

PICKLED ASPARAGUS

For six wide-mouth pint jars

- 10 pounds asparagus
- 6 large garlic cloves
- 4½ cups water
- 4½ cups white distilled vinegar (5%)
- 6 small hot peppers (optional)
- 1/2 cup canning salt
- 3 teaspoons dill seed

For seven 12-ounce jars

- 7 pounds asparagus
- 7 large garlic cloves
- 3 cups water
- 3 cups white distilled vinegar (5%)
- 7 small hot peppers (optional)
- 1/3 cup canning salt
- 2 teaspoons dill seed

Procedure:

1. Wash and rinse canning jars; keep hot until ready to use. Prepare lids according to manufacturer’s directions.
2. Wash asparagus well, but gently, under running water. Cut stems from the bottom to leave spears with tips that fit into the canning jar with a little less than ½-inch headspace. Peel and wash garlic cloves. Place a garlic clove at the bottom of each jar, and tightly pack asparagus into jars with the blunt ends down.
3. In an 8-quart Dutch oven or saucepot, combine water, vinegar, hot peppers (optional), salt and dill seed. Bring to a boil. Place one hot pepper (if used) in each jar over asparagus spears. Pour boiling hot pickling brine over spears, leaving ½-inch headspace.
4. Remove air bubbles and adjust headspace, if needed. Wipe rims of jars with a dampened, clean paper towel; apply two-piece metal canning lids.
5. Process in a boiling water canner according to the recommendations in Table 1. Wait 5 minutes before removing jars from canner. Let cool, undisturbed, for 12 to 24 hours and check for seals. Allow pickled asparagus to sit in processed jars for 3 to 5 days before consumption for best flavor development.

Table 1. Recommended process time for Pickled Asparagus in a boiling-water canner.				
		Process Time at Altitudes of		
Style of Pack	Jar Size	0-1,000 ft	1,001 - 6,000 ft	Above 6,000 ft
Raw	12-ounce or Pints	10 min	15 min	20 min

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Resource:

www.buylocalnebraska.org

Source: National Center for Home Food Preservation



ASPARAGUS

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Freezing Asparagus

Preparation: Select young tender spears. Wash thoroughly and sort into sizes. Trim stalks by removing scales with a sharp knife. Cut into even lengths to fit containers.

Water blanch small spears 2 minutes, medium spears 3 minutes and large spears 4 minutes. Cool promptly, drain and package, leaving no headspace. Seal and freeze.

Water Blanching: For home freezing, the most satisfactory way to heat all vegetables is in boiling water. Use a blancher which has a blanching basket and cover, or fit a wire basket into a large pot with a lid.

Use one gallon water per pound of prepared vegetables. Put the vegetable in a blanching basket and lower into vigorously boiling water. Place a lid on the blancher. The water should return to boiling within 1 minute, or you are using too much vegetable for the amount of boiling water. Start counting blanching time as soon as the water returns to a boil. Keep heat high for the time given in the directions for the vegetable you are freezing.

Blanching Time:

VEGETABLE	BLANCHING TIME (Minutes)
Asparagus	
Small Stalk	2
Medium Stalk	3
Large Stalk	4

CANNING ASPARAGUS Spears or Pieces

Quantity: An average of 24½ pounds is needed per canner load of 7 quarts; an average of 16 pounds is needed per canner load of 9 pints. A crate weighs 31 pounds and yields 7 to 12 quarts — an average of 3½ pounds per quart.

Quality: Use tender, tight-tipped spears, 4 to 6 inches long.

Procedure: Wash asparagus and trim off tough scales. Break off tough stems and wash again. Cut into 1-inch pieces or can whole.

Hot Pack: Cover asparagus with boiling water. Boil 2 or 3 minutes. Loosely fill jars with hot asparagus, leaving 1-inch headspace.

Raw Pack: Fill jars with raw asparagus, packing as tightly as possible without crushing, leaving 1-inch headspace.

Add 1 teaspoon salt per quart to the jars, if desired. Add boiling water, leaving 1-inch headspace.

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



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

			Canner Gauge Pressure (PSI) at Altitudes of			
Style of Pack	Jar Size	Process Time	0-2,000 ft	2,001-4,000 ft	4,001-6,000 ft	6,001-8,000 ft
Hot	Pints	30 min	11 lb	12 lb	13 lb	14 lb
Raw	Quarts	40 min	11 lb	12 lb	13 lb	14 lb

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

			Canner Pressure (PSI) at Altitudes of	
Style of Pack	Jar Size	Process Time	0 - 1,000 ft	Above 1,000 ft
Hot	Pints	30 min	10 lb	15 lb
Raw	Quarts	40 min	10 lb	15 lb