Jars on the Counter
CANNING LOG

There's no sweeter sound than lids popping on the counter. Write down every batch, and next year you'll know exactly how many jars of peaches your family actually eats (and which recipe was the winner).

Date	Recipe / food	Jar size	# Jars	Method WB / PC / other	Time minutes	Pressure / altitude	Sealed of total	Notes

WB water bath **PC** pressure canner **Sealed** check after 12–24 hours

MAMA TIP Let jars cool undisturbed 12 to 24 hours, then press the center of each lid. If it doesn't flex, it sealed. Take the rings off, wipe the jars, and label them with the date. Any jar that didn't seal goes in the fridge to eat this week.

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What's on the Shelf
PANTRY JAR INVENTORY

CANNING SHELF

I keep my jars in the hallway, the freeze-dried bags in the attic and under the beds, and the whole map in my head. (Organized in my head, not in real life!) Write it down here instead, and you'll always know what you have and where it's hiding.

Pantry / shelf: _____ **Updated:** _____ **Page** _____ **of** _____

Contents	Jar size	Date canned	Qty	Location	Used tally marks	Notes

MAMA TIP First in, first out: put new jars in the back and pull from the front. For best quality, plan to eat home-canned food within about a year. Store jars cool, dark and dry with the rings off, and toss any jar with a bulging or unsealed lid, leaks, or off smells.

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Tested & True PROCESSING TIMES

USDA-tested times at a glance. They only work with the matching tested prep and recipe, so follow the full directions at nchfp.uga.edu for each food.

WATER BATH CANNER minutes, by altitude

Food	Pack	Headspace	Jar	0–1,000 ft	1,001–3,000	3,001–6,000	Above 6,000
Strawberry jam (powdered pectin)	Hot	¼ in	½-pints, pints	5*	10		15
Crushed tomatoes (add acid**)	Hot	½ in	Pints	35	40	45	50
			Quarts	45	50	55	60
Dill pickles (quick fresh-pack)	Raw	½ in	Pints	10	15		20
			Quarts	15	20		25
Applesauce	Hot	½ in	Pints	15	20	20	25
			Quarts	20	25	30	35
Peaches (halved or sliced; not white-flesh)	Hot	½ in	Pints	20	25	30	35
			Quarts	25	30	35	40
	Raw		Pints	25	30	35	40
			Quarts	30	35	40	45

** Under 10 minutes: fill into sterilized jars. ** Per pint: 1 Tbsp bottled lemon juice or ¼ tsp citric acid. Per quart: 2 Tbsp or ½ tsp.*

PRESSURE CANNER minutes; set pressure for your altitude below

Food	Pack	Headspace	Pints	Quarts
Green beans (snap, Italian, wax)	Hot or raw	1 in	20	25
Corn (whole kernel)	Hot or raw	1 in	55	85
Carrots (sliced or diced)	Hot or raw	1 in	25	30
White potatoes (cubed or whole)	Hot	1 in	35	40
Dry beans or peas (soaked, boiled 30 min)	Hot	1 in	75	90
Ground or chopped meat	Hot	1 in	75	90
Meat strips, cubes or chunks	Hot or raw	1 in	75	90
Chicken, without bones	Hot or raw	1¼ in	75	90
Chicken, with bones	Hot or raw	1¼ in	65	75
Meat, chicken or turkey stock	Hot	1 in	20	25
Chili con carne (do not thicken)	Hot	1 in	75	Pints only

Dial gauge (ft)	0–2,000	2,001–4,000	4,001–6,000	6,001–8,000
Pressure (PSI)	11	12	13	14

Weighted gauge (ft)	0–1,000	Above 1,000
Pressure (PSI)	10	15

MAMA TIP Don't know your altitude? Look it up once and write it here: _____ ft. Water bath: start the clock at a full rolling boil with jars under 1 inch of water. Pressure: vent 10 minutes, start the clock once you reach pressure, and let it cool down on its own.

GOOD TO KNOW Low-acid foods (veggies, meats, beans, stock) must be pressure canned; there is no safe water bath time for them. Above 8,000 ft, or canning something not listed? Look it up at nchfp.uga.edu.

SOURCE: USDA / National Center for Home Food Preservation (nchfp.uga.edu). Verified October 2026.

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My Way
MY REBEL CANNING NOTES

A GENTLE WORD FIRST

These pages are for my own rebel canning: the things I put up the way I learned, like my home-canned butter. These methods are **not USDA-tested**. The main risk with untested canning, especially low-acid foods like butter, meat and vegetables, is **botulism**, which you can't see, smell or taste. I'm sharing how I do it, not telling you what to do. You know your kitchen and your family, so you decide what's right for you. And when in doubt, throw it out.

Date: _____ What I canned: _____

Jars (size / #): _____ Method: _____ Time / pressure: _____

HOW I DID IT

RESULTS

Would I do it again? ☐ Yes! ☐ With tweaks ☐ Nope Shelf check date: _____

Date: _____ What I canned: _____

Jars (size / #): _____ Method: _____ Time / pressure: _____

HOW I DID IT

RESULTS

Would I do it again? ☐ Yes! ☐ With tweaks ☐ Nope Shelf check date: _____

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My Way
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Jars (size / #): _____ Method: _____ Time / pressure: _____

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RESULTS

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Put Up the Harvest
SEASONAL CANNING CALENDAR

What's usually in season across the US, month by month, plus ideas for what to put up. Seasons shift by region, so fill in what really grows near you.

Month	In season & what to can	My local harvest
January	**Citrus: oranges, grapefruit, lemons** Marmalade, citrus sections, stock from holiday bones, dry beans from the pantry	
February	**Citrus, Meyer lemons** Lemon curd, marmalade, broth, beans and chili for the shelf	
March	**Early asparagus and rhubarb (South)** Pressure-can asparagus, rhubarb sauce. Plan the garden!	
April	**Asparagus, rhubarb, spring onions, early strawberries (South)** Asparagus, stewed rhubarb, strawberry-rhubarb jam	
May	**Strawberries, rhubarb, asparagus, peas** Strawberry jam, peas (pressure), rhubarb anything	
June	**Strawberries, cherries, blueberries, apricots, peas, early beans** Cherry and blueberry jam, apricots, first green beans	
July	**Berries, peaches, cherries, green beans, cucumbers, zucchini, corn** Pickles, peaches, berry jams, green beans, corn	
August	**Tomatoes, peaches, corn, beans, peppers, plums, cucumbers, melons** Tomatoes, salsa, peaches, pickles, corn, pepper jelly	
September	**Tomatoes, apples, pears, grapes, plums, peppers, potatoes** Applesauce, apple butter, pears, grape juice, sauce	
October	**Apples, pears, pumpkins, winter squash, carrots, potatoes, sweet potatoes** Pie filling, cubed pumpkin*, carrots, potatoes	
November	**Cranberries, apples, pears, sweet potatoes, hunting-season meat** Cranberry sauce, venison and elk, sweet potatoes	
December	**Citrus, cranberries, holiday ham and turkey** Turkey and ham stock, meats, citrus, soups	

** Pumpkin and winter squash: pressure-can cubes only. There's no tested method for canned pumpkin puree or pumpkin butter.*

MAMA TIP Your county extension office and local farmers market know your real harvest dates. Call or stop by in early spring, then plan your jars, lids and canning days around it.

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