

Preparing Peppers for Canning¹

United States Department of Agriculture, Extension Service²

Hot or sweet, including chiles, jalapeno, and pimento

Quantity: An average of 9 pounds is needed per canner load of 9 pints. A bushel weighs 25 pounds and yields 20 to 30 pints -- an average of 1 pound per pint.

Quality: Select firm yellow, green, or red peppers. Do not use soft or diseased peppers.

Procedure: Select your favorite pepper(s). **Caution:** If you choose hot peppers, wear plastic gloves while handling them or wash hands thoroughly with soap and water before touching your face. Small peppers may be left whole. Large peppers may be quartered. Remove cores and seeds. Slash two or four slits in each pepper, and either blanch in boiling water or blister using one of the following methods:

Oven or broiler method: Place peppers in a hot oven (400 degrees F) or broiler for 6-8 minutes until skins blister.

Range-top method: Cover hot burner, either gas or electric, with heavy wire mesh. Place peppers on burner for several minutes until skins blister.

Allow peppers to cool. Place in a pan and cover with a damp cloth. This will make peeling the peppers easier. After several minutes, peel each pepper. Flatten whole peppers. Add 1/2 teaspoon of salt to each pint jar, if desired.



Fill jars loosely with peppers and add fresh boiled water, leaving 1-inch headspace.

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

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2. Reviewed for use in Florida by Amy Simonne, assistant professor, Food Safety and Quality, Department of Family, Youth and Community Sciences, UF/IFAS Extension, Gainesville, FL 32611.

Table 1. Recommended process time for peppers in a dial-gauge pressure canner.

Style of Pack	Jar Size	Process Time	Canner Pressure (PSI) at Altitudes of			
			0-2,000 ft	2,001-4,000 ft	4,001- 6,000 ft	6,001-8,000 ft
Hot	Half-pints or Pints	35 min	11 lb	12 lb	13 lb	14 lb

*After the canner is completely depressurized, remove the weight from the vent port or open the petcock. Wait 10 minutes; then unfasten the lid and remove it carefully. Lift the lid with the underside away from you so that the steam coming out of the canner does not burn your face.

Table 2. Recommended process time for peppers in a weighted-gauge pressure canner.

Style of Pack	Jar Size	Process Time	Canner Pressure (PSI) at Altitudes of	
			0-1,000 ft	Above 1,000 ft
Hot	Half-pints or Pints	35 min	10 lb	15 lb

*After the canner is completely depressurized, remove the weight from the vent port or open the petcock. Wait 10 minutes; then unfasten the lid and remove it carefully. Lift the lid with the underside away from you so that the steam coming out of the canner does not burn your face.