



What's Your Elevation?

Kansas has been described as a flat state. But in reality, the elevation gradually rises from east to west, with highs and lows in between. This rise in elevation affects everyday cooking and baking as well as home canning food, because as elevation increases, the boiling point of water decreases.

When canning foods at home, adjustments must be made to ensure home-canned foods are processed safely. For food processed in a water-bath canner, extra time is added. For food processed in a pressure canner, extra pressure is added. Both adjustments help get canned foods to their respective safe processing temperatures.

Processing times for most recipes are based on elevations of 0 to 1,000 feet. Use trusted recipe resources to determine processing adjustments. Instructions for higher elevations may be included in the introduction or general

information. Some sources have processing adjustments within each recipe. An example is below from the USDA Complete Guide to Home Canning for processing tomato juice. For pressure canning, these adjustments differ by type of canning equipment — a dial-gauge canner or a weighted-gauge canner. If using a dial gauge canner, the gauge should be checked each year for accuracy. If it is more than 2 pounds off, high or low, it should be replaced. Contact your local K-State Extension office for testing.

If using the Presto Precise® Digital Pressure Canner, use the process time for the size of jar used. This canner senses and responds to temperature. Learn more at https://www.ncrfsma.org/files/page/files/fn2064_pressure_can_it_right_fillable_22.pdf.

Example: Recommended process time for tomato juice in a boiling water canner.

		Process Time at Elevations of			
Style of Pack	Jar Size	0 to 1,000 ft	1,001 to 3,000 ft	3,001 to 6,000 ft	Above 6,000 ft
Hot	Pints	35 min.	40	45	50
	Quarts	40	45	50	55

Recommended process time for tomato juice in a dial-gauge pressure canner.

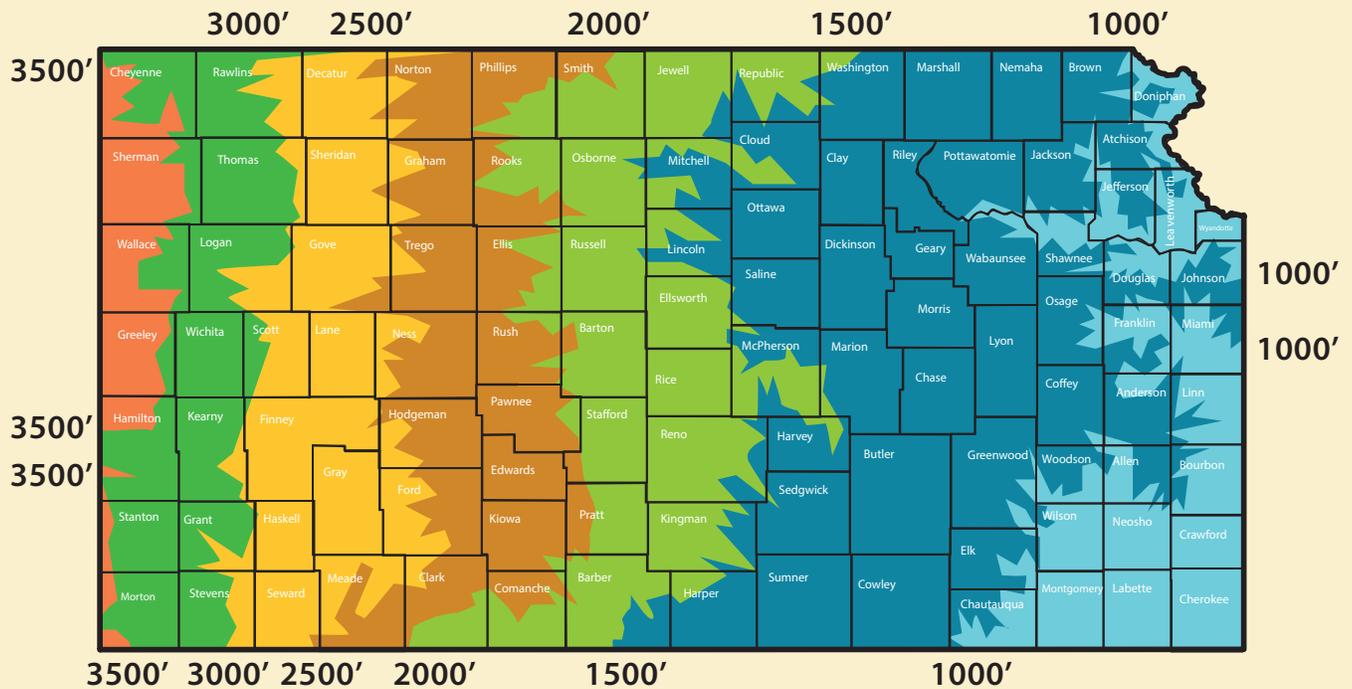
			Canner Pressure (PSI) at Elevations of			
Style of Pack	Jar Size	Process Time	0 to 2,000 ft	2,001 to 4,000 ft	4,001 to 6,000 ft	6,001 to 8,000 ft
Hot	Pints	20 min.	6 lb	7 lb	8 lb	9 lb
	Quarts	15	11	12	13	14

Recommended process time for tomato juice in a weighted-gauge pressure canner.

			Canner Pressure (PSI) at Elevations of	
Style of Pack	Jar Size	Process Time	0 to 1,000 ft	Above 1,000 ft
Hot	Pints	20 min.	5 lb	10 lb
	Quarts	15	10	15
		10	15	Not recommended

Elevation Map of Kansas

Feet Above Mean Sea Level



Locating your local elevation

Usually, you can find your elevation at your local planning commission or zoning office, on a webpage about your town or city, or by contacting your local K-State Extension office. Also, there are apps for mobile devices that can determine your elevation.

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