



# Let's Preserve Peppers

## Types of Peppers and Products

- **Regular:** made with bell, pimiento, chile, or jalapeno peppers.
- **Sweet pickled:** made with banana, bell, hungarian, and pimiento peppers.
- **Hot pickled:** made with chile and jalapeno peppers.
- **Marinated:** normally made with sweet red, yellow and green peppers.
- **Pickled pepper relish:** normally made with sweet red, yellow and green peppers.

## Quality

Select firm, yellow, green, or red peppers free of disease and insect damage.

## 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.

## Handling and Preparation

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. Wash and quarter large peppers. Remove cores and seeds. Slash two or four slits in each pepper, and place in a hot oven (400 degrees F) or broiler for 6 to 8 minutes until skins blister. Cool peppers in water and slip off skins. Flatten small whole peppers.

Wash jars. Prepare lids according to the manufacturer's instructions. Place products into jars. Wipe sealing edge of jars with a clean, damp paper towel. Add lids and tighten screw bands. Process jars in a pressure or boiling water canner.

## Canning Procedure

*To process in a pressure canner,* place jar rack, 2 inches of water, and sealed jars in the canner. Fasten lid, and heat canner on high setting. After steam exhausts 10 minutes, add weighted gauge or close petcock to pressurize the canner. Start timing the

## Process Times

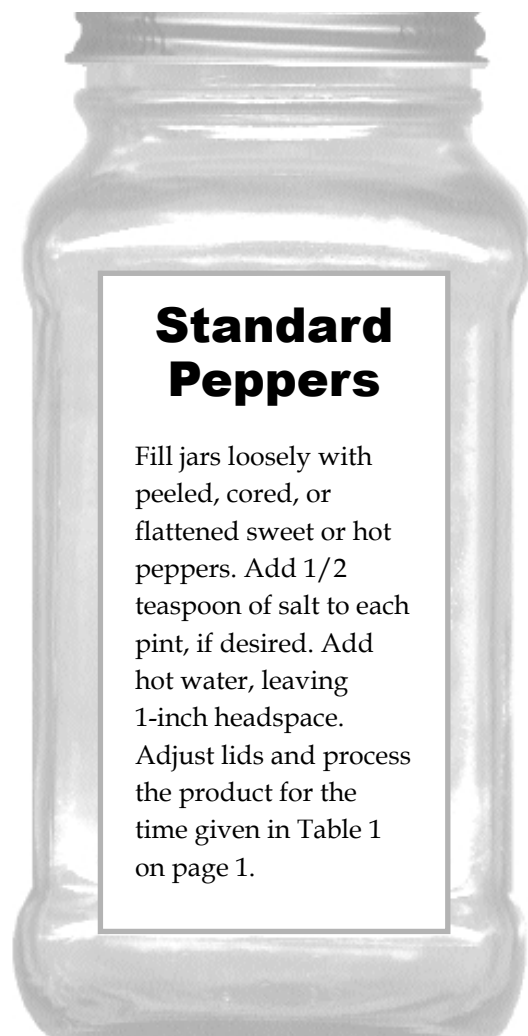
Table 1. Recommended Hotpack Processing Times in a Pressure Canner

Product	Jar Size	Time (minutes)	Canner Gauge Pressure at Altitudes of:			
			Dial Guage Canner		Weighted Guage Canner	
			0-2000 ft.	2001-4000 ft.	0-1000 ft.	Above 1000 ft.
Standard Peppers	Half-pint	35	11 lbs	12 lbs	10 lbs	15 lbs

process when the desired pressure is reached. Regulate heat to maintain a uniform pressure, and process jars for the time given in Table 1 on page 1.

When processing is done, remove canner from heat. Air-cool canner till it is fully depressurized. Slowly remove weighted gauge or open petcock. Wait two more minutes, and unfasten and carefully remove canner lid. Remove jars from canner with a jar lifter and place on towel or rack. Do not retighten screw bands. Air-cool jars 12 to 24 hours. Remove screw bands and check lid seals. If the center the lid is indented, wash, dry, label, and store the jar in a clean cool dark place. If the lid is unsealed, examine and replace jar if defective, use a new lid, and reprocess as before. Wash screw bands and store separately. Products are best if eaten within a year and safe as long as lids remain vacuum sealed.

To process in a boiling water canner, preheat canner halfway with water to 180 degrees F for hot packs or 140 degrees F for raw packs. Load sealed jars onto the canner rack and lower rack with handles; or load one jar at a time with a jar lifter onto rack in canner. Add water, if needed, to a level of 1 inch above jars and add canner cover. When water boils vigorously, lower heat to maintain a gentle boil and process sealed jars as proscribed in Table 2 below.



## Process Times

**Table 2. Recommended Processing Times for Peppers in a Boiling Water Canner**

Product	Style of Pack	Jar size	Minutes of processing time at altitudes of	
			0-1000 ft.	1001-3000 ft.
Pickled sweet	Hot	Half-Pints Pintts	5	10
			5	10
Pickled hot	Raw	Half-Pints Pints	10	15
			10	15
Marinated	Hot	Half-Pints Pints	15	20
			20	25
Pickled pepper-onion relish	Hot	Half-Pints Pints	5	10
			5	10
Pickled corn-pepper relish	Hot	Half-Pints Pints	15	20
			15	20
Piccalilli	Hot	Half-pints Pints	5	10
			5	10

## Pickled Peppers

### Ingredients

7 lbs. firm bell peppers  
3 1/2 cups sugar  
3 cups vinegar (5%)  
3 cups water  
9 cloves garlic  
4 1/2 tsp. canning or pickling salt

### Procedure

Select and wash your favorite sweet peppers, cut into quarters, remove cores and seeds, and cut away any blemishes. Slice peppers in strips. Boil vinegar, water, and sugar for 1 minute. Add peppers and bring to a boil. Place 1/2 clove of garlic and 1/4 teaspoon salt in each sterile half-pint jar; or double the amounts for pint jars. Add pepper strips and cover with hot vinegar mixture, leaving 1/2 inch headspace. Adjust lids and process jars as prescribed in Table 2.

*Yield: About 9 half-pints*

## Pickled Hot Peppers

### Ingredients

4 lbs. hot long red, green, or yellow peppers  
3 lbs. sweet red and green peppers, mixed  
5 cups vinegar (5%)  
1 cup water  
4 tsp. canning or pickling salt  
2 tbsp. sugar  
2 cloves garlic

### Procedure

Wash peppers. Peel as described on page 1. If small, peppers are left whole. Slash 2 or 4 slits in each. Quarter large peppers. Flatten small peppers. Fill jars, leaving 1/2 inch headspace. Combine and heat other ingredients in boiling water and simmer 10 minutes. Remove garlic. Add pickling solution over peppers, leaving 1/2 inch headspace. Adjust lids and process jars as prescribed in Table 2.

*Yield: About 9 pints*

## Marinated Peppers

### Ingredients

4 lbs. firm peppers  
1 cup bottled lemon juice  
2 cups white vinegar (5%)  
1 tbsp. oregano leaves  
1 cup olive or salad oil  
1/2 cup onions, chopped  
2 cloves garlic, quartered (optional)  
2 tbsp. prepared horseradish (optional)

### Procedure

Select your favorite sweet or hot peppers. Peel peppers as described on page 1. Mix all remaining ingredients in a saucepan and heat to boiling. Place 1/4 garlic clove (optional) and 1/4 teaspoon of salt in each half-pint, or 1/2 teaspoon per pint. Fill jars with peppers, add hot, well-mixed, oil/pickling solution over peppers, leaving 1/2 inch headspace. Adjust lids and process jars as prescribed in Table 2.

*Yield: About 9 half-pints*

## Pickled Pepper-Onion Relish

### Ingredients

6 cups onions, finely chopped  
3 cups sweet red peppers, finely chopped  
3 cups green peppers, finely chopped  
1 1/2 cups sugar  
6 cups vinegar (5%), preferably white distilled  
2 tbsp. canning or pickling salt

### Procedure

Wash and chop vegetables. Combine all ingredients and boil gently until mixture thickens and volume is reduced by one-half (about 30 minutes). Fill sterile jars with hot relish, leaving 1/2 inch headspace, and seal tightly. Store in refrigerator and use within one month. Caution: If extended storage is desired, jars must be processed immediately after filling, as prescribed in Table 2.

*Yield: About 9 half-pints*

# Pickled Corn-Pepper Relish

## Ingredients

10 cups fresh whole kernel corn (16 to 20 medium-size ears), or six 10-ounce packages of frozen corn  
 2 1/2 cups sweet red peppers, diced  
 2 1/2 cups sweet green peppers, diced  
 2 1/2 cups celery, chopped  
 1 1/4 cups small onions, diced  
 1 3/4 cups sugar  
 5 cups vinegar (5%)  
 2 1/2 tbsp. canning or pickling salt  
 2 1/2 tsp. celery salt  
 2 1/2 tbsp. dry mustard  
 1 1/4 tsp. turmeric

## Procedure

Boil ears of corn 5 minutes. Dip in cold water. Cut whole kernels from cob or use six 10-ounce packages of frozen corn. Combine peppers, celery, onions, sugar, vinegar, salt, and celery seed in a saucepan. Bring to boil and simmer 5 minutes, stirring occasionally. Mix mustard and turmeric in 1/2 cup of the simmered mixture. Add this mixture and corn to the hot mixture. Simmer another 5 minutes. If desired, thicken mixture with flour paste (1/4 cup flour blended in 1/4 cup water) and stir frequently. Fill jars with hot mixture, leaving 1/2 inch headspace. Adjust lids and process jars as prescribed in Table 2.

*Yield: About 9 half-pints*

## Nutritional Information

### Average Content of a 1/2 Cup Serving (4 to 4.4 oz.) of Peppers

	Green Sweet (diced), Raw	Red Sweet (diced), Raw	Green Sweet (diced), Cooked	Green Pickled	Red Pickled
Calories	17	23	15	25	25
Carbohydrates, g	3.5	5	3	6	5
Fats, g	0.2	0.3	0.2	0.7	0.7
Protein, g	0.5	1.0	0.8	0.8	1.0
Sodium, mg	10	—	7	—	—
Vitamin A*	6	60	6	15	230
Vitamin C*	160	250	130	130	60
Thiamin	4	4	2	2	—
Riboflavin	2	2	—	2	6
Niacin	2	2	—	8	2

\*Expressed as percentage of the U.S. Recommended Daily Allowances (US RDA). Other vitamins contained at insignificant levels.