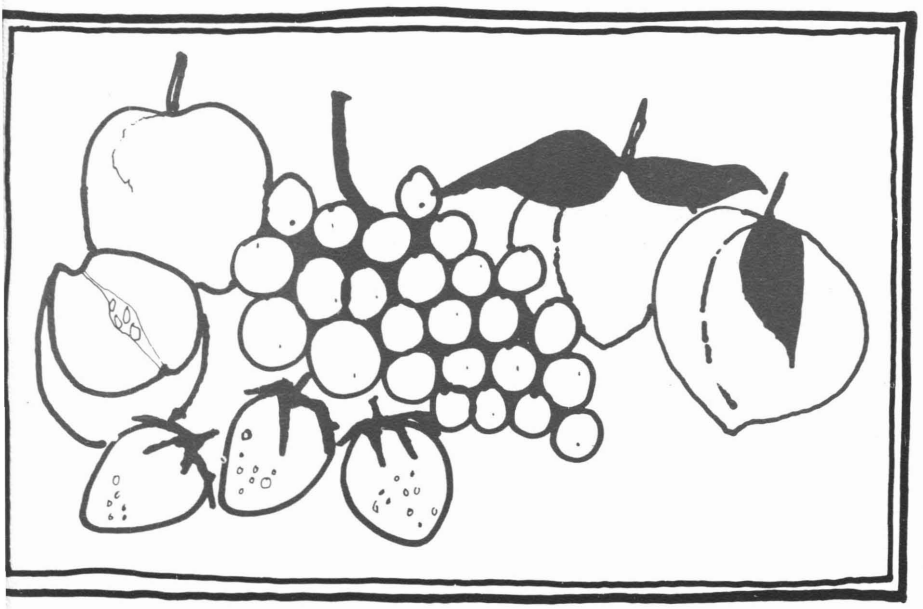


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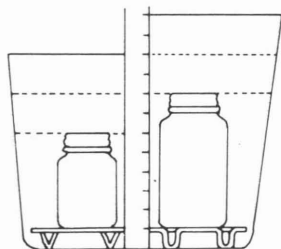
How To Can Fruits and Berries



TEXAS AGRICULTURAL EXTENSION SERVICE
THE TEXAS A&M UNIVERSITY SYSTEM
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HOW TO CAN FRUITS AND BERRIES

BOILING WATER BATH METHOD



Fruits and berries are high in acid. High-acid foods can be processed in a boiling water bath canner. The container must be large enough for canning jars to be completely covered and surrounded by boiling water.

GETTING READY TO CAN FRUITS OR BERRIES

- Use only firm, just ripe fruit or berries.
- Some fruits darken when they are being prepared. To prevent darkening, use a mixture of citric and ascorbic acid according to manufacturer's instructions **OR** add 2 tablespoons (30 mL) each of salt and vinegar to a gallon of water. Drop the fruit into the solution as it is being peeled, cored, or pitted. Do not leave the fruit in the solution longer than 20 minutes. Rinse before packing.

TWO WAYS TO FILL JARS

Hot Pack— Heat fruit or berries in a boiling syrup for about 5 minutes. Pack fruit into jars and add hot syrup.

Cold Pack— Pack fruit or berries in clean hot jars. Pour hot syrup over food in jars.

SYRUP FOR CANNING (Table 1)

Usually 1 to 1½ (240 to 360 mL) cups of syrup is needed for each quart (960 mL) of fruit. The sweetness desired in the finished product should determine the kind of syrup needed.

Syrup	Sugar		Water		Use
	Cups	mL	Cups	mL	
Thin	1	240	3	720	Ripe, sweet, fruits and berries
Medium	1	240	2	480	Most fruits and berries
Heavy	1	240	1	240	Tart fruits (cherries)

To make syrup, mix sugar and water; bring to boiling.

CONTAINERS

Glass canning jars, sometimes called mason jars, are available in various sizes. Choose pints or quarts for canning fruits and berries. If properly used, these jars will last for many years.

Many commercial foods, such as mayonnaise, are packaged and sold in glass jars. These should never be used in a pressure canner. If they are used for boiling water bath canning, they should first be carefully examined. Visually check for nicks and scratches. Be sure the neck is deep enough for jar closure to fit.

LIDS

The most popular closure is the two-piece vacuum lid and cap. Follow the manufacturer's directions for the use of the closure you use.



DIRECTIONS FOR CANNING FRUIT AND BERRIES

- Use hot pack method for apples, apple sauce and strawberries.
- Use hot or cold pack for peaches, pears, berries (other than strawberries) and cherries.
- Pack fruit in jars, leaving ½-inch (13-mm) headspace.
- Cover with hot syrup (Table 1), juice or water, leaving ½-inch (13-mm) headspace at top of jar.
- Wipe mouth of jars with a clean damp cloth.
- Adjust closure.
- Put filled jars into canner containing boiling water (hot pack) or hot water (cold pack).
- Add boiling water if needed to bring water an inch or two over top of jars.
- Put cover on container.
- When water in canner comes to a rolling boil, start to count processing time.
- Boil gently for time recommended in Table 2.

CANNING CHART FOR FRUITS AND BERRIES (Table 2)

Time (minutes) to process in boiling water


	Hot Pack		Cold Pack	
	Pints	Quarts	Pints	Quarts
Apples	20	20		
Apple sauce	20	20		
Berries (except strawberries)	10	15	15	20
Berries (strawberries)	10	15		
Cherries	10	15	20	25
Peaches	20	25	25	30
Pears	20	25	25	30

AFTER PROCESSING

- Remove jars from canner.
- Cool jars upright away from drafts. Place them on dry cloth, cooling rack, newspaper or a wooden board.



STORAGE

- Next day, remove screw bands.
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- A line drawing showing a hand pressing down on the center of a jar lid. The lid is slightly raised, indicating it is being tested for a seal.
- Test the seal—press finger gently in center of lid. If lid is down, jar is sealed.
 - If jar is not sealed, the food may be used, stored in the refrigerator for a day or two and then used **OR** it may be frozen or processed again using a clean jar and new lid.
 - Put canning date on jar.
 - Store in cool, dry, dark place.
 - For best quality, use within a year.

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