



United States
Department of
Agriculture

National Institute
of Food
and Agriculture

Complete Guide to
Home Canning

Guide 2
**Selecting, Preparing,
and Canning Fruit and
Fruit Products**



Guide 2

Selecting, Preparing, and Canning Fruit and Fruit Products

Table of Contents

Section	Page
General	2-5
Preparing and using syrups	2-5
Apple butter.....	2-6
Apple juice	2-6
Apples—sliced	2-7
Applesauce	2-7
Spiced apple rings	2-8
Spiced crab apples.....	2-9
Apricots—halved or sliced	2-9
Berries—whole.....	2-10
Berry syrup.....	2-10
Cantaloupe pickles	2-11
Cantaloupe pickles, no sugar added	2-12
Cherries—whole.....	2-12
Cranberry orange chutney.....	2-13
Figs.....	2-14
Fruit purees.....	2-14
Grapefruit and orange sections	2-15
Grape juice.....	2-15
Grapes—whole	2-16
Mango chutney	2-16
Mango sauce.....	2-17
Mixed fruit cocktail.....	2-18
Nectarines—halved or sliced	2-18
Peaches—halved or sliced	2-19
Pears—halved	2-19
Pears, Asian—halved or sliced.....	2-20
Pineapple.....	2-21
Plums—halved or whole	2-21
Rhubarb—stewed.....	2-22
Zucchini-pineapple	2-22
Fruit salsas	2-23
Spicy cranberry salsa	2-23
Mango salsa.....	2-24
Peach salsa	2-24
Peach apple salsa	2-25
Pie fillings.....	2-25
Apple pie filling	2-26
Blueberry pie filling.....	2-27
Cherry pie filling.....	2-27
Festive mincemeat pie filling	2-28
Green tomato pie filling.....	2-29
Peach pie filling.....	2-30
Process times for some acid foods in a dial-gauge pressure canner	2-31
Process times for some acid foods in a weighted-gauge pressure canner	2-32

General

Adding syrup to canned fruit helps to retain its flavor, color, and shape. It does not prevent spoilage of these foods. The following guidelines for preparing and using syrups offer a new “very light” syrup, which approximates the natural sugar content of many fruits. The sugar content in each of the five syrups is increased by about 10 percent. Quantities of water and sugar to make enough syrup for a canner load of pints or quarts are provided for each syrup type.

Preparing and using syrups						
Measures of Water and Sugar						
		For 9-Pt Load*		For 7-Qt Load		Fruits commonly packed in syrup**
Syrup Type	Approx. % Sugar	Cups Water	Cups Sugar	Cups Water	Cups Sugar	
Very Light	10	6-1/2	3/4	10-1/2	1-1/4	Approximates natural sugar level in most fruits and adds the fewest calories.
Light	20	5-3/4	1-1/2	9	2-1/4	Very sweet fruit. Try a small amount the first time to see if your family likes it.
Medium	30	5-1/4	2-1/4	8-1/4	3-3/4	Sweet apples, sweet cherries, berries, grapes.
Heavy	40	5	3-1/4	7-3/4	5-1/4	Tart apples, apricots, sour cherries, gooseberries, nectarines, peaches, pears, plums.
Very Heavy	50	4-1/4	4-1/4	6-1/2	6-3/4	Very sour fruit. Try a small amount the first time to see if your family likes it.

* This amount is also adequate for a 4-quart load.

** 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.

Procedure: Heat water and sugar together. Bring to a boil and pour over raw fruits in jars. For hot packs, bring water and sugar to boil, add fruit, reheat to boil, and fill into jars immediately.

Other sweeteners: Light corn syrups or mild-flavored honey may be used to replace up to half the table sugar called for in syrups. See the section, “Canned foods for special diets,” page 1-31 for further discussion.

APPLE BUTTER

Use Jonathan, Winesap, Stayman, Golden Delicious, MacIntosh, or other tasty apple varieties for good results.

8 lbs apples
2 cups cider
2 cups vinegar
2-1/4 cups white sugar
2-1/4 cups packed brown sugar
2 tbsp ground cinnamon
1 tbsp ground cloves

Yield: About 8 to 9 pints

Procedure: Wash, remove stems, quarter, and core fruit. Cook slowly in cider and vinegar until soft. Press fruit through a colander, food mill, or strainer. Cook fruit pulp with sugar and spices, stirring frequently. To test for doneness, remove a spoonful and hold it away from steam for 2 minutes. It is done if the butter remains mounded on the spoon. Another way to determine when the butter is cooked adequately is to spoon a small quantity onto a plate. When a rim of liquid does not separate around the edge of the butter, it is ready for canning. Fill hot into sterile half-pint or pint jars, leaving 1/4-inch headspace. Quart jars need not be presterilized but should be clean and kept hot until filling. To presterilize jars, see page 1-14. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened clean paper towel. Adjust lids and process.

Recommended process time for Apple Butter in a boiling-water canner				
Style of Pack	Jar Size	Process Time at Altitudes of		
		0–1,000 ft	1,001–6,000 ft	Above 6,000 ft
Hot	Half-pints or Pints	5 min	10	15
	Quarts	10	15	20

APPLE JUICE

Quality: Good quality apple juice is made from a blend of varieties. For best results, buy fresh juice from a local cider maker within 24 hours after it has been pressed.

Procedure: Refrigerate juice for 24 to 48 hours. Without mixing, carefully pour off clear liquid and discard sediment. Strain clear liquid through a paper coffee filter or double layers of damp cheesecloth. Heat quickly, stirring occasionally, until juice begins to boil. Fill immediately into sterile pint or quart jars (see page 1-14 to sterilize jars), or fill into clean hot half-gallon jars, leaving 1/4-inch headspace. Wipe rims of jars with a dampened clean paper towel. Adjust lids and process.

Recommended process time for Apple Juice in a boiling-water canner				
Style of Pack	Jar Size	Process Time at Altitudes of		
		0–1,000 ft	1,001–6,000 ft	Above 6,000 ft
Hot	Pints or Quarts	5 min	10	15
	Half-gallons	10	15	20

APPLES—SLICED

Quantity: An average of 19 pounds is needed per canner load of 7 quarts; an average of 12-1/4 pounds is needed per canner load of 9 pints. A bushel weighs 48 pounds and yields 16 to 19 quarts—an average of 2-3/4 pounds per quart.

Quality: Select apples that are juicy, crispy, and preferably both sweet and tart.

Procedure: Wash, peel, and core apples. To prevent discoloration, slice apples into water containing ascorbic acid (see page 1-11). Raw packs make poor quality products. Place drained slices in large saucepan and add 1 pint water or very light, light, or medium syrup (see page 2-5) per 5 pounds of sliced apples. Boil 5 minutes, stirring occasionally to prevent burning. Fill hot jars with hot slices and hot syrup or water, leaving 1/2-inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened clean paper towel. Adjust lids and process.

Processing directions for canning sliced apples in a dial- or weighted-gauge canner are given on pages 2-31 and 2-32.

Recommended process time for Apples, sliced in a boiling-water canner					
Style of Pack	Jar Size	Process Time at Altitudes of			
		0–1,000 ft	1,001–3,000 ft	3,001–6,000 ft	Above 6,000 ft
Hot	Pints or Quarts	20 min	25	30	35

APPLESAUCE

Quantity: An average of 21 pounds is needed per canner load of 7 quarts; an average of 13-1/2 pounds is needed per canner load of 9 pints. A bushel weighs 48 pounds and yields 14 to 19 quarts of sauce—an average of 3 pounds per quart.

Quality: Select apples that are sweet, juicy, and crisp. For a tart flavor, add 1 to 2 pounds of tart apples to each 3 pounds of sweeter fruit.

Procedure: Wash, peel, and core apples. If desired, slice apples into water containing ascorbic acid (see page 1-11) to prevent browning. Placed drained slices in an 8 to 10-quart pot. Add 1/2 cup water. Stirring occasionally to prevent burning, heat quickly until tender (5 to 20 minutes, depending on maturity and variety). Press through a sieve or food mill, or skip the pressing step if you prefer chunk-style sauce. Sauce may be packed without sugar. If desired, add 1/8 cup sugar per quart of sauce. Taste and add more, if preferred. Reheat sauce to a rolling boil. Fill hot jars with hot sauce, leaving 1/2-inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened clean paper towel. Adjust lids and process.

Recommended process time for Applesauce in a boiling-water canner					
Style of Pack	Jar Size	Process Time at Altitudes of			
		0–1,000 ft	1,001–3,000 ft	3,001–6,000 ft	Above 6,000 ft
Hot	Pints	15 min	20	20	25
	Quarts	20	25	30	35

SPICED APPLE RINGS

12 lbs firm tart apples (maximum diameter, 2-1/2 inches)

12 cups sugar

6 cups water

1-1/4 cups white vinegar (5%)

3 tbsp whole cloves

3/4 cup red hot cinnamon candies or

8 cinnamon sticks and

1 tsp red food coloring (optional)

Yield: About 8 to 9 pints

Procedure: Wash apples. To prevent discoloration, peel and slice one apple at a time. Immediately cut crosswise into 1/2-inch slices, remove core area with a melon baller, and immerse in ascorbic acid solution (see page 1-11). To make flavored syrup, combine sugar, water, vinegar, cloves, cinnamon candies, or cinnamon sticks and food coloring in a 6-qt saucepan. Stir, heat to boil, and simmer 3 minutes. Drain apples, add to hot syrup, and cook 5 minutes. Fill hot jars (preferably wide-mouth) with apple rings and hot flavored syrup, leaving 1/2-inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened clean paper towel. Adjust lids and process.

Recommended process time for Spiced Apple Rings in a boiling-water canner				
Style of Pack	Jar Size	Process Time at Altitudes of		
		0–1,000 ft	1,001–6,000 ft	Above 6,000 ft
Hot	Half-pints or Pints	10 min	15	20

SPICED CRAB APPLES

5 lbs crab apples
 4-1/2 cups apple cider vinegar (5%)
 3-3/4 cups water
 7-1/2 cups sugar
 4 tsp whole cloves
 4 sticks cinnamon
 Six 1/2-inch cubes of fresh ginger root

Yield: About 9 pints

Procedure: Remove blossom petals and wash apples, but leave stems attached. Puncture the skin of each apple four times with an ice pick or toothpick. Mix vinegar, water, and sugar and bring to a boil. Add spices tied in a spice bag or cheesecloth. Using a blancher basket or sieve, immerse 1/3 of the apples at a time in the boiling vinegar/syrup solution for 2 minutes. Place cooked apples and spice bag in a clean 1- or 2-gallon crock and add hot syrup. Cover and let stand overnight. Remove spice bag, drain syrup into a large saucepan, and reheat to boiling. Fill hot pint jars with apples and hot syrup, leaving 1/2-inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened clean paper towel. Adjust lids and process.

Recommended process time for Spiced Crab Apples in a boiling-water canner

Style of Pack	Jar Size	Process Time at Altitudes of			
		0–1,000 ft	1,001–3,000 ft	3,001–6,000 ft	Above 6,000 ft
Hot	Pints	20 min	25	30	35

APRICOTS—HALVED OR SLICED

Quantity: An average of 16 pounds is needed per canner load of 7 quarts; an average of 10 pounds is needed per canner load of 9 pints. A bushel weighs 50 pounds and yields 20 to 25 quarts—an average of 2-1/4 pounds per quart.

Quality: Select firm, well-colored mature fruit of ideal quality for eating fresh.

Procedure: Follow directions for peaches. The boiling water dip and removal of skin process is optional. Wash fruit well if skins are not removed; use either hot or raw pack, and use the same process time. (See page 2-19)