

Preserving Potatoes

Freezing vs Pressure Canning

Freezing

✓ Moderate

✓ Fair

(Note: freezing significantly changes potato texture)

Preparation Options:

- ✓ Cubed potatoes
- ✓ Diced potatoes
- ✓ French fries (par-cooked)
- ✓ Hash brown potatoes

Advantages:

- ✓ Good for specific prepared forms (fries, hash browns)
- ✓ Faster than pressure canning
- ✓ Flexible batch sizes
- ✓ No pressure canner required

Disadvantages:

- ✗ Texture becomes grainy or mealy
- ✗ Not suitable for plain boiled potatoes
- ✗ Must be cooked before freezing
- ✗ Requires freezer space
- ✗ Storage life shorter than canning

Pressure Canning

✓ Moderate

✓ Excellent

Preparation Options:

- ✓ Cubed potatoes
- ✓ Diced potatoes
- ✓ Small whole potatoes

Advantages:

- ✓ Shelf stable for 2-5+ years
- ✓ No electricity required
- ✓ Ready to use immediately
- ✓ Excellent texture retention compared to freezing
- ✓ Saves freezer space
- ✓ Ideal for soups, stews, and quick meals
- ✓ Safe preservation method for low-acid foods

Disadvantages:

- ✗ Requires pressure canner
- ✗ Longer processing time
- ✗ More preparation & equipment



Overall Preservation Rating

Freezing ✓ Fair | Canning ✓ Excellent

Pressure canning provides excellent shelf-stable preservation for potatoes.

Freezing has limitations due to texture changes.