

# Preserving Green Beans

## Freezing vs Pressure Canning

### Freezing

✓ Easy

✓ Excellent

#### Preparation Options:

- ✓ Whole beans
- ✓ Cut beans (1-2 inch pieces)
- ✓ French-cut beans

#### Advantages:

- ✓ Best texture preservation
- ✓ Closest to fresh quality
- ✓ Bright green color retained
- ✓ Faster processing time
- ✓ Flexible batch sizes
- ✓ No pressure canner needed

#### Disadvantages:

- ✗ Requires freezer space
- ✗ Requires electricity
- ✗ Must blanch before freezing
- ✗ Storage life shorter than canning

### Pressure Canning

✓ Moderate

✓ Excellent

#### Preparation Options:

- ✓ Whole beans
- ✓ Cut beans
- ✓ French-cut beans

#### Advantages:

- ✓ Shelf stable for 2-5+ years
- ✓ No electricity required
- ✓ Ready to use immediately
- ✓ Saves freezer space
- ✓ Excellent for long-term storage
- ✓ Safe preservation method for low-acid foods

#### Disadvantages:

- ✗ Softer texture than frozen
- ✗ Requires pressure canner
- ✗ Longer processing time
- ✗ More preparation & equipment



### Overall Preservation Rating

Freezing ✓ Excellent | Canning ✓ Excellent

*Both freezing and pressure canning are excellent ways to preserve green beans, retaining full flavor and texture.*