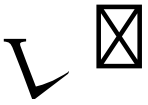


Canning Low-Acid Foods: Vegetables

By Julie Cascio

Selecting Vegetables



Vegetable Preparation

1. Wash the vegetables thoroughly under running water.
2. Peel the vegetables as required.
3. Cut the vegetables into the required size.
4. Store the prepared vegetables in a clean container.

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

References
