

Preserving Green Pole Beans

Similar to canning salsa, you need a pressure cooker:

- Clean beans with stems and strings removed
- Filtered water
- Choice of salt (my preferred is Himalayan Rock Salt)
- Clean pint (or quart) jars
- Canning lids in saucepan of boiling hot water
- Rings
- Pressure canning cooker
- 10 PSI pressure control
- Tap water and white vinegar

Add 2.5 quarts water and ¼ cup white vinegar to bottom of pressure canner to prevent staining. Place cooking rack on bottom of canner.

Remove stems and “strings” from green pole beans, then slice approximately one inch in length, tapping jars periodically while filling to settle the contents, “cold packing” into pint (or quart jars). Add approximately half a teaspoon of salt to pints (full teaspoon to quarts), and fill to about ½ inch from the rim with filtered water. Clean rims of jars with clean wet cloth; add lids from boiling hot water and hand tighten rings. Place on cooking rack so that jars do not touch each other or the sides of the canner.



Lock cover on pressure cooker. With pressure control off, heat on high until steam comes out of vent tube; wait 10 minutes and then place a 10 PSI pressure control on vent tube. Wait another 15 to 25 minutes (depending on size pressure canner being used), and when pressure control jiggles vigorously, reduce heat to point where pressure control agitates gently and time 20 minutes for pints (25 minutes for quarts). Turn off heat and leave alone overnight or until completely cold to the touch.

Wipe jars dry, mark with year and put on shelf.



Addendum: This year, the garden did not produce sufficient quantity of green pole beans to warrant heating up a pressure canner for three pints. I had a LOT of salsa left in the refrigerator, substantially more than my household would be interested in consuming before going “sour.” Solution: preserve three pints of green pole beans with additional pints of salsa to fill the canner. Although green beans only require 20 minutes for pints, salsa requires 35 minutes. The result was a 35 minute processing time. My “Bible” for

canning vegetables is “*Canning & Preserving for Dummies*” by Karen Ward; Chapter 10 covers vegetables, and I recall instructions of going with the *longer* time for processing when combining different vegetables in processing a single batch in a pressure canner. Hence, the 35 minutes requirement for salsa translates into a 35 minutes processing time for a combination of green pole beans and salsa in one canning batch.

