

Let's Preserve Snap Beans

Recommended varieties	<i>Green:</i> Blue Lake, Tendercrop, Tenderette (round podded), and Roma (flat podded) are excellent. <i>Wax:</i> Midas, Gold Crop, Butterwax, and Bonanza Wax are good varieties.
Quantity	An average of 14 pounds is needed per canner load of 7 quarts; an average of 9 pounds is needed per canner load of 9 pints. A bushel weighs 30 pounds and yields 12 to 20 quarts. An average of 3/4 pound makes 1 pint of frozen beans.
Quality	Select filled but tender, crisp pods. Remove and discard diseased and rusty pods.
Preparation	Wash beans, snip off and discard ends, and remove strings, if appropriate. Leave whole or cut or snap into 1-inch pieces. Wash and drain prepared pieces.
Freezing procedure	Don't freeze more than 2 pounds of food per cubic foot of freezer capacity per day. Blanch 6 cups of raw prepared beans at a time. Place each batch in 1 gallon of boiling water. Blanch small pieces 2 minutes and large pieces 3 minutes after the water returns to a boil. Cool quickly in several changes of cold water and drain in a colander. Fill pint- or quart-size freezer bags to a level of 3 to 4 inches from the top. Squeeze out air, leave 1-inch headspace, label, and freeze. Before freezing, bags may be inserted into reusable rigid plastic freezer containers for added protection against punctures and freezer burn.

Canning procedure

Wash jars. Prepare lids according to manufacturer’s instruction. If desired, add one teaspoon of canning or pickling salt per quart. For raw packs, fill jars tightly with prepared beans, leaving 1-inch headspace. Add boiling water over beans, leaving 1-inch of headspace. For hot packs, cover prepared beans in a large pot with boiling water and boil 5 minutes. Fill jars with beans and the cooking liquid, leaving 1-inch of headspace. Wipe the sealing surface of jars with a clean, damp paper towel. Add lids, tighten screw bands, and process in a pressure canner.

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

Process times

Recommended hotpack process times in a pressure canner at different altitudes

Jar size	Process time (min)	Dial gauge canner		Weighted gauge canner	
		Canner gauge pressure at altitudes of			
		0–2000 ft (in lbs)	2001–4000 ft (in lbs)	0–1000 ft (in lbs)	Above 1000 ft (in lbs)
Pints	20	11	12	10	15
Quarts	25	11	12	10	15

Regulate heat to maintain a uniform pressure. When the processing is complete, remove canner from heat. Air-cool canner until it is fully depressurized. Then slowly remove weighted gauge or open petcock, wait 2 more minutes, and unfasten and carefully remove canner lid.

After processing is completed, 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 in a clean, cool, dark place. If the lid is unsealed, examine and replace jar if defective; use new lid and reprocess as before. Wash bands and store separately. Beans are best if consumed within a year and safe as long as lids remain vacuum sealed.

Nutritional information

Average nutrient content of a 1/2 cup serving (4 to 4.4 oz) of green beans

	Cooked		Canned	
	Raw	Boiled, drained	Solids, liquids	Drained solids
Calories	17	22	66	13
Carbohydrates (g)	3	4	4	3
Fats (g)	0.06	0.1	0.1	0.07
Protein (g)	1	1.1	1	0.7
Sodium (mg)	3	2	3	3
Vitamin A*	6	8	6	4
Vitamin C*	10	10	6	4

*% U.S. Recommended Daily Allowances (US RDA). Green and wax beans are an insignificant source of other vitamins.

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