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 the foods to their respective safe processing temperatures.

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

<table>
<thead>
<tr>
<th>Style of Pack</th>
<th>Jar Size</th>
<th>Process Time at Altitudes of</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>0 to 1,000 ft</td>
</tr>
<tr>
<td>Hot</td>
<td>Pints</td>
<td>35 min.</td>
</tr>
<tr>
<td></td>
<td>Quarts</td>
<td>40</td>
</tr>
</tbody>
</table>

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

| Style of Pack | Jar Size | Process Time at Altitudes of Canner Pressure (PSI) at Altitudes of |
|---------------|----------|-----------------------------|--------------------|
|               |          | 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            |
|               | Quarts   | 15                          | 11                 | 12                | 13              |

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

| Style of Pack | Jar Size | Process Time at Altitudes of Canner Pressure (PSI) at Altitudes of |
|---------------|----------|-----------------------------|--------------------|
|               |          | 0 to 1,000 ft               | Above 1,000 ft     |
| Hot           | Pints    | 20 min.                     | 5 lb               |
|               | Quarts   | 15                          | 10                 |


Kansas State University Agricultural Experiment Station and Cooperative Extension Service
Locating your local elevation
Usually, you can find your altitude at your local planning commission or zoning office, on a webpage about your town or city, or by contacting your local K-State Research and Extension office.

Prepared by:
Karen Blakeslee, M.S., extension associate and Rapid Response Center coordinator, kblakesl@ksu.edu

Reviewed by:
Linda Beech, Family and Consumer Science Agent, Ellis County, lbeech@ksu.edu

Brand names appearing in this publication are for product identification purposes only. No endorsement is intended, nor is criticism implied of similar products not mentioned. Publications from Kansas State University are available at: www.ksre.ksu.edu

Publications are reviewed or revised annually by appropriate faculty to reflect current research and practice. Date shown is that of publication or last revision. Contents of this publication may be freely reproduced for educational purposes. All other rights reserved. In each case, credit Karen Blakeslee, What's Your Elevation?, Kansas State University, June 2020.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service
MF3172 rev.  June 2020