

SYRUPS FOR CANNING FRUIT

Adding syrup to canned fruit helps to retain its flavor, color, and shape. It does not prevent spoilage of these foods. The guidelines for preparing and using syrups (Table 1) 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.

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.

Table 1. Preparing and using SYRUPS						
		Measures of Water and Sugar				
Syrup Type	Approx. % Sugar	For 9-Pint Load (1)		For 7-Quart Load		Fruits Commonly packed in syrup (2)
		Cups Water	Cups Sugar	Cups Water	Cups Sugar	
Very Light	10	6½	¾	10½	1¼	Approximates natural sugar levels in most fruits and adds the fewest calories
Light	20	5¾	1½	9	2¼	Very sweet fruit. Try a small amount first to see if your family likes it
Medium	30	5¼	2¼	8¼	3¼	Sweet apples, sweet cherries, berries, grapes
Heavy	40	5	3¼	7¾	5¼	Tart apples, apricots, sour cherries, gooseberries, nectarines, peaches, pears, plums
Very Heavy	50	4¼	4¼	6½	6¼	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.

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Resource:

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Source: National Center for Home Food Preservation



APPLES

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FREEZING APPLES

Preparation - Syrup Pack is preferred for apples to be used for uncooked desserts or fruit cocktail. A sugar or dry pack is good for pie making.

Select full-flavored apples that are crisp and firm, not mealy in texture. Wash, peel, and core. Slice medium apples into twelfths, large ones into sixteenths.



Syrup Pack Use cold 40 percent syrup. To prevent browning, add ½ teaspoon (1500 mg) ascorbic acid to each quart of syrup.

Slice apples directly into syrup in container starting with ½ cup syrup to a pint container. Press fruit down in containers and add enough syrup to cover. Leave headspace. Place a small piece of crumpled water-resistant paper on top to hold fruit down. Seal and freeze.

Sugar Pack To prevent darkening, dissolve ½ teaspoon (1500 mg) ascorbic acid in 3 tablespoons water. Sprinkle over the fruit. Or, apple slices can be steam blanched for 1½ to 2 minutes.

Mix ½ cup sugar with 1 quart (1¼ pounds) of fruit. Pack apples into containers and press fruit down, leaving headspace. Seal and freeze.

Dry Pack Follow the directions for **Sugar Pack**, omitting the sugar. Treated apple slices can also be frozen first on a tray and then packed into containers as soon as they are frozen.



CANNING APPLES Sliced

Quantity: An average of 19 pounds is needed per canner load of 7 quarts; an average of 12¼ pounds is needed per canner load of 9 quarts. A bushel weighs 48 pounds and yields 16 to 19 quarts - an average of 2¾ pounds per quart.

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

Procedure: Wash, peel, and core apples. To prevent discoloration, slice apples into water containing ascorbic acid. Raw packs make poor quality products. Place drained slices in large saucepan and add 1 pint water or very light, light, or medium syrup per 5 pounds of sliced apples. Boil 5 minutes, stirring occasionally to prevent burning. Fill jars with hot slices and hot syrup or water, leaving ½ -inch headspace. Adjust lids and process.

Processing directions for canning sliced apples in a boiling-water, a dial, or a weighted-gauge canner are given in Table 1, Table 2, and Table 3.

Table 1. Recommended process time for **Apples, sliced** in a Boiling Water Canner.

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

Table 2. Process time for **Apples, sliced** in a Dial-Gauge Pressure Canner.

		Canner Pressure (PSI) at Altitudes of				
Style of Pack	Jar Size	Process Time	0 - 2,000 ft	2,001-4,000 ft	4,001-6,000 ft	6,001-8,000 ft
Hot	Pints or Quarts	8 minutes	6 minutes	7 minutes	8 minutes	9 minutes

Table 3. Recommended process time for **Apples, sliced** in a Weighted-Gauge Pressure Canner.

		Process Time at Altitudes of		
Style of Pack	Jar Size	Process Time	0-1,000 ft	Above 1,000 ft
Hot	Pints or Quarts	8 minutes	5 minutes	10 minutes