Greens Including Spinach\n

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Quantity: An average of 28 pounds is needed per canner load of 7 quarts; an average of 18 pounds is needed per canner load of 9 pints. A bushel weighs 18 pounds and yields 3 to 9 quarts – an average of 4 pounds per quart.\n

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Quality: Can only freshly harvested greens. Discard any wilted, discolored, diseased, or insect- damaged leaves. Leaves should be tender and attractive in color.\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 only small amounts of greens at one time. Drain water and continue rinsing until water is clear and free of grit. Cut out tough stems and midribs. Place 1 pound of greens at a time in cheesecloth bag or blancher basket and steam 3 to 5 minutes or until well wilted. Add 1/2 teaspoon of salt to each quart jar, if desired. Fill jars loosely with greens and add fresh boiling water, leaving 1-inch headspace.\n

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Adjust lids and process following the recommendations in Table 1 and Table 2.\n