



# Canning Pumpkin

**Only pressure canning methods are recommended for canning cubed pumpkin.** We have no properly researched directions to recommend for canning mashed or pureed pumpkin or winter squash, or pumpkin butter. To be safe, all low acid foods, including pumpkin, must be canned using tested pressure canning processes. Older methods, such as boiling water canning for vegetables, oven canning and open-kettle canning, have been discredited and can be hazardous. *(from National Center for Home Food Preservation webpage Home Preserving Pumpkins)*

## Pumpkin - Cubed

*from "Complete Guide to Home Canning", Agriculture Information Bulletin No. 539, USDA, revised 2015*

**Quantity:** An average of 16 pounds is needed per canner load of 7 quarts; an average of 10 pounds is needed per canner load of 9 pints – an average of 2¼ pounds per quart.

**Quality:** Pumpkins should have a hard rind and stringless, mature pulp of ideal quality for cooking fresh. Small size pumpkins (sugar or pie varieties) make better products.

**Procedure:** Wash, remove seeds, cut into 1-inch-wide slices, and peel. Cut flesh into 1-inch cubes. Boil 2 minutes in water. **Caution: Do not mash or puree.** Fill jars with cubes and cooking liquid, leaving 1-inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with dampened clean paper towel. Adjust lids and process.

For making pies, drain jars and strain or sieve cubes at preparation time.

Recommended process time for **Pumpkin** in a **dial-gauge pressure canner**.

Style of Pack	Jar Size	Process Time	Canner Pressure (PSI) at Altitudes of			
			0 - 2,000 ft	2,001 - 4,000 ft	4,001 - 6,000 ft	6,001 - 8,000 ft
Hot	Pints	55 min	11 lb	12 lb	13 lb	14 lb
	Quarts	90 min	11 lb	12 lb	13 lb	14 lb

Recommended process time for **Pumpkin** in a **weighted-gauge pressure canner**.

Style of Pack	Jar Size	Process Time	Canner Pressure (PSI) at Altitudes of	
			0 - 1,000 ft	Above 1,000 ft
Hot	Pints	55 min	10 lb	15 lb
	Quarts	90 min	10 lb	15 lb

### Recommendations

- **Review** "Using Pressure Canners" from the USDA "Complete Guide to Home Canning" **before you begin.**
- **Read** chapter 1, Principles of Home Canning of the USDA "Complete Guide to Home Canning" **if this is your first time canning.**

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