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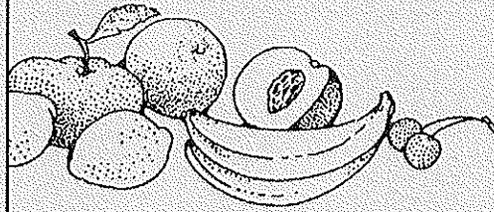
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Cooperative Extension Service  
Utah State University



# Nutrition and Food Sciences Fact Sheet

## FRUIT CANNING METHODS

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### Canning Basics

**Select fruit that is fully ripe, but still firm.** Can the fruit as soon as possible after it is harvested.

**Sort fruits for size and ripeness.** Over-ripe fruits or those with bruised spots will spoil quickly.

**Wash fruits thoroughly.** Wash small lots at a time, and lift the fruit out of the water, rather than pour the water off the fruit. Rinse in clear water. Handle berries carefully. Place a few berries in a strainer or colander, and gently spray or rinse to help retain the shape of the berries.

**Select containers.** Standard mason jars and lids are preferred. Most commercial pint- and quart-size mayonnaise or salad dressing jars may be used with new two-piece lids for canning acid foods. However, you should expect more seal failures and jar breakage. These jars have a narrower sealing surface and are tempered less than Mason jars, and may be weakened by repeated contact with metal spoons or knives used in dispensing mayonnaise or salad dressing. Seemingly insignificant scratches in glass may cause cracking and breakage while processing jars in a canner. Mayonnaise-type jars are not recommended for use with foods processed in a pressure canner because of excessive jar breakage. Other commercial jars with mouths that cannot be sealed with two-piece canning lids are not recommended for use in canning any food at home.

Examine jars to make sure they are sound and free from cracks or nicks. Wash them thoroughly in hot soapy water, rinse and turn them upside down on a clean towel until ready for use.

**Prepare closures.** There are a number of different types of closures available for use in home canning. Make sure you read the manufacturer's instructions for each type or brand, and follow the directions carefully.

### Preparing the Fruit

Most fruit is canned in a sugar syrup. The weight of the syrup depends on the tartness of the fruit and personal

preference. Sugar helps to retain the flavor, texture and color of the fruit, but if desired, fruit can be canned without sugar, using water or fruit juice. Light corn syrup or mild-flavored honey can be used to replace as much as half the sugar called for. Do not use brown sugar, molasses, sorghum, or other strong-flavored syrups; their flavor overpowers the fruit flavor and they may darken the fruit. Artificial sweeteners may be used, preferably added after processing, prior to consumption. NutraSweet is unstable at cooking temperatures and loses its sweet flavor.

To preserve the color of light-colored fruits such as apples, apricots, peaches, pears, etc., as they are being peeled, drop the peeled fruit into a solution of 2 tablespoons salt and 2 tablespoons vinegar or lemon juice and one gallon of cold water. If vinegar is used, rinse fruit before packing into jar.

Pack fruit into jars, cover with syrup, leaving recommended headspace. Wipe the jar top with a clean cloth, and put cap or closure into place.

### DIRECTIONS FOR MAKING FRUIT CANNING SYRUP\*

Syrup Type	Approx. % sugar	Cups of water	Cups of sugar
Very light	10	10-1/2	1-1/4
Light	20	9	2-1/4
Medium	30	8-1/4	3-3/4
Heavy	40	7-3/4	5-1/4
Very heavy	50	6-1/2	6-3/4

\*Measures of water and sugar for 7 quarts of fruit

Boil until sugar is thoroughly dissolved.

Very Light syrup approximates natural sugar level in most fruits and adds the fewest calories.

Light syrup is commonly used with very sweet fruit.

Medium syrup is commonly used with sweet apples, sweet cherries, berries and grapes.

Heavy syrup is commonly used with tart apples, apricots, sour cherries, gooseberries, nectarines, peaches, pears and plums.

Very Heavy syrup is commonly used with very sour

fruit. Many fruits that are typically packed in heavy syrup are excellent and tasteful products when packed in lighter syrups. It is recommended that lighter syrups be tried, since they contain fewer calories from added sugar.

## Processing

Place jars on a rack in a water bath canner. Be sure the

canner is deep enough to allow 1 to 2 inches of water above the top of the jars. Have the water boiling when the jars are placed into the water bath.

Start counting the time when the water returns to boiling. Process according to the following table. Elevation makes a difference. The times for processing in this bulletin are for Utah altitudes.

## CANNING FRUITS

### Fruit

	Processing:		Water bath (in minutes)		
	1,001- 3,000 ft. pts. qts.		3,001- 6,000 ft. pts. qts.		+6,000 ft. pts. qts.
<b>Apples.</b> Hot Pack: Prepare syrup, keep hot, but not boiling. Wash, peel, core and cut apples in pieces. Boil apples in syrup 5 minutes. Pack hot apples in jars, leaving 1/2-inch headspace. Cover with boiling syrup leaving 1/2-inch headspace. Adjust lids. Process.	25	25	30	30	35 35
<b>Applesauce.</b> Wash, quarter and core apples. Combine apples and water (approx. 4 cups of water for 6 pints apples), cover, bring to a boil. Simmer until very tender, 15 minutes. Press apples through food mill. Return applesauce to pot and add 2 to 2 1/2 cups sugar. Applesauce can also be made unsweetened. Cook and stir over low heat until sugar dissolves. Bring to boiling; stir to prevent sticking. Taste for sweetness. Pack hot into jars, leaving 1/2-inch headspace. Adjust lids. Process.	20	25	20	30	25 35
<b>Apricots, Peaches and Pears.</b> Raw Pack: Prepare the syrup; keep hot, but not boiling. Wash, halve and pit or peel and core enough to fill one jar at a time. Peeling is optional for apricots. To loosen skins on peaches, dip into boiling water for about 1/2 minute, then dip quickly into cold water. Pack into hot jars, leaving 1/2-inch headspace. Bring syrup to boiling. Cover fruit with syrup, leaving 1/2-inch headspace. Adjust lids. Process. Raw packing is not recommended for highest quality peaches and pears. Hot Pack: Prepare as above, but heat fruit thoroughly in syrup. Pack hot fruit into jars, leaving 1/2-inch headspace. Cover with boiling syrup, leaving 1/2-inch headspace. Adjust lids. Process.	Raw Pack: 30	35	35	40	40 45
	Hot Pack: 25	30	30	35	35 40
<b>Berries.</b> Raw Pack: Wash fruit; drain. Prepare syrup; keep hot, but not boiling. Fill hot jars with any raw berries, shaking down gently while filling, leaving 1/2-inch headspace. Bring syrup to boiling. Cover berries with boiling syrup, leaving 1/2-inch headspace. Adjust lids. Process. For blueberries, currants, elderberries, gooseberries, huckleberries. Heat berries in boiling water for 30 seconds and drain. Fill jars and cover with hot syrup, leaving 1/2-inch headspace. Adjust lids. Process.	Raw Pack: 20	25	20	30	25 35
	Hot Pack: 20	20	20	30	25 35
<b>Cherries.</b> Raw Pack: Prepare syrup; keep hot, but not boiling. Wash and stem; pit if desired. Fill hot jars, leaving 1/2-inch headspace. Bring syrup to boiling. Cover fruit with boiling syrup, leaving 1/2-inch headspace. Adjust lids. Process. Wash and stem; pit if desired. Add 1/2 cup water, juice or syrup for each quart of drained fruit and bring to boil. Fill jars with cherries and cooking liquid, leaving 1/2-inch headspace. Adjust lids. Process.	Raw Pack: 30	30	35	35	40 40
	Hot Pack: 20	25	20	30	25 35
<b>Fruit Juices.</b> Wash; remove pits, if desired, and crush fruit. Heat to simmering (185°-210°). Strain through cloth bag. Refrigerate juice for 24 to 48 hours. Without mixing, carefully pour off clear liquid and save; discard sediment. Add sugar, if desired - about 1 cup to 1 gallon juice. Heat and stir until sugar is dissolved and juice begins to boil. Fill into jars immediately, leaving 1/4-inch headspace. Adjust lids. Process.	10	10	10	10	15 15
<b>Fruit Purées.</b> (For any fruit except figs and tomatoes.) Wash; remove pits, if desired. Cut fruit into large pieces. Add 1 cup hot water for each quart of fruit. Simmer until soft, stirring frequently. Press through sieve or food mill. If desired for flavor, add sugar to taste. Reheat pulp to boil, or until sugar dissolves. Pack hot into jars, leaving 1/4-inch headspace. Adjust lids. Process.	20	20	20	20	25 25
<b>Plums.</b> Raw Pack: Prepare syrup; keep hot, but not boiling. Wash and stem. To can whole, prick skins on two sides of plums with fork to prevent splitting. Freestone varieties may be halved and pitted. Fill jars with plums, packing firmly. Add hot syrup, leaving 1/2-inch headspace. Adjust lids. Process. Hot Pack: Add plums to hot syrup and boil 2 minutes. Cover saucepan and let stand 20 to 30 minutes. Fill jars with hot plums and cooking syrup, leaving 1/2-inch headspace. Adjust lids. Process.	Raw Pack: 25	30	30	35	35 40
	Hot Pack: 25	30	30	35	35 40



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