1 to 1 1/2 inches in diameter. Larger carrots are often too fibrous.

Keep the size of your carrots consistent for a more uniform canned product.

**Use a tested recipe and keep the proportions the same!**

Please read **Using a Pressure Canner** before beginning. If this is your first time canning, it is recommended that you read **Principles of Home Canning**. Both are available at the National Center for Home Food Preservation web site.  
<http://nchfp.uga.edu>



The University of Nebraska does not discriminate based upon any protected status. Please see [go.unl.edu/nondiscrimination](http://go.unl.edu/nondiscrimination).

**Before starting, wash your hands for 20 seconds with soap and warm water. Also, have clean counters, sinks, equipment, and utensils.**

**Quantity:** Average of 11 pounds carrots needed per canner of 9 pints.

## Select a Canning Method

### Hot Pack

- Fresh produce is heated to a boil and simmered 5 minutes.
- Remove from heat and pack produce into clean jars.
- Additional hot liquid (180°F) is needed.
- Less floating of food, as boiling allowed air to leave produce cells.
- Preferred method for most foods.
- Fewer jars are needed.
- Better color and flavor retention.
- Easier to pack, food is pliable.

### Raw Pack

- Raw unheated produce is tightly packed in jars.
- Best method for foods that lose shape when cooked.
- Liquid should be heated (140°F) prior to filling jars.
- Pack food firmly without crushing.
- Allows food to float, because of trapped air in produce cells.
- Can result in more discoloration of produce.

---

Canning salt is added for flavor and can be eliminated all together. If desired, add 1/2 teaspoon canning salt to each pint jar.

---

**Preparing Carrots:** Wash, peel, and cut carrots to desired size, making sure carrot pieces are uniform in size. Re-rinse.

A canning rack should be placed in bottom of canner with 2 to 3 inches of water.

**Procedure:** Choose hot pack or raw pack method. If, hot pack, heat carrots to a boil and simmer for 5 minutes. With the pressure canner centered and level on the stove, begin to heat the water. The water in the canner should reach 180°F for hot pack and 140°F for raw pack before placing the jars in the canner.

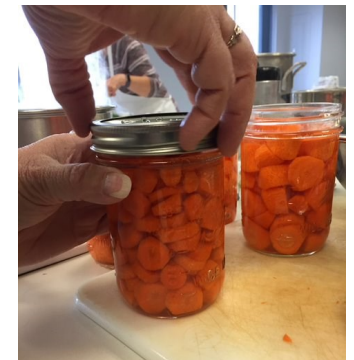


Once carrots are packed in jars, ladle hot cooking liquid or heated water (180°F for hot pack, 140°F for raw pack) into jar, leaving 1 inch headspace. Using a canning funnel makes this process easier. Remove air bubbles. Check for correct headspace. Wipe rims of jars with a dampened clean paper towel.

Center lid on the mouth of the jar and adjust screw band to finger tight only. Using

a jar lifter, place filled jar on the rack in the canner, careful not to tip. Repeat until all jars are filled.

Close the canner lid securely. Leave canner weight off the vent port or open petcock. Heat at the highest setting until steam flows from the petcock/ vent port. Maintain high heat setting allowing steam to exhaust for **10 minutes**.



Place weight on vent port/close petcock. The canner may take 3 to 5 minutes to pressurize.

Start timing the process when the pressure reading on the dial gauge indicates the recommended weight or when the weighted gauge begins to jiggle/rock. Regulate heat under the canner to maintain a steady pressure slightly above the correct gauge pressure.

When the timed process is complete, turn off the heat. Remove canner from heat and let canner depressurize. Do NOT force the canner to cool.