



The Heritage Farm
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Potatoes, Sweet - Pieces or Whole

It is not recommended to dry pack sweet potatoes.

Quantity: An average of 17-1/2 pounds is needed per canner load of 7 quarts; an average of 11 pounds is needed per canner load of 9 pints. A bushel weighs 50 pounds and yields 17 to 25 quarts – an average of 2- 1/2 pounds per quart.

Quality: Choose small to medium-sized potatoes. They should be mature and not too fibrous. Can within 1 to 2 months after harvest.

Please read [Using Pressure Canners](#) before beginning. If this is your first time canning, it is recommended that you read [Principles of Home Canning](#).

Procedure: Wash potatoes and boil or steam until partially soft (15 to 20 minutes). Remove skins. Cut medium potatoes, if needed, so that pieces are uniform in size. Caution: Do not mash or puree pieces. Fill jars, leaving 1-inch headspace. Add 1 teaspoon salt per quart to the jar, if desired. Cover with your choice of fresh boiling water or [syrup](#), leaving 1-inch headspace.

Adjust lids and process following the recommendations in [Table 1](#) and [Table 2](#).

Table 1. Recommended process time for **Sweet Potatoes** 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 | 6,001-8,000 ft |
| Hot | Pints | 65 min | 11 lb | 12 lb | 13 lb | 14 lb |
| | Quarts | 90 | 11 | 12 | 13 | 14 |

Table 2. Recommended process time for **Sweet Potatoes** 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 | 65 min | 10 lb | 15 lb |
| | Quarts | 90 | 10 | 15 |

This document was adapted from the "Complete Guide to Home Canning," Agriculture Information Bulletin No. 539, USDA, revised 2015.

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