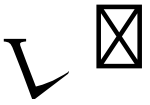


Canning Low-Acid Foods: Vegetables

By Julie Cascio

Selecting Vegetables



Vegetable Preparation

1. Wash the vegetables thoroughly under running water.
2. Peel the vegetables as needed.
3. Cut the vegetables into uniform pieces.
4. Store the prepared vegetables in airtight containers in the refrigerator.

5. Use the prepared vegetables as directed in the recipe.
6. Discard any remaining vegetables.
7. Wash your hands thoroughly after handling the vegetables.

8. Store any unused prepared vegetables in the refrigerator for up to 3 days.
9. Do not use prepared vegetables that have been left at room temperature for more than 2 hours.

10. Use a clean cutting board and knife for all vegetable preparation.
11. Wash the cutting board and knife thoroughly after use.

12. Use a clean towel to dry the prepared vegetables.
13. Do not use a paper towel to dry the prepared vegetables.

14. Use a clean container to store the prepared vegetables.
15. Do not use a plastic container to store the prepared vegetables.

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Recipes based on the Complete Guide to Home Canning, Agriculture Information Bulletin No. 539, USDA, revised 2015.

References
