

CANNING OKRA

Quantity: An average of 11 pounds is needed per canner load of 7 quarts; An average of 7 pounds is needed per canner load of 9 pints. A bushel weighs 26 pounds and yields 16 to 18 quarts—an average of 1-1½ pounds per quart.



QUALITY: Select young, tender pods. Remove and discard diseased and rust-spotted pods.

PROCEDURES: Wash pods and trim ends. Leave whole or cut into 1-inch pieces. Cover with hot water in a saucepan, boil 2 minutes and drain. Fill jars with hot okra and cooking liquid, leaving 1-inch headspace. Add 1 teaspoon of salt per quart to the jar, if desired.

*Adjust lids and process following the recommendations in **Table 1** and **Table 2** according to the method of canning used.

Source: Complete Guide to Home Canning
http://nchfp.uga.edu/publication/publications_usda.html

Table 1: Recommended Process Time for Okra in a Dial-Gauge Pressure Canner

Canner 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.
Hot	Pints	25 min	11 lb.	12 lb.	13 lb.
	Quarts	40 min	11 min	12 min	13 min

Table 2. Recommended Process Time for Okra in a Weighted-Gauge Pressure Canner

Canner 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.
Hot	Pints	25 min	11 lb.	12 lb.	13 lb.
	Quarts	40 min	11 min	12 min	13 min



OKRA

CONTACT IS:

Dr. Julie Albrecht
 Extension Food Specialist
 Department of Nutrition & Health Sciences
 University of Nebraska—Lincoln
 Lincoln, NE 68583-0807
 (402) 472-8884
 FAX: (402) 472-1587
 E-mail: jalbrecht1@unl.edu



TOMATOES WITH OKRA OR ZUCCHINI

Quantity: An average of 12 pounds of tomatoes and 4 pounds of okra or zucchini is needed per canner load of 7 quarts. An average of 7 pounds of tomatoes and 2½n pounds of okra or zucchini is needed per canner load of 9 pints

PROCEDURE: Wash tomatoes and okra or zucchini. Dip tomatoes in boiling water 30 to 60 seconds or until skins split. Then dip in cold water, slip off skins and remove cores, and quarter. Trim stems from okra and slice into 1-inch pieces or leave whole. Slice or cube zucchini if used. Bring tomatoes to a boil and simmer 10 minutes. Add okra or zucchini and boil gently 5 minutes. Add 1 teaspoon of salt for each quart to the jars, if desired. Fill jars with mixture, leaving 1-inch headspace. Adjust lids and process according to the recommendations in [Table 3](#), [Table 4](#) depending on the method of canning used.

FREEZING OKRA

The smooth type varieties freeze as well or better than the ridged varieties because they do not split as easily. **Preparation:** Select young tender pods and separate into small pods. Wash. Remove the stems at the end of the seed cells, being careful not to expose the seed cell.

Water **blanch** small pods 3 minutes and large pods 4 minutes.

Cool promptly and drain. Leave whole or slice crosswise. Package, leaving ½-inch headspace. Seal and freeze.

For Frying: Wash and remove stems. **Blanch** small pods 3 minutes and large pods 4 minutes. Cool promptly and drain. Slice crosswise and dredge with meal or flour. Spread in a single layer on shallow trays. Place in freezer just long enough to freeze firm. Package quickly, leaving ½-inch headspace. Seal and freeze.

Table 3: Recommended Process Time for Tomatoes with Okra or Zucchini 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.
Hot	Pints	30 min	11 lb	12 lb	13 lb
	Quarts	35 min	11lb	12 lb	13 lb

Table 4 Recommended Process Time for Tomatoes with Okra or Zucchini in a Weighted-Gauge Pressure Canner

Canner Gauge 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
	Quarts	35 min	10 lb	15 lb

Table 5: Recommended Process Time for Pickled Dilled Okra in a Boiling-Water Canner

Process Time at Altitudes of			
Style of Pack	Jar Size	0–1,000 ft.	1,001–6,000 ft.
Hot	Pints	10 min	15 min

PICKLED DILLED OKRA

Yield: 8 to 9 pints

INGREDIENTS:

7 pounds small okra pods
 6 small hot peppers
 4 teaspoons dill seed
 8 to 9 garlic cloves
 ⅓ cup canning or pickling salt
 6 cups water
 6 cups vinegar (5 percent)

PROCEDURE: Wash and trim okra. Fill jars firmly with whole okra, leaving ½-inch headspace. Place 1 garlic clove in each jar. Combine salt, hot peppers, dill seed, water, and vinegar in large saucepan and bring to a boil. Pour hot pickling solution over okra, leaving ½-inch headspace.

Adjust lids and process according to the recommendations in [Table 5](#).

Variation: You may add four or five pearl onions or two onion slices to each jar.