CANNED VEGETABLES

Asparagus

Wash the asparagus, and if there is sand under the scales, scrape them off. Cut the stalks the length of a quart jar, or in inch pieces, as preferred. Steam ten minutes and plunge at once into cold water for a moment. Fill the jars as full as possible, add one teaspoonful of salt and fill with water. It may be necessary to work down the sides of the jar with a silver knife blade to release the bubbles. Put on rubber ring and half seal. Process one hour.

If the jars are to go in the boiler at once they may be filled with hot water and the water in the boiler may then be hot. This saves time because the water begins to boil sooner. If there are many jars to do and they must stand about in the air they must be filled with cold water, and the water in the boiler must be cold when the jars are put in.
Letting vegetables stand partly warm for a time after they are in the jar develops a disagreeable taste known as "flat sour," and although they may not look spoiled, they will not be fit to eat.

Seal each jar air-tight as soon as it is taken from the boiler.

Beets

Boil beets till tender, then scrape off the skin. If the beets are small put into the jars whole; if large, slice them. Fill jars with water or with a mixture of one part vinegar to four parts water, add one teaspoonful of salt to each quart jar; half seal and process one hour. Take from the boiler and seal air-tight.

Brussels Sprouts

Follow the rule for spinach, only process one and a half hours.

Carrots

Scald young, small carrots in boiling water for ten minutes, then plunge into cold
water. Remove the skins and pack in jars, either whole or sliced, then add a teaspoonful of salt to each quart jar and fill with water. Process one hour.

Use this same recipe for kohl-rabi.

Cauliflower

Break into flowerets and parboil in boiling water five minutes; plunge into cold water. Pack in jars, add one teaspoonful of salt to each quart, fill jars with water and half seal. Process one hour.

Corn

The old method of canning corn, peas and lima beans was to process them for an hour on three successive days, sealing the cans each time they were taken from the boiler and loosening them again each time they were processed. This, besides being a great deal of work, impaired the flavor, and a simpler method is better.

Corn is the most difficult vegetable to can and all directions must be followed care-
fully. It must be just the right age, between the milk and the dough, that is when it is full of milk but has not begun to harden, and it must be canned within a few hours of picking.

Husk, and remove the silk with a stiff brush. Steam it on the cob for five minutes and then plunge into cold water. Cut the kernels off and rub the knife down the ear to get out all the milk. As soon as there is enough, fill a jar, add one teaspoonful of salt to each quart and, if desired, the same amount of sugar; water may be added, but do not fill quite to the top, for corn swells and may burst the jar. Half seal, put it at once into the boiler, and process four hours.

Cucumbers

Use large green cucumbers. Peel and cut in inch pieces. If the seeds are hard cut them out. Steam for five minutes, plunge in cold water; pack jars, add salt (one teaspoonful to a quart), fill jars with water,

1 It is better to dry corn than to can it.
half seal, and process one hour. Cucumbers prepared this way can be fried in batter, warmed in a cream sauce, or used for the foundation of cream soup.

_Egg Plant_

Peel and slice, drop into boiling water for five minutes, plunge into cold water. Put into jars, add salt (one teaspoonful to a quart), fill jars with water, half seal, and process one hour.

_Kale_

This is better after it has been touched by the frost. Wash well and steam fifteen minutes, plunge into cold water and pack into jars, add one teaspoonful of salt to each quart, and fill the jars with water, or, if preferred, a mixture of vinegar and water may be used. Half seal and process one and a half hours.

_Leeks_

These are delicious and very easily grown. Cut off tops and wash well. They will be
about the length of pint jars. Steam ten minutes and plunge into cold water. Put them into pint jars all standing one way; add one-half teaspoonful salt to each jar, half seal, and process one hour.

**Okra**

Gather it while the pods are tender. Blanch in boiling water for five minutes and plunge in cold water. Cut in slices and fill jar, add a teaspoonful of salt to each quart, and fill the jar with water. Half seal, and process one hour.

This is used combined with tomato or corn, or in soup, especially chicken, as thickening and for the flavor.

**Peas**

The peas must be tender but not too young. Parboil for five minutes and then plunge into cold water. Fill jars and add one teaspoonful of salt to each quart jar. Fill jars with water, half seal, and process one and a half hours.
Peppers

Cut out stem end of green or red peppers, remove all seeds. Parboil for five minutes and plunge into cold water. Pack in jars, add a teaspoonful of salt to each quart jar, fill with water, half seal, and process one hour.

Spinach

Clean the spinach thoroughly, steam it for fifteen minutes, and plunge it in cold water. Fill jars, and if there is room add water, or, if preferred, vinegar may be used. To each quart add a teaspoonful of salt, half seal, and process one hour.

This same recipe is to be used for all greens,—Swiss chard, dock, dandelions, milkweed, or a combination of lettuce and mustard.

Squash and Pumpkins for Pies

Prepare squash by steaming and mashing it; to each quart of pulp add one cup of sugar and a teaspoonful of salt. Pack jars,
but not too full, for it will swell in cooking. Half seal jars and process one hour.

**String Beans**

String and cut as for cooking. Parboil in boiling water for five minutes and plunge into cold water. Fill jars and add salt (a teaspoonful to a quart), fill jars with water and half seal. Process for two hours.

Beans that have been cooked for dinner and left over may be put in a jar and processed in any pail that will allow water to cover the jar.

**Summer Squash**

If young and tender, cut in pieces without peeling. Steam five minutes and plunge in cold water. Or, if preferred, it may be steamed till tender and mashed. Fill jars with the cut squash and add one teaspoonful of salt to each quart jar; fill with water. If the squash is mashed, do not fill the jars quite full, and use no water. Half seal, process one hour.
Winter squash and pumpkins can be done by this same rule.

**Stalks of Swiss Chard**

Cut the stalks in inch lengths, or in the length of the jar, if that is preferred. Steam ten minutes and plunge into cold water. Fill jars, add one teaspoonful of salt to each quart, fill with water, and half seal. Process one and a half hours.

**Tomatoes**

Scald the tomatoes and plunge into cold water. Peel and pack whole into jars, or they may be cut into quarters or sliced. Add a teaspoonful of salt to each quart but no water. Half seal, and process twenty minutes.

**Tomatoes, Peppers, and Onions**

Scald and plunge the tomatoes into cold water, and peel. Take the seeds from green peppers and parboil for five minutes. Chop peppers fine and add the same amount of
chopped onion. Cook for a few minutes in a little butter in a covered pan to soften but not color. To every quart of tomatoes add two tablespoonfuls of the mixed peppers and onion and one teaspoonful of salt. Half seal jars and process twenty minutes.

Vegetable Gumbo

Scald and slice two quarts of okra, scald and peel two quarts of tomatoes; to these add three onions and three green peppers chopped fine (discard the seeds), and three slices of bacon cut in small pieces. Boil together for fifteen minutes and fill hot jars. Process one hour.