

Preserving Peppers

Freezing vs Pressure Canning

Freezing

✓ Easy

✓ Excellent

Preparation Options:

- ✓ Whole peppers
- ✓ Sliced peppers
- ✓ Diced peppers
- ✓ Halved peppers

Advantages:

- ✓ Excellent flavor retention
- ✓ Retains bright color
- ✓ Very easy preparation (no blanching required)
- ✓ Closest to fresh quality for cooking
- ✓ Faster processing time
- ✓ Flexible batch sizes
- ✓ No pressure canner required

Disadvantages:

- ✗ Texture softens after thawing
- ✗ Not suitable for fresh eating after freezing
- ✗ Requires freezer space
- ✗ Requires electricity
- ✗ Storage life shorter than canning

Note: 8–12 months for best quality



Pressure Canning

✓ Moderate

✓ Very Good

(Note: freezing provides better overall texture quality)

Preparation Options:

- ✓ Whole peppers
- ✓ Halved peppers
- ✓ Sliced peppers
- ✓ Diced peppers

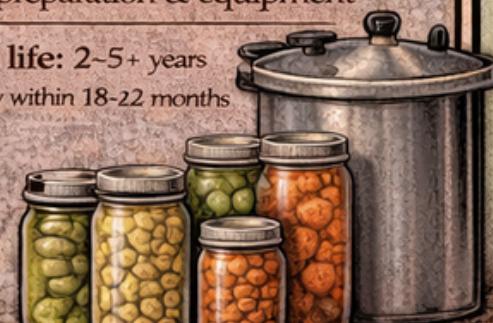
Advantages:

- ✓ 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

Storage life: 2–5+ years
shelf quality within 18–22 months



Overall Preservation Rating

Freezing ✓ Excellent | Canning ✓ Very Good

Both freezing and pressure canning are excellent ways for preserving peppers, providing options for soups, stews, and casseroles.