

# RECIPE



## Freezing & Canning

### Sweet corn freezing

Remove husks & silks. Drop the ears in boiling water. (We use a fish cooker on high.) Remove after 3 minutes & place immediately in cold tap water. Exchange this water a couple times until most of the heat is removed; then place the ears in ice water to further cool them. (We use 2 large ice chests, 1 filled with tap water, and one with ice water. A water hose works well to exchange the water in the first chest. The key is to cool the corn as rapidly as possible after removing it from the boiling water.) After the corn is thoroughly chilled, cut the kernels off the cob. For cream style corn, cut the top half off the kernels, then scrape the cob. Freeze in Ziploc bags. If possible, place a single layer in the freezer so they'll freeze quickly.

### Freezing peas or butterbeans

Wash the shelled peas or butterbeans, drop in boiling water, and skim the foam off as it boils. When the foaming stops, or at 3 to 5 minutes, dump them into a colander in the sink and run cold water over them. Set the colander into a sink of ice water for them to completely cool, then drain and bag. Freeze in Ziploc bags. If possible, place a single layer in the freezer so they'll freeze quickly.

### Sweet corn canning

Remove husks & silks. Cut corn from cob. Pack loosely into jars to within 1 inch of top. Add ½ teaspoon salt to each pint jar. Fill with BOILING water to within ½ inch of top of jar. Install cap, screw band **firmly tight**.

Process Pints 55 minutes  
Quarts 85 minutes.  
10 pounds pressure

### Canning peas or butterbeans

Wash the shelled peas or butterbeans, pack loosely in jars to within 1 inch of top. Add ½ teaspoon salt to each pint jar. Fill with BOILING water to within ½ inch of top of jar. Install cap, screw band **firmly tight**.

Process Pints 40 minutes  
Quarts 50 minutes.  
10 pounds pressure

Recipes compliments of **STEVE'S FARM**

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*“Favorites from Lynette’s Kitchen”*