



HIGH ACID FOODS

High acid foods can be canned in a water bath. These foods need to have a pH of 4.6 or lower.

Apples
Applesauce
Apricots
Berries
Cherries
Cranberries
Fruit juices
Fruit butters
Peaches
Pears
Pickles
(beets, cucumbers, peppers)
Plums
Rhubarb
Tomatoes
Tomato juice

LOW ACID FOODS

Low acid foods need to be canned in a pressure canner. These foods have a pH of 4.6 or higher.

Asparagus
Beans
Beets
Carrots
Corn
Hominy
Meat
Mushrooms
Okra
Peas
Potatoes
Spinach
Squash
Seafood