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 2 pounds per quart.\n

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Quality: Select filled but tender, crisp pods. Remove and discard diseased and rusty pods.\n

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Please read Using Pressure Canners before beginning. If this is your first time canning, it is recommended that you read Principles of Home Canning.\n

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Procedure: Wash beans and trim ends. Leave whole or cut or snap into 1-inch pieces.\n

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Hot pack –Cover with boiling water; boil 5 minutes. Fill jars loosely with beans, leaving 1-inch headspace. Add 1 teaspoon of canning salt per quart to the jar, if desired. Cover beans with hot cooking liquid, leaving 1-inch headspace.\n

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Raw pack – Fill jars tightly with raw beans, leaving 1-inch headspace. Add 1 teaspoon of canning salt per quart to the jar, if desired. Add boiling water, leaving 1-inch headspace.\n

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Adjust lids and process in a pressure canner following the recommendations in Table 1 or Table 2 according to the type of canner being used. (There is no safe option for processing green beans in a boiling water canner.)\n