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Georgia C. Lauritzen

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FRUIT CANNING METHODS

Georgia C. Lauritzen, Ph.D.
Nutrition & Food Sciences

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*

<table>
<thead>
<tr>
<th>Syrup Type</th>
<th>Approx. % sugar</th>
<th>Cups of water</th>
<th>Cups of sugar</th>
</tr>
</thead>
<tbody>
<tr>
<td>Very light</td>
<td>10</td>
<td>10-1/2</td>
<td>1-1/4</td>
</tr>
<tr>
<td>Light</td>
<td>20</td>
<td>9</td>
<td>2-1/4</td>
</tr>
<tr>
<td>Medium</td>
<td>30</td>
<td>8-1/4</td>
<td>3-3/4</td>
</tr>
<tr>
<td>Heavy</td>
<td>40</td>
<td>7-3/4</td>
<td>5-1/4</td>
</tr>
<tr>
<td>Very heavy</td>
<td>50</td>
<td>6-1/2</td>
<td>6-3/4</td>
</tr>
</tbody>
</table>

*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

<table>
<thead>
<tr>
<th>Fruit</th>
<th>Processing</th>
<th>Water bath (in minutes)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1,000 ft.</td>
<td>3,000 ft.</td>
</tr>
<tr>
<td></td>
<td>pts. qts.</td>
<td>pts. qts.</td>
</tr>
<tr>
<td><strong>Apples</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Raw Pack:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>30 35</td>
<td>35 40</td>
</tr>
<tr>
<td><strong>Applesauce</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hot Pack:</td>
<td>25 30</td>
<td>30 35</td>
</tr>
<tr>
<td></td>
<td>Raw Pack:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>20 25</td>
<td>20 30</td>
</tr>
<tr>
<td><strong>Apricots, Peaches and Pears</strong></td>
<td>Raw Pack:</td>
<td>20 25</td>
</tr>
<tr>
<td>Hot Pack:</td>
<td>20 20</td>
<td>20 30</td>
</tr>
<tr>
<td></td>
<td>Raw Pack:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>20 20</td>
<td>20 30</td>
</tr>
<tr>
<td><strong>Berries</strong></td>
<td>Raw Pack:</td>
<td>20 20</td>
</tr>
<tr>
<td>Hot Pack:</td>
<td>20 20</td>
<td>20 30</td>
</tr>
<tr>
<td></td>
<td>Raw Pack:</td>
<td></td>
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<tr>
<td></td>
<td>20 20</td>
<td>20 30</td>
</tr>
<tr>
<td><strong>Cherries</strong></td>
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<td></td>
<td>Raw Pack:</td>
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<td></td>
<td>20 20</td>
<td>20 30</td>
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<tr>
<td><strong>Fruit Juices</strong></td>
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<tr>
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<td>20 30</td>
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<tr>
<td></td>
<td>Raw Pack:</td>
<td></td>
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<tr>
<td></td>
<td>20 20</td>
<td>20 30</td>
</tr>
<tr>
<td><strong>Fruit Purées</strong></td>
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</tr>
<tr>
<td>Hot Pack:</td>
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<tr>
<td></td>
<td>Raw Pack:</td>
<td></td>
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<tr>
<td></td>
<td>20 20</td>
<td>20 30</td>
</tr>
<tr>
<td><strong>Plums</strong></td>
<td>Raw Pack:</td>
<td>20 20</td>
</tr>
<tr>
<td>Hot Pack:</td>
<td>20 20</td>
<td>20 30</td>
</tr>
<tr>
<td></td>
<td>Raw Pack:</td>
<td></td>
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<tr>
<td></td>
<td>20 20</td>
<td>20 30</td>
</tr>
</tbody>
</table>

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