

Let's Preserve Peppers

Types of peppers and products

Regular. Made with bell, pimiento, chiles, or jalapeno peppers.
Sweet pickled. Made with banana, bell, hungarian, and pimiento peppers.
Hot pickled. Made with chiles and jalapeno peppers.
Marinated. Normally made with sweet red, yellow, and green peppers.
Pickled pepper relish. Normally made with sweet red, yellow, and green peppers.

Quality

Select firm yellow, green, or red peppers free of disease and insect damage.

Quantity

An average of 9 pounds is needed per canner load of 9 pints. A bushel weighs 25 pounds and yields 20 to 30 pints, an average of 1 pound per pint.

Handling and preparation

Select your favorite pepper(s). Caution: If you choose hot peppers, wear plastic gloves while handling them, or wash hands thoroughly with soap and water before touching your face. Small peppers may be left whole. Wash and quarter large peppers. Remove cores and seeds. Slash two or four slits in each pepper, and place in a hot oven (400°F) or broiler for 6 to 8 minutes until skins blister. Cool peppers in water and slip off skins. Flatten small whole peppers.
 Wash jars. Prepare lids according to the manufacturer's instructions. Place products into jars. Wipe sealing edge of jars with a clean, damp paper towel. Add lids and tighten screw bands. Process jars in a pressure or boiling water canner.

Canning procedures

To process in a pressure canner, place jar rack, 2 inches of water, and sealed jars in the canner. Fasten lid, and heat canner on high setting. After steam exhausts for 10 minutes, add weighted gauge or close petcock to pressurize the canner. Start timing the process when the desired pressure is reached. Regulate heat to maintain a uniform pressure, and process jars for the length of time specified in Table 1.

Process times

Table 1. Recommended hotpack processing time in a pressure canner

Product	Jar size	Time (min)	Dial gauge scanner		Weighted gauge canner	
			Canner gauge pressure at altitudes of			
			0–2000 ft (lbs)	2001–4000 ft (lbs)	1–1000 ft (lbs)	Above 1000 ft (lbs)
Standard peppers	Half-pints	35	11	12	10	15

When processing is completed, remove canner from heat. Air cool canner until it is fully depressurized. Slowly remove weighted gauge or open petcock. Wait two more minutes, unfasten, and carefully remove canner lid. Remove jars from canner with a jar lifter and place on a towel or rack. Do not retighten screw bands. Air-cool jars 12 to 24 hours. Remove screw bands and check lid seals. If the center of the lid is indented, wash, dry, label, and store the jar in a clean, cool, dark place. If the lid is unsealed, examine and replace jar if defective; use a new lid and reprocess as before. Wash screw bands and store separately. Products are best if eaten within a year and safe as long as lids remain vacuum sealed.

To process in a boiling water canner, preheat canner filled halfway with water to 180°F for hot packs or 140°F for raw packs. Load sealed jars onto the canner rack and lower rack with handles; or load one jar at a time with a jar lifter onto rack in canner. Add water, if needed, to a level of 1 inch above jars and add canner cover. When water boils vigorously, lower heat to maintain a gentle boil and process sealed jars as prescribed in Table 2.

Table 2. Recommended processing times for peppers in a boiling water canner

Product	Style of pack	Jar size	Processing time at an altitude of	
			0–1000 ft (in minutes)	1001–3000 ft (in minutes)
Pickled sweet	Hot	Half-pints or pints	5	10
Pickled hot	Raw	Half-pints or pints	10	15
Marinated	Hot	Half-pints	15	20
		Pints	20	25
Pickled pepper-onion relish	Hot	Half-pints or pints	5	10
Pickled corn-pepper relish	Hot	Half-pints or pints	15	20
Piccalilli	Hot	Half-pints or pints	5	10

Standard peppers

Fill jars loosely with peeled, cored, or flattened sweet or hot peppers. Add 1/2 teaspoon of salt to each pint, if desired. Add hot water, leaving 1-inch headspace. Adjust lids and process the product for the length of time specified in Table 1.

Pickled peppers

7 lbs firm bell peppers
 3-1/2 cups sugar
 3 cups vinegar (5%)
 3 cups water
 9 cloves garlic
 4-1/2 tsp canning or pickling salt
Yield: About 9 pints

Procedure. Select and wash your favorite sweet peppers, cut into quarters, remove cores and seeds, and cut away any blemishes. Slice peppers in strips. Boil vinegar, water, and sugar for 1 minute. Add peppers and bring to a boil. Place 1/2 clove of garlic and 1/4 teaspoon salt in each sterile half-pint jar (double the amounts for pint jars). Add pepper strips and cover with hot vinegar mixture, leaving 1/2-inch headspace. Adjust lids and process jars as prescribed in Table 2.

Pickled hot peppers

4 lbs hot, long red, green, or yellow peppers
3 lbs sweet red and green peppers, mixed
5 cups vinegar (5%)
1 cup water
4 tsp canning or pickling salt
2 tbsp sugar
2 cloves garlic

Yield: About 9 pints

Procedure. Wash peppers. Peel as described under “Handling and Preparation.” If small peppers are left whole, slash 2 or 4 slits in each. Quarter large peppers. Flatten small peppers. Fill jars, leaving 1/2-inch headspace. Combine and heat other ingredients in boiling water and simmer 10 minutes. Remove garlic. Add pickling solution over peppers, leaving 1/2-inch headspace. Adjust lids and process jars as prescribed in Table 2.

Marinated peppers

4 lbs firm peppers
1 cup bottled lemon juice
2 cups white vinegar (5%)
1 tbsp oregano leaves
1 cup olive or salad oil
1/2 cup onions, chopped
2 cloves garlic, quartered (optional)
2 tbsp prepared horseradish (optional)

Yield: About 9 half-pints

Procedure. Select your favorite sweet or hot peppers. Peel peppers as described under “Handling and Preparation.” Mix all remaining ingredients in a saucepan and heat to boiling. Place 1/4 garlic clove (optional) and 1/4 teaspoon of salt in each half-pint (1/2 teaspoon per pint). Fill jars with peppers; add hot, well-mixed oil/pickling solution over peppers, leaving 1/2-inch headspace. Adjust lids and process jars as prescribed in Table 2.

Pickled pepper-onion relish

6 cups onions, finely chopped
3 cups sweet red peppers, finely chopped
3 cups green peppers, finely chopped
1-1/2 cups sugar
6 cups vinegar (5%), preferably white distilled
2 tbsp canning or pickling salt

Yield: 9 half-pints

Procedure. Wash and chop vegetables. Combine all ingredients and boil gently until mixture thickens and volume is reduced by one-half (about 30 minutes). Fill sterile jars with hot relish, leaving 1/2-inch headspace and seal tightly. Store in refrigerator and use within one month. Caution: If extended storage is desired, jars must be processed immediately after filling, as prescribed in Table 2.

Pickled corn-pepper relish

- 10 cups fresh whole kernel corn (16 to 20 medium-size ears) or six 10-ounce packages of frozen corn
- 2-1/2 cups sweet red peppers, diced
- 2-1/2 cups sweet green peppers, diced
- 2-1/2 cups celery, chopped
- 1-1/4 cups small onions, diced
- 1-3/4 cups sugar
- 5 cups vinegar (5%)
- 2-1/2 tbsp canning or pickling salt
- 2-1/2 tsp celery seed
- 2-1/2 tbsp dry mustard
- 1-1/4 tsp turmeric

Yield: About 9 pints

Procedure. Boil ears of corn 5 minutes. Dip in cold water. Cut whole kernels from cob or use six 10-ounce packages of frozen corn. Combine peppers, celery, onions, sugar, vinegar, salt, and celery seed in a saucepan. Bring to boil and simmer 5 minutes, stirring occasionally. Mix mustard and turmeric in 1/2 cup of the simmered mixture. Add this mixture and corn to the hot mixture. Simmer another 5 minutes. If desired, thicken mixture with flour paste (1/4 cup flour blended in 1/4 cup water) and stir frequently. Fill jars with hot mixture, leaving 1/2-inch headspace. Adjust lids and process jars as prescribed in Table 2.

Nutritional information

Average content of a 1/2 cup serving (4 to 4.4 oz) of peppers

	Raw	Raw	Cooked	Canned	Canned
	Green sweet (diced)	Red sweet (diced)	Green sweet (diced)	Green chile (sauce)	Red chile (sauce)
Calories	17	23	15	25	25
Carbohydrates (g)	3.5	5	3	6	5
Fats (g)	0.2	0.3	0.2	0.7	0.7
Protein (g)	0.5	1.0	0.8	0.8	1.0
Sodium (mg)	10	--	7	--	--
Vitamin A*	6	60	6	15	230
Vitamin C*	160	250	130	130	60
Thiamine	4	4	2	2	--
Riboflavin	2	2	--	2	6
Niacin	2	2	--	8	2

*Expressed as percent of U.S. Recommended Daily Allowances (US RDA). Peppers are an insignificant source of other vitamins.

Let's Preserve Peppers

developed by

**the Cooperative Extension Service of
the Pennsylvania State University with
special project funds from Extension Service,
United States Department of Agriculture**

Issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, University of Maryland, College Park, and local governments. Bruce L. Gardner, Interim Director of Maryland Cooperative Extension, University of Maryland.

The University of Maryland is equal opportunity. The University's policies, programs, and activities are in conformance with pertinent Federal and State laws and regulations on nondiscrimination regarding race, color, religion, age, national origin, gender, sexual orientation, marital or parental status, or disability. Inquiries regarding compliance with Title VI of the Civil Rights Act of 1964, as amended; Title IX of the Educational Amendments; Section 504 of the Rehabilitation Act of 1973; and the Americans With Disabilities Act of 1990; or related legal requirements should be directed to the Director of Human Resources Management, Office of the Dean, College of Agriculture and Natural Resources, Symons Hall, College Park, MD 20742.