

# *High Acid and Low 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	Peaches
Applesauce	Pears
Apricots	Pickles
Berries	(beets, cucumbers, peppers)
Cherries	Plums
Cranberries	Rhubarb
Fruit juices	Tomatoes
Fruit butters	Tomato juice

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

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