



Does this look familiar?

Having trouble getting your kids to eat zucchini? Here is a great way to get them to eat it and they won't even know it! Plus, this is a fun and different approach to preserving that abundant veggie.

If you enjoy baking, there are a million different ways to use this product. You can use it anywhere you use crushed or chunked pineapple.

## Zucchini-Pineapple

- 4 qts cubed or shredded zucchini
- 46 oz canned unsweetened pineapple juice
- 1½ cups bottled lemon juice
- 3 cups sugar

**Yield:** About 8 to 9 pints.



**Procedure:** Peel zucchini and either cut into ½-inch cubes or shred. Mix zucchini with other ingredients in a large saucepan and bring to a boil. Simmer 20 minutes. Fill jars with hot mixture and cooking liquid, leaving ½-inch headspace. Adjust lids and process. See [Table 1](#) for recommended process time for using a boiling-water canner.

<b>Table 1.</b> Recommended process time for <b>Zucchini-Pineapple</b> in a boiling-water canner.				
		<b>Process Time at Altitudes of</b>		
<b>Style of Pack</b>	<b>Jar Size</b>	<b>0 - 1,000 ft</b>	<b>1,001 - 6,000 ft</b>	<b>Above 6,000 ft</b>
Hot	Half-pints or Pints	<b>15 min</b>	20	25

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This document was adapted from the "Complete Guide to Home Canning," Agriculture Information Bulletin No. 539, USDA, revised 2009.