Quantity\n

An average of 11 pounds is needed per canner load of 7 quarts; an average of 7 pounds is needed per canner load of 9 pints. A bushel weighs 26 pounds and yields 16 to 18 quarts – an average of 1-1/2 pounds per quart.\n

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Quality\n

Select young, tender pods. Remove and discard diseased and rust-spotted 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 pods and trim ends. Leave whole or cut into 1-inch pieces. Cover with hot water in a saucepan. Boil 2 minutes and drain. Fill prepared jars with hot okra, leaving 1-inch headspace. If desired, add 1⁄2 teaspoon salt to pint jars; 1 teaspoon of salt to quart jars. Cover okra in jars with fresh boiling water, leaving 1-inch headspace. Remove air bubbles; wipe jar rims with clean, damp paper towel.\n

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