

Canning and Freezing: Fruit

Food:	Preparation:	Boiling—Water Canning, Raw Pack:	Boiling—Water Canning, Hot Pack:	Freezing:
Apples	Allow 2-1/2 pounds per quart. Select varieties that are crisp, not mealy, in texture. Peel and core; halve, quarter, or slice. Dip into ascorbic-acid color-keeper solution; drain.	Not recommended.	Simmer in syrup for 5 minutes, stirring occasionally. Fill jars with fruit and syrup, leaving 1/2-inch headspace. Process pints and quarts for 20 minutes.	Use syrup, sugar, or dry pack, leaving recommended headspace.
Apricots	Allow 1-1/2 to 2-1/2 pounds per quart. If desired, peel. Prepare as for peaches, below.	Fill jars, placing cut side down. Add boiling syrup or water, leaving 1/2-inch headspace. Process pints for 25 minutes and quarts for 30 minutes. (Note: Hot pack gives a better product.)	Add peaches to hot syrup; bring to boiling. Fill jars with fruit (in layers with cut side down) and syrup, leaving 1/2-inch headspace. Process pints for 20 minutes and quarts for 25 minutes.	Peel apricots. Use syrup pack, sugar pack, or water pack, leaving the recommended headspace.
Berries	Allow 3/4 to 1 pound per pint for blackberries, blueberries, currants, huckleberries, gooseberries, elderberries, loganberries, raspberries, or mulberries.	Fill jars with blackberries, loganberries, mulberries, or raspberries. Shake down gently. Add boiling syrup, leaving 1/2-inch headspace. Process halfpints for 15 minutes and pints for 20 minutes.	Simmer blackberries, currants, elderberries, gooseberries, and huckleberries in water for 30 seconds. Drain. Fill jars with berries and hot syrup, leaving 1/2-inch headspace. Process pints for 15 minutes and quarts for 20 minutes.	Slice strawberries, if desired. Use syrup, sugar, or dry pack, leaving the recommended headspace.
Cherries	Allow 2 to 3 pounds per quart. If desired, treat with ascorbic-acid color-keeper solution; drain. If unpitted, prick skin on opposite sides to prevent splitting.	Fill jars, shaking down gently. Add boiling syrup or water, leaving 1/2-inch headspace. Process pints and quarts for 25 minutes.	Add to hot syrup; bring to boiling. Fill jars with fruit and syrup, leaving 1/2-inch headspace. Process pints 15 minutes quarts 20 minutes.	Use syrup pack, sugar pack, or dry pack, leaving the recommended headspace.
Melons	Allow about 4 pounds per quart for honeydew, cantaloupe, and watermelon.	Not recommended.	Not recommended.	Use dry or syrup pack, leaving the recommended headspace.
Peaches, nectarines	Allow 2 to 3 pounds per quart. To peel, immerse in boiling water for 20 to 30 seconds or until skins start to crack; remove and plunge into cold water. Halve and pit. Slice if desired. Treat with ascorbic-acid colorkeeper solution; drain.	Fill jars, placing cut side down. Add boiling syrup or water, leaving 1/2-inch headspace. Process pints for 25 minutes and quarts for 30 minutes. (Note: Hot pack gives a better product.)	Add peaches to hot syrup; bring to boiling. Fill jars with fruit (in layers with cut side down) and syrup, leaving 1/2-inch headspace. Process pints for 20 minutes and quarts for 25 minutes.	Use syrup pack, sugar pack, or water pack, leaving the recommended headspace.

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Pears	Allow 2 to 3 pounds per quart. Peel, halve, and core. Treat with ascorbic acid color-keeper solution; drain.	Not recommended.	Simmer fruit in syrup for 5 minutes. Fill jars with fruit and syrup, leaving 1/2-inch headspace. Process pints for 20 minutes and quarts for 25 minutes.	Heat slices in syrup for 1 to 2 minutes; drain and cool. Pack in syrup, adding 3/4 teaspoon ascorbic acid per quart of cold syrup. Leave recommended headspace.
Plums	Allow 1-1/2 to 2-1/2 pounds per quart. For best quality, let ripen at least 1 day after harvest. Prick skin on 2 sides. Freestone varieties may be halved and pitted.	Pack firmly into jars. Add boiling syrup, leaving 1/2-inch headspace. Process pints for 20 minutes and quarts for 25 minutes.	Simmer in water or syrup for 2 minutes. Remove from heat. Let stand, covered, 20 to 30 minutes. Fill jars with fruit and cooking liquid or syrup, leaving 1/2-inch headspace. Process pints 20 minutes and quarts 25 minutes.	Halve and pit. Treat with ascorbic-acid color-keeper solution; drain well. Use dry pack, sugar pack, or syrup pack, leaving the recommended headspace.
Rhubarb	Allow 1 to 2 pounds per quart. Discard leaves and woody ends. Cut into 1/2- to 1-inch pieces.	Not recommended.	In a saucepan sprinkle 1/2 cup sugar over each 4 cups fruit; mix well. Let stand until juice appears. Bring slowly to boiling, stirring gently. Fill jars with hot fruit and juice, leaving 1/2-inch headspace. Process pints and quarts for 15 minutes.	Blanch for 1 minute; cook quickly. Drain. Use dry pack or syrup pack, leaving recommended headspace. Or, use a sugar pack of 1/2 cup sugar to 3 cups of fruit.