

HYG-5343

Basics for Canning Fruit

Table 2. Canning Directions for Preparing and Processing Fruit Using a Boiling Water Bath.

Fruit	Style of Pack	Jar Size	Minutes of Processing Time at Altitudes of...		Preparation
			0–1,000 feet	1,001–3,000 feet	
Apples (sliced)	Hot	Pints or Quarts	20	20	Prepare syrup if desired. Pare, core, and slice apples. Use anti-darkening treatment. Drain. Boil apples five minutes in 1 pint syrup, juice, or water per 5 pounds apples; stir occasionally. Fill jars with hot slices and hot liquid; leave ½-inch headspace.
Apple juice	Hot	Pints or Quarts	5	10	Refrigerate fresh (purchased) juice for 24–48 hours. Without mixing, carefully pour off clear liquid and discard sediment. Strain clear liquid through a paper coffee filter or through double layers of damp cheesecloth. Heat quickly, stirring occasionally, until juice begins to boil. Fill immediately into sterile pint or quart jars, or fill into clean, hot half-gallon jars, leaving ¼-inch headspace.
		Half-Gallon	10	15	
Applesauce	Hot	Pints	15	20	Prepare applesauce (sweetened or unsweetened). Heat to simmering. Pack hot applesauce into jars; leave ½-inch headspace.
		Quarts	20	25	
Apricots (halved or sliced)	Raw	Pints	25	30	Prepare same as peaches but leave the skins on if you like.
		Quarts	30	35	
	Hot	Pints	20	25	
		Quarts	25	30	

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Fruit	Style of Pack	Jar Size	Minutes of Processing Time at Altitudes of...		Preparation
			0–1,000 feet	1,001–3,000 feet	
Berries, whole (blueberries, blackberries, currants, dewberries, gooseberries, huckleberries, logan berries, mulberries, strawberries, raspberries)	Raw	Pints	15	20	Wash berries in cold or ice water to firm fruit. Use scissors to snip off “heads and tails” of gooseberries. Drain. Prepare and boil syrup, if desired. Add ½ cup syrup, juice, or water to each jar. Pack berries into jars; leave ½-inch headspace. Shake jars while filling to get a full pack. Fill jars to ½ inch from top with boiling syrup or water.
		Quarts	20	25	
	Hot	Pints or Quarts	15	20	(Best for firm berries that hold their shape well.) Wash and drain berries. Use scissors to snip off “heads and tails” of gooseberries. Prepare and boil syrup, if desired. Add ½ cup syrup, juice, or water to each jar. In a saucepan, cover berries with water and heat to boiling for 30 seconds. Drain. Pack hot fruit in jars and cover with boiling liquid; leave ½-inch headspace.
Cherries, whole (sweet or sour)	Raw	Pints or Quarts	25	30	Wash and drain cherries; remove pits if desired. Add 1/2 cup hot water, juice, or syrup to each jar. Pack fruit in jars and cover with hot liquid; leave ½-inch headspace.
	Hot	Pints	15	20	Wash and drain cherries; remove pits if desired. In large saucepan add ½ cup water, juice, or syrup for each quart of drained fruit and bring to a boil. Fill jars with cherries and cover with cooking liquid. Leave ½-inch headspace.
		Quarts	20	25	

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Fruit	Style of Pack	Jar Size	Minutes of Processing Time at Altitudes of...		Preparation
			0–1,000 feet	1,001–3,000 feet	
Cranberries	Hot	Pints and Quarts	15	20	Wash and remove stems. Make a heavy syrup. Carefully add berries to hot syrup. Boil three minutes. Fill jars with berries and cover with syrup. Leave ½-inch headspace.
Fruit purees (except Asian pears, bananas, cantaloupe and other melons, coconuts, dates, figs, ripe mangos, papayas, persimmons, tomatoes)	Hot	Pints or Quarts	15	20	Use sound, ripe fruit. Wash. Remove pits, if necessary. Cut large fruit in pieces. Measure fruit into large saucepan. Add 1 cup hot water for each quart of fruit. Simmer until soft, stirring frequently. Press through a strainer or food mill. Add sugar to taste, if desired. Reheat to simmering. Pack hot into jars, leaving ¼-inch headspace.
Grape Juice	Hot	Pints or Quarts	5	10	Wash and stem grapes; place in saucepan and add boiling water to cover grapes. Simmer slowly until skin is soft. Strain through damp jelly bag. Refrigerate juice for one to two days. Carefully pour off clear liquid and save; discard sediment. Add juice to saucepan and sweeten to taste. Heat and stir until sugar dissolves and juice begins to boil. Fill immediately into sterile pint, quart or half-gallon jars, leaving ¼-inch headspace.
		Half-gallon	10	15	

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Fruit	Style of Pack	Jar Size	Minutes of Processing Time at Altitudes of...		Preparation
			0–1,000 feet	1,001–3,000 feet	
Grapes, whole	Raw	Pints	15	20	Choose unripe grapes harvested approximately two weeks before best eating quality. Wash, drain, and remove stems from grapes. Pack grapes into jars and cover with boiling water, syrup, or juice; leave 1-inch headspace.
		Quarts	20	25	
	Hot	Pints and Quarts	10	15	Choose unripe grapes harvested approximately two weeks before best eating quality. Wash, drain and remove stems from grapes. Blanch grapes in boiling water for 30 seconds. Drain. Proceed as for raw pack.
Grapefruit and Orange sections	Raw	Pints or Quarts	10	15	Wash and peel fruit; remove white tissue to prevent a bitter taste. Fill jars with sections and cover with hot syrup, citrus juice, or boiling water; leave ½-inch headspace.
Yellow Peaches or Yellow Nectarines (Do not can white peaches or nectarines)	Raw	Pints	25	30	Wash fruit. Submerge in boiling water 30–60 seconds to loosen skins. Dip in cold water and peel. Cut in half and remove pits. Slice, if desired. Use an anti-darkening treatment. Drain. Pack drained fruit into jars, then cover with boiling syrup, juice, or water; leave ½-inch headspace.
		Quarts	30	35	
	Hot	Pints	20	25	Wash fruit. Submerge in boiling water 30–60 seconds to loosen skins. Dip in cold water and peel. Cut in half, remove pits. Slice, if desired. Use an anti-darkening treatment. Drain. Heat drained fruit in hot syrup or water. Pack hot fruit in jars and cover with boiling syrup, juice, or water; leave ½-inch headspace.
		Quarts	25	30	

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Fruit	Style of Pack	Jar Size	Minutes of Processing Time at Altitudes of...		Preparation
			0–1,000 feet	1,001–3,000 feet	
Pears	Hot	Pints	20	25	Wash pears. Peel, cut in halves or quarters, and core. Use an anti-darkening treatment. Drain. Boil drained pears for five minutes in syrup, juice, or water. Pack hot fruit in jars and cover with boiling syrup, juice, or water; leave ½-inch headspace.
		Quarts	25	30	
Pineapple	Hot	Pints	15	20	Select firm, ripe pineapples. Wash and peel, removing eyes and tough fibers of core. Slice or cube. In large saucepan, add pineapple to hot syrup, water, or juice; simmer 10 minutes. Fill jars with hot pieces and cover with cooking liquid; leave ½-inch headspace.
		Quarts	20	25	
Plums (halved or whole)	Raw	Pints	20	25	Wash and stem. To can whole plums, prick skins. Freestone varieties may be halved and pitted. Pack fruit into jars and cover with boiling syrup, juice, or water; leave ½-inch headspace.
		Quarts	25	30	
	Hot	Pints	20	25	Wash and stem. To can whole plums, prick skins. Freestone varieties may be halved and pitted. Add plums to hot syrup, juice or water and boil two minutes. Cover saucepan and let stand 20–30 minutes. Fill jars with hot plums and cover with cooking liquid; leave ½-inch headspace.
		Quarts	25	30	
Rhubarb, stewed	Hot	Pints or Quarts	15	20	Wash rhubarb and cut into ½-inch pieces. Place pieces in a saucepan. Add 1/2 cup sugar to each quart of rhubarb and let stand to draw out the juice. Bring to a boil. Pack hot into jars and cover with hot cooking liquid; leave ½-inch headspace.