

Vegetables for Canning	
Asparagus	Use tender, tight-tipped spears, 4 to 6 inches long.
Beans or Peas – Shelled and dried	Select mature, dry seeds. Sort out and discard discolored seeds.
Beans – snap and Italian	Select filled but tender, crisp pods. Remove and discard diseased and rusty pods.
Beets	Beets with a diameter of 1 to 2 inches are preferred for whole packs. Beets larger than 3 inches in diameter are often fibrous.
Carrots	Select small carrots, preferably 1 to 1-1/4 inches in diameter. Larger carrots are often too fibrous.
Corn	Select ears containing slightly immature kernels or of ideal quality for eating fresh. Canning of some sweeter varieties or too immature kernels may cause browning. Can a small amount, check color and flavor before canning large quantities.
Mushrooms	Select only brightly colored, small to medium-size domestic mushrooms with short stems, tight veils (unopened caps), and no discoloration. <b>Caution: Do not can wild mushrooms.</b>
Peas, Green or English - shelled	Select filled pods containing young, tender, sweet seeds. Discard diseased pods.
Peppers	Select firm yellow, green, or red peppers. Do not use soft or diseased peppers.
Sweet Potatoes	Choose small to medium-sized potatoes. They should be mature and not too fibrous. Can within 1 to 2 months after harvest.
White potatoes	Select small to medium-size mature potatoes of ideal quality for cooking. Tubers stored below 45°F may discolor when canned. Choose potatoes 1 to 2 inches in diameter if they are to be packed whole.
Pumpkins and Winter Squash	Pumpkins and squash should have a hard rind and stringless, mature pulp of ideal quality for cooking fresh. Small size pumpkins (sugar or pie varieties) make better products.
Spinach and Other greens	Can only freshly harvested greens. Discard any wilted, discolored, diseased, or insect- damaged leaves. Leaves should be tender and attractive in color.

See National Center for Home Food Preservation for more information:

<http://www.uga.edu/nchfp/index.html>

<http://www.pickyourown.org/index.htm>