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CANNING APPLES

Quantity: 1 bushel equals 48 pounds and yields 16 to 20 quarts. Each quart needs approximately 2-1/2 to 3 pounds.

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

Procedure: Wash, peel and core apples. To prevent discoloration slice into water containing ascorbic acid — one teaspoon or 3000 mg ascorbic acid per gallon of cold water. Remove apples from anti-darkening solution and drain well. Add one pint water or syrup (see below) per five pounds of sliced apples. Boil five minutes, stirring occasionally. Fill clean, hot jars with hot slices and hot syrup or water, leaving 1/2-inch headspace. Remove air bubbles. Wipe jar rims. Adjust lids and process.

Making Syrup:
Very light (10%) — Mix 1/2 cup sugar per quart liquid. Heat to dissolve the sugar and keep hot until ready to use.
Light (20%) — Mix 1 cup sugar per quart liquid. Heat to dissolve the sugar and keep hot until ready to use. Best if used with very sweet fruit.
Medium (30%) — Mix 1-3/4 cups sugar per quart liquid. Heat to dissolve the sugar and keep hot until ready to use. Use with sweet apples, sweet cherries, berries, or grapes.
Heavy (40%) — Mix 2-3/4 cups sugar per quart liquid. Heat to dissolve the sugar and keep hot until ready to use. Use with tart apples, apricots, sour cherries, gooseberries, nectarines, pears, peaches, and plums.
Very heavy (50%) — Mix 4 cups sugar per quart liquid. Heat to dissolve the sugar and keep hot until ready to use. Use with very sour fruit.

Recommended processing time (in minutes) in a boiling water bath:

Jar Size	Pack style	0-1000 feet	1001-3000 feet	3001-6000 feet	over 6000 feet
Pints or Quarts	Hot	20	25	30	35

Source:

E.L. Andress and J.A. Harrison. 1999. *So Easy to Preserve*. Cooperative Extension Service/The University of Georgia. 344 pp.

Reviewed June 2003 by:

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CANNING 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 following directions for sterilizing jars) or fill clean, hot half-gallon jars, leaving 1/4-inch headspace. Adjust lids and process.

Sterilizing Empty Jars: To sterilize empty jars, put them right side up on the rack in a boiling water canner. Fill the canner and jars with hot (not boiling) water to 1 inch above the tops of the jars. Boil 10 minutes at altitudes of less than 1,000 feet. At higher elevations, boil 1 additional minute for each additional 1,000 feet elevation. Remove and drain sterilized jars one at a time as filled.

Recommended processing time (in minutes) in a boiling water bath:

Jar Size	Pack style	0-1000 feet	1001-3000 feet	3001-6000 feet	over 6000 feet
Pints or Quarts	Hot	5	10	10	15
Half-gallons	Hot	10	15	15	20

Source:

E.L. Andress and J.A. Harrison. 1999. *So Easy to Preserve*. Cooperative Extension Service/The University of Georgia. 344 pp.

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CANNING APPLESAUCE

Quantity: One bushel equals 48 pounds and yields approximately 16 to 20 quarts. Each quart needs between 2-1/2 and 3 pounds.

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 into water containing ascorbic acid — one teaspoon or 3000 mg ascorbic acid (Vitamin C) per gallon of cold water— to prevent browning. Place 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 l/8 cup sugar per quart of sauce. Taste and add more sugar, if preferred. Reheat sauce to boiling. Fill hot jars with hot sauce, leaving l/2-inch headspace. Remove air bubbles. Wipe jar rims. Adjust lids and process.

Recommended processing time (in minutes) in a boiling water bath:

Jar Size	**Pack style**	**0-1000 feet**	**1001-3000 feet**	**3001-6000 feet**	**over 6000 feet**
Pints	Hot	15	20	20	25
Quarts	Hot	20	25	30	35

Source:

E.L. Andress and J.A. Harrison. 1999. *So Easy to Preserve*. Cooperative Extension Service/The University of Georgia. 344 pp.

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CANNING APRICOTS -- halved or sliced

Quantity: One lug equals 24 pounds and yields 9 to 12 quarts. Each quart will need approximately 2 to 2-1/2 pounds of fruit.

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

Procedure: Optional - Dip fruit in boiling water for 30 to 60 seconds until skins loosen. Dip quickly in cold water and slip off skins. Cut in half, remove pits and slice, if desired, to prevent darkening, keep peeled fruit in ascorbic acid solution. Prepare and boil a very light, light, or medium syrup or pack apricots in water, apple juice, or white grape juice. Raw packs make poor quality apricots.

Hot pack - In a large saucepan place drained fruit in syrup, water, or juice and bring to boil. Fill jars with hot fruit and cooking liquid, leaving 1/2-inch headspace. Place halves in layers, cut side down.

Raw pack - Fill jars with raw fruit, cut side down, and add hot water, juice, or syrup, leaving 1/2-inch headspace. Remove air bubbles. Wipe jar rims. Adjust lids and process.

Making Syrup:
Very light (10%) — Mix 1/2 cup sugar per quart liquid. Heat to dissolve the sugar and keep hot until ready to use.
Light (20%) — Mix 1 cup sugar per quart liquid. Heat to dissolve the sugar and keep hot until ready to use. Best if used with very sweet fruit.
Medium (30%) — Mix 1-3/4 cups sugar per quart liquid. Heat to dissolve the sugar and keep hot until ready to use. Use with sweet apples, sweet cherries, berries, or grapes.
Heavy (40%) — Mix 2-3/4 cups sugar per quart liquid. Heat to dissolve the sugar and keep hot until ready to use. Use with tart apples, apricots, sour cherries, gooseberries, nectarines, pears, peaches, and plums.
Very heavy (50%) — Mix 4 cups sugar per quart liquid. Heat to dissolve the sugar and keep hot until ready to use. Use with very sour fruit.

Recommended processing time (in minutes) in a boiling water bath:

Jar Size	Pack style	0-1000 feet	1001-3000 feet	3001-6000 feet	over 6000 feet
Pints	Hot	20	25	30	35
Quarts	Hot	25	30	35	40
Pints	Raw	25	30	35	40
Quarts	Raw	30	35	40	45

Source:

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CANNING BERRIES — blackberries, blueberries, currants, dewberries, elderberries, gooseberries, huckleberries, loganberries, raspberries

Quantity: A 24-quart crate equals 36 pounds and so will yield 12 to 18 quarts. Each quart needs 1-1/2 to 3 pounds of berries.

Quality: Choose ripe, sweet berries with uniform color.

Procedure: Wash 1 or 2 quarts of berries at a time. Drain, cap, and stem if necessary. For gooseberries, snip off heads and tails with scissors. Berries can be canned in water, juice, or syrup. Prepare and heat the liquid of your choice.

Hot pack -- (Use for blueberries, currants, elderberries, gooseberries, and huckleberries). Heat berries in boiling water for 30 seconds and drain. Fill hot jars and cover with hot syrup, juice, or water leaving 1/2-inch headspace. Remove air bubbles. Wipe jar rims. Adjust lids and process.

Recommended processing time (in minutes) in a boiling water bath:

Jar Size	**Pack style**	**0-1000 feet**	**1001-3000 feet**	**3001-6000 feet**	**over 6000 feet**
Pints	Hot	15	20	20	25
Quarts	Hot	20	20	20	25

Source:

E.L. Andress and J.A. Harrison. 1999. *So Easy to Preserve*. Cooperative Extension Service/The University of Georgia. 344 pp.

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CANNING BERRY SYRUP

Ingredients:
1-1/4 cups prepared blackberry, blueberry, raspberry, or strawberry juice
1-1/2 cups sugar
1/4 cup corn syrup
1 tablespoon lemon juice

Yield: about 2 half-pint jars

Procedure: Select table-ripe berries. Do not use underripe berries. Wash, cap, and remove stems. Crush berries and heat to a boil. Simmer 1 or 2 minutes.

Extracting the juice — Place the fruit into a flat-bottomed saucepan and add cold water. Use only enough water to prevent scorching. Crush to start the flow of juice. Bring to a boil on high heat; stirring to prevent scorching. Reduce heat. Cook for 10 minutes or less until soft. Do not overcook as excess boiling will destroy the pectin, flavor, and color. Pour everything into a damp jelly bag and suspend the bag to drain the juice. If the berries are juicy, they can be crushed and the juice extracted without heating.

Making the syrup —Combine ingredients in a saucepan. Bring to a rolling boil and boil one minute. Remove from heat and skim off foam. Pour into clean, hot half-pint jars, leaving 1/4-inch headspace. Wipe jar rims and adjust lids. Process in a boiling water bath.

Recommended processing time (in minutes) in a boiling water bath:

Jar Size	Pack style	0-1000 feet	1001-3000 feet	3001-6000 feet	over 6000 feet
Half-pints	Hot	10	15	20	25

Source:

E.L. Andress and J.A. Harrison. 1999. *So Easy to Preserve*. Cooperative Extension Service/The University of Georgia. 344 pp.

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CANNING CHERRIES--WHOLE - Sweet Or Sour

Quantity: An average of 17-1/2 pounds is needed per canner load of 7 quarts; an average of 11 pounds is needed per canner load of 9 pints. A lug weighs 15 pounds and yields 6 to 7 quarts--an average of 2-1/2 pounds per quart.

Quality: Select bright, uniformly colored cherries that are mature (of ideal quality for eating fresh or cooking).

Procedure: Stem and wash cherries. Remove pits if desired. If pitted, place cherries in water containing ascorbic acid (use one teaspoon of powdered ascorbic acid per gallon of cold water) to prevent stem-end discoloration. If canned unpitted, prick skins on opposite sides with a clean needle to prevent splitting. Cherries may be canned in water, apple juice, white grape juice, or syrup. If syrup is desired, select and prepare preferred type.

Preparing And Using Syrups

Measures of Water and Sugar		For 9 Pt. Load*		For 7 Quarts Load		
Syrup Type	Approx. % Sugar	Cups Water	Cups Sugar	Cups Water	Cups Sugar	
Medium	30	5-1/4	2-1/4	8-1/4	3-3/4	(For sweet cherries)
Heavy	40	5	3-1/4	7-3/4	5-1/4	

(For tart cherries *This amount is also adequate for a 4-quart load)

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. Hot pack--in a large saucepan add 1/2 cup water, juice, or syrup for each quart of drained fruit and bring to boil. Fill hot jars with cherries and cooking liquid, leaving 1/2-inch headspace. Raw pack--Add 1/2 cup hot water, juice, or syrup to each jar. Fill hot jars with drained cherries, shaking down gently as you fill. Add more hot liquid, leaving 1/2-inch headspace. Adjust lids and process.

Recommended processing time (in minutes) in a boiling water canner:

Jar Size	**Pack style**	**0-1000 feet**	**1001-3000 feet**	**3001-6000 feet**	**over 6000 feet**
Pints	Hot	15	20	20	25
Pints	Raw	25	30	35	40
Quarts	Hot	20	25	30	35
Quarts	Raw	25	30	35	40

CANNING FIGS

Quantity: One box equals 6 pounds and will yield 2 to 3 quarts. Two to 2-1/2 pounds of figs are needed for each quart jar.

Quality: Select firm, ripe, un-cracked figs. The mature color depends on the variety. Avoid overripe figs with very soft flesh.

Procedure: Wash figs thoroughly in clean water. Drain. Do not peel or remove stems. Cover figs with water and boil 2 minutes. Drain. Gently boil figs in a light syrup. (Mix 1 cup sugar with 4-3/4 cups water and heat until the sugar is dissolved.) Add 2 tablespoons bottled lemon juice to each quart jar or 1 tablespoon to each pint jar. Or, add1/2 teaspoon citric acid per quart or 1/4 teaspoon per pint. Pack hot figs into clean, hot jars leaving 1/2-inch headspace. Fill jars with hot syrup to 1/2 inch from the top. Remove air bubbles. Wipe jar rims. Adjust lids and process in a boiling water bath.

Recommended processing time (in minutes) in a boiling water bath:

Jar Size	**Pack style**	**0-1000 feet**	**1001-3000 feet**	**3001-6000 feet**	**over 6000 feet**
Pints	Hot	45	50	55	60
Quarts	Hot	50	55	60	65

Source:

E.L. Andress and J.A. Harrison. 1999. *So Easy to Preserve*. Cooperative Extension Service/The University of Georgia. 344 pp.

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CANNING FRUIT PUREES (for any fruit except figs)

Procedure: Stem, wash, drain, peel, and remove pits if necessary. Measure fruit into large saucepan, crushing slightly if desired. Add 1-cup hot water for each quart of fruit. Cook slowly until fruit is 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 (if added). Pack puree into clean, hot jars, leaving 1/4-inch headspace. Remove air bubbles. Wipe jar rims. Adjust lids and process in a boiling water bath.

Recommended processing time (in minutes) in a boiling water bath:

Jar Size	**Pack style**	**0-1000 feet**	**1001-3000 feet**	**3001-6000 feet**	**over 6000 feet**
Pints or Quarts	Hot	15	20	20	25

Source:

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CANNING GRAPEFRUIT AND ORANGE SECTIONS

Quality: Select firm, mature, sweet fruit of ideal quality for eating fresh. The flavor of orange sections is best if the sections are canned with equal parts of grapefruit. Grapefruit may be canned without oranges. Sections may be packed in your choice of water, citrus juice or syrup.

Procedure: Wash and peel fruit and remove white tissue to prevent a bitter taste. If you use syrup, prepare a very light, light, or medium syrup (see below) and bring to boil. Fill jars with sections and water, juice, or hot syrup, leaving 1/2-inch headspace. Adjust lids and process in a boiling water bath.

Making Syrup:
Very light (10%) — Mix 1/2 cup sugar per quart liquid. Heat to dissolve the sugar and keep hot until ready to use.
Light (20%) — Mix 1 cup sugar per quart liquid. Heat to dissolve the sugar and keep hot until ready to use. Best if used with very sweet fruit.
Medium (30%) — Mix 1-3/4 cups sugar per quart liquid. Heat to dissolve the sugar and keep hot until ready to use. Use with sweet apples, sweet cherries, berries, or grapes.
Heavy (40%) — Mix 2-3/4 cups sugar per quart liquid. Heat to dissolve the sugar and keep hot until ready to use. Use with tart apples, apricots, sour cherries, gooseberries, nectarines, pears, peaches, and plums.
Very heavy (50%) — Mix 4 cups sugar per quart liquid. Heat to dissolve the sugar and keep hot until ready to use. Use with very sour fruit.

Recommended processing time (in minutes) in a boiling water bath:

Jar Size	Pack style	0-1000 feet	1001-3000 feet	3001-6000 feet	over 6000 feet
Pints or Quarts	Raw	10	15	15	20

Source:

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CANNING GRAPES—WHOLE

Quantity: An average of 14 pounds is needed per canner load of 7 quarts; an average of 9 pounds is needed per canner load of 9 pints. A lug weighs 26 pounds and yields 12 to 14 quarts of whole grapes--an average of 2 pounds per quart.

Quality: Choose unripe, tight-skinned, preferably green seedless grapes harvested two weeks before they reach optimum eating quality.

Procedure: Stem, wash and drain grapes. Prepare very light, or light syrup (see directions below).

Hot pack--Blanch grapes in boiling water for 30 seconds. Drain and proceed for raw pack.

Raw pack--Fill hot jars with grapes and hot syrup, leaving 1-inch headspace. Adjust lids and process.

Making Syrup

Very Light Syrup - Mix 6-1/2 cups water to 3/4 cups sugar for 9 pint or 4 quart load. Mix 10-1/2 cups water and 1-1/4 cups sugar for 7 quart load. Heat sugar and water to boiling.

Light Syrup - Mix 5-3/4 cups water to 1-1/2 cups sugar for 9 pint or 4 quart load. Mix 9 cups water and 2-1/2 cups sugar for 7 quart load. Heat sugar and water to boiling.

Source:

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CANNING GRAPE JUICE

Quantity: An average of 24-l/2 pounds is needed per canner load of 7 quarts; an average of 16 pounds per canner load of 9 pints. A lug weighs 28 pounds and yields 7 to 8 quarts of juice--an average of 3-1/2 to 4 pounds per quart.

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

Procedure: Wash and stem grapes. Place grapes in a saucepan and add boiling water to cover grapes. Heat and simmer slowly until skin is soft. Strain through a damp jelly bag or double layers of cheesecloth. Refrigerate juice for 24 to 48 hours. Without mixing, carefully pour off clear liquid and save; discard sediment. If desired, strain through a paper coffee filter for a clearer juice. Add juice to a saucepan and sweeten to taste. Heat and stir until sugar is dissolved. Continue heating with occasional stirring until juice begins to boil. Immediately fill juice into hot sterilized jars, leaving 1/4-inch headspace. Wipe jar rims. Adjust lids.

Recommended processing time (in minutes) in a boiling water bath:

Jar Size	Pack style	0-1000 feet	1001-3000 feet	3001-6000 feet	over 6000 feet
Pints/quarts	Hot	5	10	10	15
Half-gallons	Hot	10	15	15	20

Source:

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CANNING FRUIT COCKTAIL

Ingredients:
3 pounds peaches
3 pounds pears
1-1/2 pounds slightly underripe seedless green grapes
10-ounce jar maraschino cherries
3 cups sugar
4 cups water

Procedure: Stem and wash grapes. Follow the appropriate directions to prevent the fruit from darkening. Dip ripe but firm peaches, a few at a time, in boiling water for 1 to 1-1/2 minutes to loosen the skins. Dip in cold water and slip off skins. Cut in half, remove pits, cut into _-inch cubes and place in anti-darkening solution with grapes. Peel, halve, and core pears. Cut into _-inch cubes and place in solution with grapes and peaches.

Combine sugar and water in a saucepan and bring to boil. Drain mixed fruit. Add 1/2 cup of hot syrup to each jar. Then add a few cherries and gently fill the clean, hot jar with mixed fruit and more hot syrup, leaving 1/2-inch headspace. Remove air bubbles. Wipe jar rims. Adjust lids and process in a boiling water bath.

Recommended processing time (in minutes) in a boiling water bath:

Jar Size	**Pack style**	**0-1000 feet**	**1001-3000 feet**	**3001-6000 feet**	**over 6000 feet**
Half-pints or Pints	Raw	20	25	30	35

Source:

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CANNING NECTARINES -- HALVED OR SLICED

Quantity: An average of 18 pounds is needed per canner load of 6-9 quarts; an average of 11 pounds is needed per canner load of 9 pints. A flat weights 18 pounds and yields 6-9 quarts -- an average of 2 to 3 pounds per quart.

Quality: Choose ripe, mature fruit of ideal quality for eating fresh or cooking.

Procedure: Cut in half, remove pits and slice, if desired, to prevent darkening, keep peeled fruit in ascorbic acid solution. Prepare and boil a very light, light, or medium syrup or pack apricots in water, apple juice, or white grape juice. Raw packs make a poor quality product.

Hot pack - In a large saucepan place drained fruit in syrup, water, or juice and bring to boil. Fill jars with hot fruit and cooking liquid, leaving 1/2-inch headspace. Place halves in layers, cut side down.

Raw pack - Fill jars with raw fruit, cut side down, and add hot water, juice, or syrup, leaving _-inch headspace. Remove air bubbles. Wipe jar rims. Adjust lids and process.

Making Syrup:
Very light (10%) — Mix 1/2 cup sugar per quart liquid. Heat to dissolve the sugar and keep hot until ready to use.
Light (20%) — Mix 1 cup sugar per quart liquid. Heat to dissolve the sugar and keep hot until ready to use. Best if used with very sweet fruit.
Medium (30%) — Mix 1-3/4 cups sugar per quart liquid. Heat to dissolve the sugar and keep hot until ready to use. Use with sweet apples, sweet cherries, berries, or grapes.
Heavy (40%) — Mix 2-3/4 cups sugar per quart liquid. Heat to dissolve the sugar and keep hot until ready to use. Use with tart apples, apricots, sour cherries, gooseberries, nectarines, pears, peaches, and plums.
Very heavy (50%) — Mix 4 cups sugar per quart liquid. Heat to dissolve the sugar and keep hot until ready to use. Use with very sour fruit.

Recommended processing time (in minutes) in a boiling water bath:

Jar Size	**Pack style**	**0-1000 feet**	**1001-3000 feet**	**3001-6000 feet**	**over 6000 feet**
Pints	Hot	20	25	30	35
Quarts	Hot	25	30	35	40
Pints	Raw	25	30	35	40
Quarts	Raw	30	35	40	45

Source:

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CANNING PEACHES -- halved or sliced

Quantity: One bushel equals 50 pounds and yields 19 to 25 quarts. Each quart needs approximately 2 to 2-1/2 pounds of fruit.

Quality: Choose ripe, mature fruit of ideal quality for eating fresh or cooking.

Procedure: Dip fruit in boiling water for 30 to 60 seconds until skins loosen. Dip quickly in cold water and slip off skins. Cut in half, remove pits and slice if desired. To prevent darkening, keep peeled fruit in ascorbic acid solution. Prepare and boil a very light, light, or medium syrup or pack peaches in water, apple juice, or white grape juice. Raw packs make poor quality peaches

Making Syrup:

Very light (10%) — Mix 1/2 cup sugar per quart liquid. Heat to dissolve the sugar and keep hot until ready to use.
Light (20%) — Mix 1 cup sugar per quart liquid. Heat to dissolve the sugar and keep hot until ready to use. Best if used with very sweet fruit.
Medium (30%) — Mix 1-3/4 cups sugar per quart liquid. Heat to dissolve the sugar and keep hot until ready to use. Use with sweet apples, sweet cherries, berries, or grapes.
Heavy (40%) — Mix 2-3/4 cups sugar per quart liquid. Heat to dissolve the sugar and keep hot until ready to use. Use with tart apples, apricots, sour cherries, gooseberries, nectarines, pears, peaches, or plums.
Very heavy (50%) — Mix 4 cups sugar per quart liquid. Heat to dissolve the sugar and keep hot until ready to use. Use with very sour fruit.

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.

Hot pack -- In a large saucepan place drained fruit in syrup, water or juice and bring to boil. Fill hot jars with hot fruit and cooking liquid, leaving _-inch headspace. Place halves in layers, cut side down.

Raw pack -- Fill hot jars with raw fruit, cut side down, and add hot water, juice, or syrup, leaving 1/2-inch headspace. Remove air bubbles. Wipe jar rims. Adjust lids and process.

Recommended processing time (in minutes) in a boiling water bath:

Jar Size	**Pack style**	**0-1000 feet**	**1001-3000 feet**	**3001-6000 feet**	**over 6000 feet**
Pints	Hot	20	25	30	35
Quarts	Hot	25	30	35	40
Pints	Raw	25	30	35	40
Quarts	Raw	30	35	40	45

Source:

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CANNING PEARS – halved

Quantity: One bushel equals 50 pounds and yields 20 to 25 quarts; one box equals 46 pounds and yields 19 to 23 quarts; and 1 crate equals 22 pounds and yields 8 to 11 quarts. Each quart needs approximately 2 to 2-1/2 pounds of fruit.

Quality: Choose ripe, mature fruit of ideal quality for eating fresh or cooking.

Procedure: Wash and peel pears. Cut lengthwise in halves and remove core. A melon baller or metal measuring spoon is suitable for coring pears. To prevent discoloration, keep pears in an ascorbic acid solution — one teaspoon or 3000 mg ascorbic acid per gallon of cold water. Prepare a very light, light, or medium syrup (see directions below for syrup), or pack pears in apple juice, white grape juice, or water. Raw packs make

poor quality pears. Boil drained pears 5 minutes in syrup, juice, or water. Fill clean, hot jars with hot fruit and cooking liquid, leaving 1/2-inch headspace. Remove air bubbles. Wipe jar rims. Adjust lids and process.

Making Syrup:
Very light (10%) — Mix 1/2 cup sugar per quart liquid. Heat to dissolve the sugar and keep hot until ready to use.
Light (20%) — Mix 1 cup sugar per quart liquid. Heat to dissolve the sugar and keep hot until ready to use. Best if used with very sweet fruit.
Medium (30%) — Mix 1-3/4 cups sugar per quart liquid. Heat to dissolve the sugar and keep hot until ready to use. Use with sweet apples, sweet cherries, berries, or grapes.
Heavy (40%) — Mix 2-3/4 cups sugar per quart liquid. Heat to dissolve the sugar and keep hot until ready to use. Use with tart apples, apricots, sour cherries, gooseberries, nectarines, pears, peaches, or plums.
Very heavy (50%) — Mix 4 cups sugar per quart liquid. Heat to dissolve the sugar and keep hot until ready to use. Use with very sour fruit.

Recommended processing time (in minutes) in a boiling water bath:

Jar Size	**Pack style**	**0-1000 feet**	**1001-3000 feet**	**3001-6000 feet**	**over 6000 feet**
Pints	Hot	20	25	30	35
Quarts	Hot	25	30	35	40

Source:

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CANNING PINEAPPLE

Quantity: One crate equals 70 pounds and will yield 20-28 quarts. Each quart needs approximately 2-1/2 pounds of fruit.

Quality: Select firm, ripe pineapples.

Procedure: Wash pineapple. Peel and remove eyes and tough fiber. Slice or cube the pineapple. It may be packed in water, apple juice, white grape juice, or in very light, light, or medium syrup (see below). In a large saucepan, add pineapple to syrup, water, or juice, and simmer 10 minutes. Fill clean, hot jars with hot pieces and cooking liquid, juice or syrup, leaving 1/2-inch headspace. Remove air bubbles. Wipe jar rims. Adjust lids and process in a boiling water bath.

Making Syrup:
Very light (10%) — Mix 1/2 cup sugar per quart liquid. Heat to dissolve the sugar and keep hot until ready to use.
Light (20%) — Mix 1 cup sugar per quart liquid. Heat to dissolve the sugar and keep hot until ready to use. Best if used with very sweet fruit.
Medium (30%) — Mix 1-3/4 cups sugar per quart liquid. Heat to dissolve the sugar and keep hot until ready to use. Use with sweet apples, sweet cherries, berries, or grapes.
Heavy (40%) — Mix 2-3/4 cups sugar per quart liquid. Heat to dissolve the sugar and keep hot until ready to use. Use with tart apples, apricots, sour cherries, gooseberries, nectarines, pears, peaches, and plums.
Very heavy (50%) — Mix 4 cups sugar per quart liquid. Heat to dissolve the sugar and keep hot until ready to use. Use with very sour fruit.

Recommended processing time (in minutes) in a boiling water bath:

Jar Size	Pack style	0-1000 feet	1001-3000 feet	3001-6000 feet	over 6000 feet
Pints	Hot	15	20	20	25
Quarts	Hot	20	25	30	35

Source:

E.L. Andress and J.A. Harrison. 1999. *So Easy to Preserve*. Cooperative Extension Service/The University of Georgia. 344 pp.

Reviewed June 2003 by:

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CANNING PLUMS -- halved or whole

Quantity: An average of 14 pounds is needed per canner load of 7 quarts; an average of 9 pounds is needed per canner load of 9 pints. A bushel weighs 56 pounds and yields 24 to 30 quarts -- an average of 2-1/2 pounds per quart.

Quality: Select deep-colored, mature fruit of ideal quality for eating fresh or cooking. Plums may be packed in water or syrup.

Procedure: Stem and wash plums. To can whole, prick skins on two sides of plums with fork to prevent splitting. Freestone varieties may be halved and pitted.
If you use syrup, prepare very light, light, or medium syrup according to directions. (See syrup)

Hot pack -- Add plums to water or hot syrup and boil 2 minutes. Cover saucepan and let stand 20 to 30 minutes. Fill jars with hot plums and cooking liquid or syrup, leaving 1/2-inch headspace.

Raw pack -- Fill jars with raw plums, packing firmly. Add hot water or syrup, leaving 1/2-inch headspace. Adjust lids and process.

Recommended processing time (in minutes) in a boiling water canner:

Jar Size	Pack style	0-1000 feet	1001-3000 feet	3001-6000 feet	over 6000 feet
Pints	Hot	20	25	30	35
Quarts	Raw	25	30	35	40

Processing directions for canning plums in a dial- or weighted-gauge canner are given under acidic foods process times.

Source:

E.L. Andress and J.A. Harrison. 1999. *So Easy to Preserve*. Cooperative Extension Service/The University of Georgia. 344 pp.

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CANNING ZUCCHINI-PINEAPPLE

Ingredients:
4 quarts cubed or shredded zucchini
46 ounces canned unsweetened pineapple juice
1-1/2 cups bottled lemon juice
3 cups granulated sugar

Yield: About 8 to 9 pints

Procedure: Peel zucchini and either cut into _-inch cubes or shred. Mix zucchini with other ingredients in a large saucepan and bring to a boil. Simmer 20 minutes. Fill clean, hot jars with hot mixture and cooking liquid, leaving 1/2- inch headspace. Remove air bubbles. Wipe jar rims. Adjust lids and process in a boiling water bath.

Recommended processing time (in minutes) in a boiling water bath:

Jar Size	**Pack style**	**0-1000 feet**	**1001-3000 feet**	**3001-6000 feet**	**over 6000 feet**
Half-pints or Pints	Hot	15	20	20	25

Source:

E.L. Andress and J.A. Harrison. 1999. *So Easy to Preserve*. Cooperative Extension Service/The University of Georgia. 344 pp.

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