Pumpkin\n

Pumpkin is a low acid food so you must use a pressure canner!\n

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You can only can pumpkin cubes and not puree. According to the National Center for Home Food Preservation, “We have no properly researched directions to recommend for canning mashed or pureed pumpkin or winter squash, or pumpkin butter.” \n

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Canning Pumpkin the Easy Way\n

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Ingredients\n

Pie pumpkins\n

Water\n

A pressure canner\n

Jars\n

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First cut the pumpkins into cubes.\n

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Cut the stem out like you are getting ready to carve a jack-o-lantern.\n

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Cut the pumpkin into four or five wedges.\n

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Use a spoon to scrape out the pumpkin guts.\n

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Peel the pumpkin. I was very thankful my vegetable peeler worked for this. However, if you are dealing with pumpkins with a super-hard rind, you might need a sharp knife to remove the peel instead.\n

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Cut the peeled pumpkin into roughly 1-inch cubes.\n

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Place the cubes in a large pot and cover with water.\n

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Boil for 2 minutes, then place the pumpkin cubes into hot jars. Avoid smashing down the cubes.\n

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Cover the pumpkin cubes with the leftover hot cooking liquid, leaving 1-inch of headspace.\n

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Add lids and rings and place into your pressure canner. Process quart jars for 90 minutes at 15 pounds pressure. Process pint jars for 55 minutes at 15 pounds pressure.\n

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When you are ready to make pumpkin puree, simply open a jar, strain out the liquid, and mash! I found one jar of drained, mashed pumpkin gave me around 2-3 cups of puree.\n