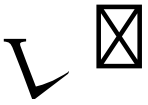


# Canning Low-Acid Foods: Vegetables

*By Julie Cascio*

## Selecting Vegetables



## Vegetable Preparation

1. Wash the vegetables thoroughly under running water.  
2. Peel the vegetables as required.  
3. Cut the vegetables into the required size.  
4. Store the prepared vegetables in a clean container.

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*Recipes based on the Complete Guide to Home Canning, Agriculture Information Bulletin No. 539, USDA, revised 2015.*

## **References**

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