



## Selecting, Preparing, and Canning: Tomatoes with Okra or Zucchini<sup>1</sup>

United States Department of Agriculture Extension Service<sup>2</sup>

**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 2-1/2 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 1 or Table 2, depending on the method of canning used.

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

**Table 1.** Recommended process time for Tomatoes with Okra or Zucchini in a dial-gauge pressure canner.

Style of Pack	Jar Size	Process Time	Canner Gauge Pressure (PSI) at Altitudes of			
			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
	Quarts	35	11	12	13	14

**Table 2.** Recommended process time for Tomatoes with Okra or Zucchini in a weighted-gauge pressure canner.

Style of Pack	Jar Size	Process Time	Canner Gauge Pressure (PSI) at Altitudes of	
			0 - 1,000 ft	Above 1,000 ft
Hot	Pints	30 min	10 lb	15 lb
	Quarts	35	10	15

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