



Pressure Canned Garden Peas

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Yield: 10 half-pint jars

This recipe works with either freshly shelled garden peas or peas that have been blanched and frozen until you have enough for a canner load.

Ingredients

- 6 lbs shelled garden peas (fresh or previously frozen)
- Boiling water

- 1¼ tsp pickling salt (1/8 tsp per half-pint jar)

Instructions

1. If using frozen peas, thaw them in cold water before canning.
2. Prepare 10 half-pint jars, lids, and bands.
3. Add 1/8 teaspoon of pickling salt to each jar.
4. Fill each jar with peas, leaving 1 inch of headspace.
5. Pour boiling water over the peas, maintaining 1 inch of headspace.
6. Remove air bubbles and adjust the headspace if needed.
7. Wipe the jar rims, place the lids on the jars, and tighten the bands fingertip tight.
8. Place jars into the pressure canner.
9. Once the canner reaches a steady stream of steam, exhaust the canner for 10 minutes before placing the weight or closing the petcock.
10. Pressure can half-pint jars for 40 minutes. (Peas are processed for 40 minutes for both pints and quarts as well.)
11. When processing is complete, turn off the heat and allow the canner to depressurize naturally.
12. Once pressure has returned to zero, open the lid and allow the jars to sit for another 10 minutes before removing them.
13. Place jars on a towel and allow them to cool undisturbed for 12 to 24 hours.
14. Check seals, remove bands, label, and store jars in a cool, dark place.

Notes

- It took approximately 6 lbs of shelled peas to fill 10 half-pint jars.
- If your peas are ready a little at a time, blanching and freezing them until you have enough for a canner load is an option.
- Process using the pressure recommended for your altitude. Follow the pressure canning instructions for your specific canner.

[Visit the blog for the complete method](#)