It is recommended that sugar snap and Chinese edible pods be frozen for best quality.\n

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Quantity: An average of 31-1/2 pounds (in pods) is needed per canner load of 7 quarts; an average of 20 pounds is needed per canner load of 9 pints. A bushel weighs 30 pounds and yields 5 to 10 quarts – an average of 4-1/2 pounds per quart.\n

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Quality: Select filled pods containing young, tender, sweet seeds. Discard diseased pods.\n

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Procedure: Shell and wash peas. Add 1 teaspoon of salt per quart to the jar, if desired.\n

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Hot pack – Cover with boiling water. Bring to a boil in a saucepan, and boil 2 minutes. Fill jars loosely with hot peas, and add cooking liquid, leaving 1-inch headspace.\n

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Raw pack – Fill jars with raw peas, add boiling water, leaving 1-inch headspace. Do not shake or press down peas.\n

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Adjust lids and process following the recommendations in Table 1 or Table 2 according to the method of canning used.\n