Canning Fruits Safely
Resources for Today

- **Canning Fruits** Safe (B0430) [www.foodsafety.wis](http://www.foodsafety.wis)
- **How Do I.....Can Fruits and Fruit Products** (NCHFP) [www.uga.edu/nchfp/](http://www.uga.edu/nchfp/)
Preparation

- Boiling water canner (usually)
- Jars: pints, quarts, half-gallons (fruit juice only!)
- 2-piece lids
- Fruit
Harvest Fresh Fruit

- Select fresh, firm and undamaged fruit
- Hasten ripening of under-ripe fruits by storing in a paper bag with an apple
- Over-ripe fruit may float on canning
Preparing Fruit

• Wash fruit before processing

• Use anti-oxidants to prevent browning of light-colored fruit:
  - ascorbic acid (Vit C) 1500 mg/quart
  - lemon juice or citric acid will work, but not as well (3 Tbl/qt)
Sweetening Fruit

- Sugar syrups help preserve color and flavor
- Juice syrups can also be used
- Canning in water – a poor option
- Artificial sweeteners are acceptable
Packing Fruit into Jars

- **RAW pack:** Fruit tightly packed into clean, hot jars
  - Cover with boiling hot syrup to achieve proper headspace

- **HOT pack:** Fruit heated in syrup or juice, then packed loosely into clean, hot jars
  - Add cooking liquid to achieve proper headspace
Boiling Water or Pressure Processing

Apple Slices

**Boiling water:** Heat sliced, prepared apples in syrup, juice or water. Boil for 5 min. Pack hot apple slices into clean, hot jars and cover with boiling cooking liquid, leaving ½ inch headspace.

*Process pints or quarts: 25 minutes*

**Pressure canning:** Heat sliced, prepared apples in syrup, juice or water. Boil for 5 minutes. Hot pack into clean, hot jars and cover with boiling cooking liquid, leaving ½ inch headspace.

*Process pints or quarts:*
- 10 min at 6 psi (dial)
- 10 min at 10 psi (weight)
Canning Fruit Syrups

Select 6-1/2 cups of fresh or frozen fruit. Sort and wash; crush. Heat to boiling and simmer until soft - 5-10 minutes. Strain. Combine juice with sugar and boil, simmer 1 minute, adding fresh fruit, if desired. Fill clean, hot half-pint or pint jars, leaving 1/2 inch headspace. Process 15 minutes. Yum!
Canning Fruit Pie Filling

• Select ripe, juicy fresh fruit; or unsweetened frozen fruit
• Use Clearjel for a successful product
  - Clearjel is a modified food starch
• Use bottled lemon juice to ensure a quality product
Fruit Butters

- Try apple, peach, or pear butter for a tasty treat
- Pumpkin butters should not be canned at home
- A crock-pot or roaster can be an easy way to prepare fruit butters for canning
Common Questions

• Omitting sugar – using artificial sweeteners
• Using cornstarch in pie fillings
• Signs of spoilage
• Floating fruit
Question time??