



LET'S PRESERVE

PEPPERS

WP 395-99

These processing recommendations are for West Virginia conditions (maximum altitude, 4,000 feet). For canning directions in other locations, consult your county Extension office.

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. Add liquids if appropriate. 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 procedures

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 when the desired pressure is reached. Regulate heat to maintain a uniform pressure and process jars.

Nonpickled peppers

Process times

Fill jars loosely with peeled, cored, or flattened sweet or hot peppers. Add $\frac{1}{2}$ teaspoon of salt to each pint, if desired. Add hot water, leaving 1-inch headspace. Adjust lids and process the product.

It is recommended that hot pack processing be used when using a pressure canner. When using a dial-gauge canner, process half-pint or pint jars for 35 minutes under 12 pounds of pressure. When using a weighted gauge canner process peppers in half-pint or pint jars for 35 minutes under 15 pounds of pressure.

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 re-tighten screw bands. Air-cool jars 12 to 24 hours. Remove screw bands and check lid seals. If the center of 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 pickled peppers in a boiling-water canner, preheat canner filled halfway with water to 180 degree 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 for the time given below.

Recommended processing times for pickled or marinated peppers in a boiling water canner

Product	Style of pack	Jar size	Processing time (minutes)
Pickled sweet	Hot	Half-pints or pints	10
Pickled hot	Raw	Half-pints or pints	15
Marinated		Half-pints or pints	20
Pickled pepper-onion relish	Hot	Half-pints or pints	10
Pickled corn-pepper relish	Hot	Half-pints or pints	20

Pickled peppers

7 pounds firm bell peppers
3½ cups sugar
3 cups vinegar (5%)
3 cups water
9 cloves garlic
4½ tsp. canning or pickling salt
Yield—About 9 pints

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 ½ clove of garlic and ¼ 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 ½-inch headspace. Adjust lids and process jars as described in the table on page 2.

Pickled hot peppers

4 pounds hot long red, green, or yellow peppers
3 pounds 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
Yield—About 9 pints

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 ½-inch headspace. Combine and heat other ingredients in boiling water and simmer 10 minutes. Remove garlic. Add pickling solution over peppers, leaving ½-inch headspace. Adjust lids and process jars as described in the table.

**Marinated
peppers**

4 pounds firm peppers
1 cup bottled lemon juice
2 cups white vinegar (5%)
1 Tbsp. oregano leaves
1 cup olive or salad oil
 $\frac{1}{2}$ cup onions, chopped
2 cloves garlic, quartered (optional)
2 Tbsp. prepared horseradish (optional)
Yield—About 9 half-pints

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 $\frac{1}{4}$ garlic clove (optional) and $\frac{1}{4}$ teaspoon of salt in each half-pint or $\frac{1}{2}$ teaspoon per pint. Fill jars with peppers, add hot, well-mixed, oil/pickling solution over peppers, leaving $\frac{1}{2}$ -inch headspace. Adjust lids and process jars as described in the table.

**Pickled pepper-
onion relish**

6 cups onions, finely chopped
3 cups sweet red peppers, finely chopped
3 cups green peppers, finely chopped
 $1\frac{1}{2}$ cups sugar
6 cups vinegar (5%), preferably white distilled
2 Tbsp. canning or pickling salt
Yield—9 half-pints

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 $\frac{1}{2}$ -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 described in the table.

Pickled corn-pepper relish

10 cups fresh whole kernel corn (16 to 20 medium-size ears) or six 10-ounce packages of frozen corn

2½ cups sweet red peppers, diced

2½ cups sweet green peppers, diced

2½ cups celery, chopped

1¼ cups small onions, diced

1¾ cups sugar

5 cups vinegar (5%)

2½ Tbsp. canning or pickling salt

2½ tsp. celery seed

2½ Tbsp. dry mustard

1¼ tsp. turmeric

Yield—About 9 pints

Procedure

Boil ears of corn 5 minutes. Dip in cold water. Cut 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 ½ 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 (¼ cup flour blended in ¼ cup water) and stir frequently. Fill jars with hot mixture, leaving ½-inch headspace. Adjust lids and process jars as described in the table.

Nutrition information

Average content of 1/2 cup serving (4 to 4.4 ounces) of peppers

	Raw Green sweet (diced)	Raw Red sweet (diced)	Cooked Green sweet (diced)	Pickled Green	Pickled Red
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
Thiamine*	4	4	2	2	—
Riboflavin*	2	2	—	2	6
Niacin*	2	2	—	8	2

*Expressed as percentage of U.S. Recommended Daily Allowances (US RDA). Peppers are an insignificant source of other vitamins.

Adapted from *Let's Preserve Peppers*, Pennsylvania State College of Agriculture Sciences, Cooperative Extension, and reviewed by Amy O'Dell, Graduate Assistant, and Guendoline Brown, Ph.D., Nutrition and Health Specialist, 1999.

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