

# Canning Louisiana Fruits



*Fruits are high in natural acids,  
and can be safely canned in a boiling water bath.*

*Bacteria, yeast and molds that cause spoilage in high acid foods  
are destroyed by processing in a boiling water bath at 212 degrees,  
the temperature of boiling water.*

## Selection and Preparation

- Begin with fresh and wholesome fruits suitable for canning that are picked at their peak of quality. Discard overripe, diseased and moldy fruit. Trim small diseased lesions or spots from food.
- Underripe fruit should be spread in single layers in a cool place to ripen. For best quality, apricots, nectarines, peaches, pears and plums should be ripened one or more days between harvest and canning.
- Wash fruit thoroughly under running water before it is hulled or peeled.
- Don't soak fruits in water. They may lose flavor and water-soluble vitamins.



## Keep Fruit from Darkening

**In preparation** – keep peeled, halved, quartered, sliced or diced apples, apricots, nectarines, peaches and pears in a solution of 3 grams (3,000 milligrams) ascorbic acid to 1 gallon of cold water.

Ascorbic acid is available in several forms:

**Pure powdered form**—seasonally available among canners' supplies in supermarkets. One level teaspoon of pure powder weighs about 3 grams. Use 1 teaspoon per gallon of water as a treatment solution.

**Vitamin C tablets**—economical and available year-round in many stores. Buy 500-milligram tablets; crush and dissolve six tablets per gallon of water as a treatment solution.

Commercially prepared mixes of ascorbic and citric acid—seasonally available among canners' supplies in supermarkets.

**In the jar** – use ascorbic-citric acid mixture according to manufacturer's directions to prevent darkening in the jar, or use 1/2 teaspoon of pure ascorbic acid to each quart. Mix with syrup or fruit juice.

## Equipment

Boiling water canners can be purchased in stores or through Internet sales sites. Any big metal pot can be used as a boiling water bath canner if it is deep enough for the water to cover the jars by at least 1 inch and still have ample room for boiling (2-4 inches above jar tops). The canner must have a tight-fitting cover and a wire rack or flat metal rack with plenty of open spaces in it.

## Preparing Jars

Check canning jars closely for signs of cracks or chips. Choose jars specifically designed for home canning. Commercial food jars, such as mayonnaise or instant coffee jars, break easily and may not seal. Use only the half-pint, pint or quart sizes for fruit – as specified with processing directions. Half-gallon jars also may be used for very acidic, thin juices.

Jars processed in a boiling water bath for 10 minutes or more or those processed in a pressure canner will be sterilized during processing and do not need prior sterilization. Wash jars in a dishwasher or in hot, soapy water and rinse well. Keep jars hot until filled and placed in the canner.



If jars will be processed in a boiling water bath for less than 10 minutes, they need to be sterilized by boiling them completely submerged in boiling water for 10 minutes. Then keep the jars hot until they are used.

## Preparing Lids

Use two-piece metal canning lids for home canning. The flat lids can be used only once for sealing new products, but the ring bands can be reused as long as they are in good condition. Before using them, treat the new flat lids based on the directions from the manufacturer. Do not reuse lids from commercially canned foods for home canning.

## Filling the Jars

Raw fruit can be packed into jars, or fruit can be heated and packed hot. Read the directions for each fruit to determine which methods may be used. Be sure to have the clean or sterilized jars hot to prevent breakage as they are filled.

**To raw pack** – Put prepared raw fruit into jars and cover with very hot or boiling hot syrup, juice or water. Most raw fruit should be packed tightly into the jars because it shrinks during processing.

**To hot pack** – Heat prepared fruit in syrup, water or juice before packing. Pack hot food loosely. Food should be at or near boiling temperature

when it is packed, unless specific directions indicate another type of preparation.

**Head Space** – For either type of packing, use enough syrup, water or juice to fill around the solid food in the jar and to cover the food. See directions for each fruit for the correct amount of head space to leave between the top of the food and the top of the jar. This head space is important for obtaining a good seal.

## Sweeteners

Fruits may be canned with or without sweeteners, but adding syrup to canned fruit helps to retain its flavor, color and shape. It does not prevent spoilage of these foods.

## Procedure

Heat water and sugar together. Stir to keep from scorching. 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.

**Other Natural Sweeteners** – light corn syrup or honey may be used to replace up to half the sugar in canning fruit. Molasses, brown sugars and other strong-flavored sweeteners tend to hide the natural fruit flavor.

**Unsweetened Fruit** – Fruits may be canned without sugar or other sweeteners. Precook fruit

## Guidelines for Preparing and Using Syrups

Quantities of water and sugar to make enough syrup for a canner load of pints or quarts are provided for each syrup type.

Preparing and Using Syrups						
Syrup Type	Approx. % Sugar	Measures of Water and Sugar				Fruits commonly packed in syrup**
		For 9-Pt Load*		For 7-Qt Load		
		Cups Water	Cups Sugar	Cups Water	Cups Sugar	
Very Light	10	6 1/2	3/4	10 1/2	1 1/4	Approximates natural calories or the natural sugar content of many fruits.
Light	20	5 3/4	1 1/2	9	2 1/4	Very sweet fruit.
Medium	30	5 1/4	2 1/4	8 1/4	3 3/4	Sweet apples, sweet cherries, berries, grapes.
Heavy	40	5	3 1/4	7 3/4	5 1/4	Tart apples, apricots, sour cherries, gooseberries, nectarines, peaches, pears, plums.
Very Heavy	50	4 1/4	4 1/4	6 1/2	6 3/4	Very sour fruit.

\* 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.



in water or in the juice that cooks out of juicy fruits. Pack fruit in jars and cover with the precooking liquid. If additional liquid is needed, use boiling water or regular unsweetened fruit juices. Blends of unsweetened apple, pineapple and white grape juice are good for filling over solid fruit pieces. Process the

same as for sweetened fruit.

**Nonnutritive Sweeteners** –When nonnutritive sweeteners are used, follow manufacturer’s directions. Generally, it is better not to add them before canning. These substances often lose sweetness when heated and may become bitter. Splenda® is the only sugar substitute currently in the marketplace that can be added to covering liquids before canning fruits. Other sugar substitutes, if desired, should be added when serving.

Open and sweeten a short time before serving. Start with less than the manufacturer recommends until you find the right amount of sweetness for your taste.

## Closing the Jars

Remove air bubbles by running a table knife or spatula gently between fruit and jar.

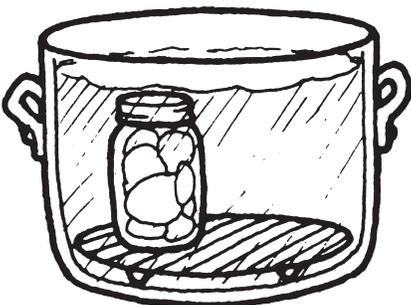
Wipe sealing edge and threads of jar with clean, damp towel.

Place self-sealing lid on jar with sealing compound next to jar. Screw the band firmly.

## Processing Fruits

Fill the canner at least half full with clean, hot water. Enough water is needed so the level will be 1-2 inches over the tops of the jars after they are added. Center the canner over the burner and preheat the water to about 180 degrees Fahrenheit (simmering) for hot packs and hot but not yet simmering (about 140 degrees F) for raw packs.

Using a canning jar lifter, place filled jars on a rack in the canner containing the preheated water. Make sure the jar lifter is securely positioned below the neck of the jar and ring band, and



keep the jar upright at all times. Tilting the jar could cause food or covering liquid to spill into the sealing area of the lid.

Add boiling water if needed to bring water to a level 1-2 inches over the top of the jars, pouring it between the jars and not directly on them. Put the cover on the canner. Turn the burner to its highest heat setting and bring the water in the canner to a full boil.

When the water in the canner comes to a rolling boil, start to count processing time. Boil gently and steadily for the time recommended for the food being canned. Add boiling water during processing if it’s needed to keep jars covered. If the water stops boiling at any time during the process, bring the water back to a boil and begin the timing of the process over again from the beginning.

When the jars have been processed for the recommended time, turn off the heat and remove the canner lid. Turn the lid so the steam escapes away from your face. Wait 5 minutes before removing jars.

Using a jar lifter, remove the jars, being careful not to tilt them. Carefully place the jars right side up on a rack or dry towels to prevent jars from breaking on contact with a cold surface. Leave at least 1 inch of space between jars during cooling.

Allow the jars to cool undisturbed, away from drafts, for 12 to 24 hours. Do not tighten ring bands on the lids or push down on the center of the lid until the lid is completely cooled. Even if a popping sound is heard as lids seal, leave the jars and lids untouched until completely cool.

## 24 Hours After Canning

Test the seals on the jar lids. Press flat metal lids at the center. They should be slightly concave and not move. Ring bands should be removed from thoroughly cooled jars; wash and dry them so they will be in good condition after storing. Wash any food residue from the jars and rinse. Label sealed jars with contents and date.

Store the canned food in a cool, dry place. Stored properly, canned fruits should retain high quality for about one year.

Treat unsealed jars of food as fresh. The food can be eaten immediately, refrigerated, frozen or processed for canning again. If recanned, the processing time must be repeated and new lids used.

## Preserving Fruits

Fruit	Pack	Preparation	Processing Time: For elevations up to 1,000 feet (in minutes)
<b>Apples</b>	Hot	<p>Peel, core, cut in pieces and put into lightly salted water. Drain, and then boil 5 minutes in thin syrup or water. Pack hot apples in hot jar, leaving 1/2-inch headspace. Cover with boiling syrup or cooking water to within 1/2-inch of the top. Add ascorbic acid mixture or lemon juice to liquid, if desired, to keep from turning dark. It takes about 20 pounds of apples for 7 quarts.</p> <p><b>Procedure:</b> 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 1/2-inch headspace. Wipe rims of jars with a dampened, clean paper towel. Adjust lids and process. Let cool, undisturbed, 12 to 24 hours and check for seals.</p> <p><b>Amount:</b> An average of 19 pounds is needed per canner load of 7 quarts; an average of 12 1/4 pounds is needed per canner load of 9 pints. A bushel weighs 48 pounds and yields 16 to 19 quarts-an average of 2 3/4 pounds per quart.</p> <p><b>Selection:</b> Select apples that are juicy, crispy, and preferably both sweet and tart.</p>	Pints or Quarts – 20 minutes



## Preserving Fruits

Fruit	Pack	Preparation	Processing Time: For elevations up to 1,000 feet (in minutes)
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<b>Applesauce</b>	Hot	<p>Peel, core and cut apples. Simmer, covered in small amount of water, until tender. Put apples through sieve or food mill. Leave unsweetened or sweeten to taste (about 1/4 cup sugar to 1 quart). Reheat to boiling, stirring constantly. Fill hot jars to within 1/4-inch of top. It takes about 21 pounds of apples for 7 quarts.</p> <p><b>Procedure:</b> Wash, peel and core apples. If desired, slice apples into water containing ascorbic acid to prevent browning. Placed 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 1/8 cup sugar per quart of sauce. Taste and add more, if preferred. Reheat sauce to a rolling boil. Fill hot jars with hot sauce, leaving 1/2-inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened, clean paper towel. Adjust lids and process. Let cool, undisturbed, 12 to 24 hours and check for seals.</p> <p><b>Amount:</b> An average of 21 pounds is needed per canner load of 7 quarts; an average of 13 1/2 pounds is needed per canner load of 9 pints. A bushel weighs 48 pounds and yields 14 to 19 quarts of sauce—an average of 3 pounds per quart.</p> <p><b>Selection:</b> 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.</p>	<p>Pints – 15 minutes</p> <p>Quarts – 20 minutes</p>
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### Berries - Whole

<b>Blackberries, blueberries, dewberries, elderberries, etc.</b>	Raw	<p><b>Procedure:</b> Wash 1 or 2 quarts of berries at a time. Drain, cap and stem if necessary. Prepare and boil preferred syrup, if desired. Add 1/2 cup syrup, juice or water to each clean jar.</p> <p><b>Raw pack</b> – Fill jars with any of the raw berries, shaking down gently while filling. Cover with hot syrup, juice or water, leaving 1/2-inch headspace. Adjust lids and process. Let cool, undisturbed, 12 to 24 hours and check for seals.</p>	<p>Raw: Pints - 15 minutes Quarts - 20 minutes</p>
	Hot	<p><b>Hot pack</b> – For blueberries, currants, elderberries, gooseberries and huckleberries. Heat berries in boiling water for 30 seconds and drain. Fill jars and cover with hot juice, leaving 1/2-inch headspace. Wipe rims of jars with a dampened, clean paper towel. Adjust lids and process. Let cool, undisturbed, 12 to 24 hours and check for seals.</p> <p><b>Amount:</b> An average of 12 pounds is needed per canner load of 7 quarts; an average of 8 pounds is needed per canner load of 9 pints. A 24-quart crate weighs 36 pounds and yields 18 to 24 quarts - an average of 1 3/4 pounds per quart.</p> <p><b>Selection:</b> Choose ripe, sweet berries with uniform color.</p>	<p>Hot: Pints – 15 minutes Quarts – 15 minutes</p>

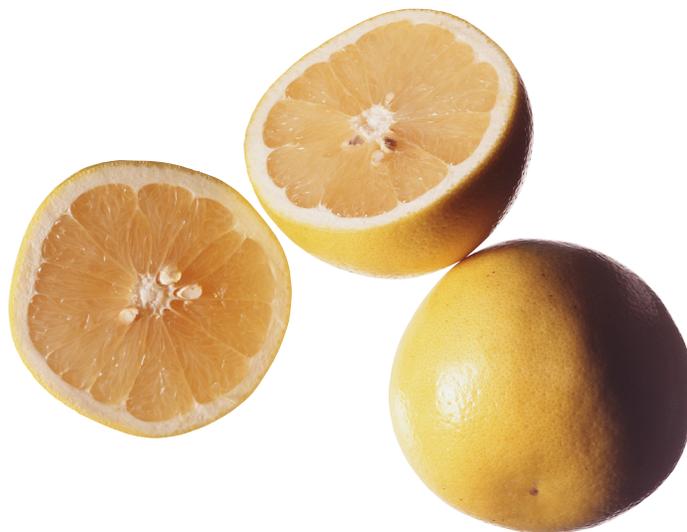


## Preserving Fruits

Fruit	Pack	Preparation	Processing Time: For elevations up to 1,000 feet (in minutes)
<b>Berry Syrup</b>	Hot	<p><b>Procedure:</b> Select 6 1/2 cups of fresh or frozen berries (blueberries, cherries, grapes, raspberries (black or red) and strawberries). Wash, cap and stem fresh fruit and crush in a saucepan. Heat to boiling and simmer until soft (5 to 10 minutes). Strain hot through a colander and drain until cool enough to handle.</p> <p>Strain the collected juice through a double layer of cheesecloth or jelly bag. Discard the dry pulp. The yield of the pressed juice should be about 4 1/2 to 5 cups. Combine the juice with 6 3/4 cups of sugar in a large saucepan, bring to boil and simmer 1 minute.</p> <p>To make a syrup with whole fruit pieces, save 1 or 2 cups of the fresh or frozen fruit, combine these with the sugar and simmer as in making regular syrup. Remove from heat, skim off foam and fill into clean half-pint or pint jars, leaving 1/2-inch headspace. Wipe rims of jars with a dampened, clean paper towel. Adjust lids and process. Let cool, undisturbed, 12 to 24 hours and check for seals.</p>	<p>Pints – 10 minutes</p> <p>Half-pints – 10 minutes</p>
<b>Figs</b>	Hot	<p><b>Important:</b> All home-canned figs must be acidified before canning in a boiling water canner to make them safe from the microorganism that causes botulism.</p> <p><b>Procedure:</b> Wash figs thoroughly in clean water. Do not use baking soda for cleaning figs; this may change the acidity level and make figs unsafe to can with a boiling water bath canner. Drain. Do not peel or remove stems. Cover figs with water and boil 2 minutes. Drain.</p> <p>Gently boil figs in light syrup for 5 minutes. Add 2 tablespoons bottled lemon juice per quart or 1 tablespoon per pint to the jars; or add 1/2 teaspoon citric acid per quart or 1/4 teaspoon per pint to the jars. Fill hot jars with hot figs and cooking syrup, leaving 1/2-inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened, clean paper towel. Adjust lids and process. Let cool, undisturbed, 12 to 24 hours and check for seals.</p> <p><b>Amount:</b> An average of 16 pounds is needed per canner load of 7 quarts; an average of 11 pounds is needed per canner load of 9 pints—an average of 2 1/2 pounds yields 1 quart.</p> <p><b>Selection:</b> Select firm, ripe, uncracked figs. The mature color depends on the variety. Avoid overripe figs with very soft flesh.</p>	<p>Pints – 45 minutes</p> <p>Quarts – 50 minutes</p>

## Preserving Fruits

Fruit	Pack	Preparation	Processing Time: For elevations up to 1,000 feet (in minutes)
<b>Grapes - Whole</b>	Hot	<p><b>Procedure:</b> Stem, wash and drain grapes. Prepare very light or light syrup.</p> <p><b>Hot pack</b>—Blanch grapes in boiling water for 30 seconds. Drain and proceed as for raw pack.</p>	Hot: Pints – 10 minutes Quarts – 10 minutes
	Raw	<p><b>Raw pack</b>—Fill hot jars with grapes and hot syrup, leaving 1-inch headspace.</p> <p>Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened, clean paper towel. Adjust lids and process. Let cool, undisturbed, 12 to 24 hours and check for seals.</p> <p><b>Amount:</b> 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.</p> <p><b>Selection:</b> Choose unripe, tight-skinned, preferably green seedless grapes harvested 2 weeks before they reach optimum eating quality.</p>	Raw: Pints - 15 minutes Quarts - 20 minutes
<b>Grapefruit and Orange Sections</b>	Raw	<p><b>Procedure:</b> 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 and bring to boil. Fill jars with sections and water, juice or hot syrup, leaving 1/2-inch headspace. Wipe rims of jars with a dampened, clean paper towel. Adjust lids and process. Let cool, undisturbed, 12 to 24 hours and check for seals.</p> <p><b>Amount:</b> An average of 15 pounds is needed per canner load of 7 quarts; an average of 13 pounds is needed per canner load of 9 pints—an average of about 2 pounds yields 1 quart.</p> <p><b>Selection:</b> 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 water, citrus juice or syrup.</p>	Pints – 10 minutes  Quarts – 10 minutes



## Preserving Fruits

Fruit	Pack	Preparation	Processing Time: For elevations up to 1,000 feet (in minutes)
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<b>Lemon Curd</b>	Hot	<p><b>Ingredients:</b>            2 1/2 cups superfine sugar*            1/2 cup lemon zest (freshly zested), optional            1 cup bottled lemon juice**            3/4 cup unsalted butter, chilled, cut into approximately 3/4-inch pieces            7 large egg yolks            4 large whole eggs</p> <p><b>Special Equipment Needed:</b> lemon zester, balloon whisk, 1 1/2 quart double boiler*** (the top double boiler pan should be at least 1 1/2 quart volume), strainer, kitchen thermometer measuring at least up to 180°F, glass or stainless steel medium mixing bowl, silicone spatula or cooking spoon and equipment for boiling water canning.</p> <p><b>Yield:</b> About 3 to 4 half-pint jars</p> <p><b>Procedure:</b></p> <ol style="list-style-type: none"> <li>1. Wash 4 half-pint canning jars with warm, soapy water. Rinse well; keep hot until ready to fill. Prepare canning lids according to manufacturer's directions.</li> <li>2. Fill boiling water canner with enough water to cover the filled jars by 1 to 2 inches. Use a thermometer to preheat the water to 180°F by the time filled jars are ready to be added.</li> </ol> <p><b>Caution:</b> Do not heat the water in the canner to more than 180°F before jars are added. If the water in the canner is too hot when jars are added, the process time will not be long enough. The time it takes for the canner to reach boiling after the jars are added is expected to be 25 to 30 minutes for this product. Process time starts after the water in the canner comes to a full boil over the tops of the jars.</p> <ol style="list-style-type: none"> <li>3. Combine the sugar and lemon zest in a small bowl, stir to mix and set aside about 30 minutes. Measure the lemon juice and prepare the chilled butter pieces.</li> <li>4. Heat water in the bottom pan of the double boiler until it boils gently. The water should not boil vigorously or touch the bottom of the top double boiler pan or bowl in which the curd is to be cooked. Steam produced will be sufficient for the cooking process to occur.</li> <li>5. In the top of the double boiler, on the counter top or table, whisk the egg yolks and whole eggs together until thoroughly mixed. Slowly whisk in the sugar and zest, blending until well mixed and smooth. Blend in the lemon juice and then add the butter pieces to the mixture.</li> <li>6. Place the top of the double boiler over boiling water in the bottom pan. Stir gently but continuously with a silicone spatula or cooking spoon to prevent the mixture from sticking to the bottom of the pan. Continue cooking until the mixture reaches a temperature of 170°F. Use a food thermometer to monitor the temperature.</li> <li>7. Remove the double boiler pan from the stove and place on a protected surface, such as a dish cloth or towel on the counter top. Continue to stir gently until the curd thickens (about 5 minutes). Strain curd through a mesh strainer into a glass or stainless steel bowl; discard collected zest.</li> <li>8. Fill hot strained curd into the clean, hot half-pint jars, leaving ½-inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened, clean paper towel; apply two-piece metal canning lids.</li> </ol>	Half-pints – 15 minutes
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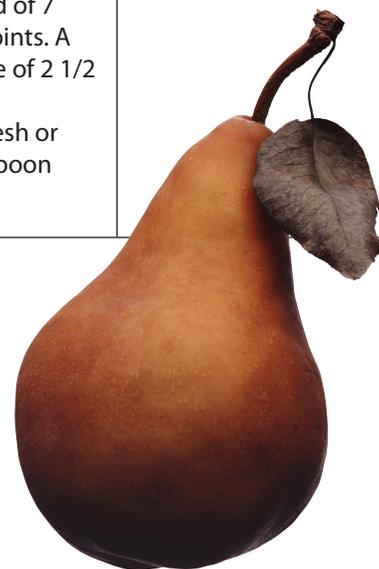
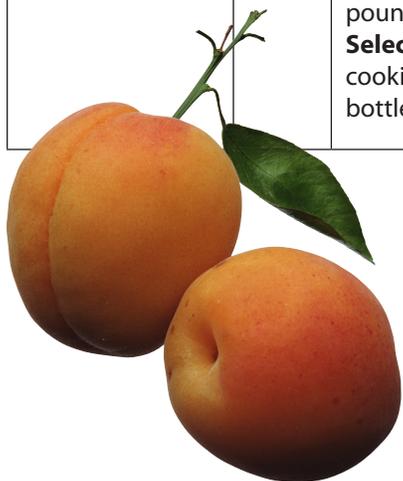
## Preserving Fruits

Fruit	Pack	Preparation	Processing Time: For elevations up to 1,000 feet (in minutes)
<b>Lemon Curd</b> <i>(continued)</i>		<p>9. Process in the prepared boiling water canner. Let cool, undisturbed, for 12 to 24 hours and check for seals.</p> <p><b>Preparation Tips:</b></p> <p>* If superfine sugar is not available, run granulated sugar through a grinder or food processor for 1 minute, let settle and use in place of superfine sugar. Do not use powdered sugar.</p> <p>** Bottled lemon juice is used to standardize acidity. Fresh lemon juice can vary in acidity and is not recommended.</p> <p>*** If a double boiler is not available, a substitute can be made with a large bowl or saucepan that can fit partway down into a saucepan of a smaller diameter. If the bottom pan has a larger diameter, the top bowl or pan should have a handle(s) that can rest on the rim of the lower pan.</p> <p><b>Shelf Life:</b> For best quality, store in a cool, dark place (away from light). Plan to use canned lemon curd within 3 to 4 months. Browning and/or separation may occur with longer storage; discard any time these changes are observed.</p>	
<b>Mayhaw Juice</b>	Hot	<p><b>Amount:</b> One gallon (4 quarts) or about 4 1/2 pounds of mayhaws will yield about 12 cups of strained, flavorful juice, enough for three batches of jelly. Two quarts of mayhaws cooked will yield 6 cups of fruit and about 2 cups of pulp when the drained fruit is put through a food mill.</p> <p><b>Preparation of Juice or Jelly Stock:</b> Sort mayhaws, removing decayed fruit and trash. You can leave the tiny stems and dark blossom end on the fruit. Wash thoroughly. Measure or weigh fruit and put in large saucepan. For each gallon (4 quarts or about 4 1/2 pounds) of mayhaws, cover with 3 quarts (12 cups) of water. For 2 quarts of fruit (a little over 2 pounds), cover with 6 cups water.</p> <p>To maintain the full-bodied mayhaw flavor needed for jelly or syrup, use the correct amount of water. Too much water will dilute the juice. Bring to a boil, cover and cook gently for about 30 minutes. Cool and drain juice first through a colander, pressing fruit lightly with the back of a spoon. Then strain the juice through two or three thicknesses of damp cheesecloth, through a jelly bag or a clean thin white cloth. Leave the sediment which settles to the bottom. From 1 gallon of mayhaws you should have about 12 cups of strained juice.</p> <p><b>Procedure:</b> Sterilize jars. Pour juice into a clean saucepan. Heat juice to simmering, or at least 180°F. Pour hot juice immediately into hot, sterilized jars, leaving 1/4-inch headspace.</p> <p>Wipe rims of jars with a dampened, clean paper towel; adjust lids. Process. Let cool, undisturbed, 12 to 24 hours, and check for seals.</p>	<p>Pints or Quarts - 10 minutes</p>

## Preserving Fruits

Fruit	Pack	Preparation	Processing Time: For elevations up to 1,000 feet (in minutes)
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<b>Peaches</b>	Hot	<p><b>Procedure:</b> Dip fruit in boiling water for 30 to 60 seconds to loosen skin. 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.</p> <p><b>Hot pack</b> – 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.</p> <p><b>Raw pack</b> – Fill jars with raw fruit, cut side down and add hot water, juice or syrup, leaving 1/2-inch headspace.</p> <p>Wipe rims of jars with a dampened, clean paper towel. Adjust lids and process. Let cool, undisturbed, 12 to 24 hours and check for seals.</p> <p><b>Amount:</b> 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 bushel weighs 48 pounds and yields 16 to 24 quarts – an average of 2 1/2 pounds per quart.</p> <p><b>Selection:</b> Choose ripe, mature fruit of ideal quality for eating fresh or cooking. If you should can one of the newly developed low-acid peaches (white or yellow), add 1/4 teaspoon citric acid or 2 teaspoons bottled lemon juice per pint.</p>	<p><b>Hot:</b> Pints – 20 minutes</p> <p>Quarts – 25 minutes</p> <p><b>Raw:</b> Pints – 25 minutes</p> <p>Quarts – 30 minutes</p>
<b>Pears – Halved</b>	Hot	<p><b>Procedure:</b> 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. Prepare a very light, light, or medium 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 jars with hot fruit and cooking liquid, leaving 1/2-inch headspace. For an attractive pack, pack halves in overlapping layers, core side down to within 1/2-inch of top. Adjust lids and process. Let cool, undisturbed, 12 to 24 hours and check for seals.</p> <p><b>Amount:</b> 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 bushel weighs 50 pounds and yields 16 to 25 quarts – an average of 2 1/2 pounds per quart.</p> <p><b>Selection:</b> Choose ripe, mature fruit of ideal quality for eating fresh or cooking. If canning Asian pears, which are low acid, add 1 tablespoon bottled lemon juice per pint jar or 2 tablespoons per quart jar.</p>	<p>Pints – 20 minutes</p> <p>Quarts – 25 minutes</p>



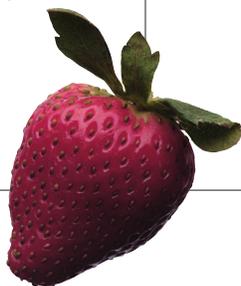
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Fruit	Pack	Preparation	Processing Time: For elevations up to 1,000 feet (in minutes)
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<b>Plums</b>	Hot  Raw	<p><b>Procedure:</b> Stem and wash plums. To can whole, prick skins on two sides of plums with fork to prevent splitting. Freestone varieties may be halved and pitted. If you use syrup, prepare very light, light or medium syrup.</p> <p><b>Hot pack</b> – 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.</p> <p><b>Raw pack</b> – Fill jars with raw plums, packing firmly. Add hot water or syrup, leaving 1/2-inch headspace.</p> <p>Wipe rims of jars with a dampened, clean paper towel. Adjust lids and process. Let cool, undisturbed, 12 to 24 hours and check for seals.</p> <p><b>Amount:</b> 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 22 to 36 quarts – an average of 2 pounds per quart.</p> <p><b>Selection:</b> Select deep-colored, mature fruit of ideal quality for eating fresh or cooking. Plums may be packed in water or syrup.</p>	<p><b>Hot and Raw:</b></p> <p>Pints – 20 minutes</p> <p>Quarts – 25 minutes</p>
<b>Loquats- Japanese Plums</b>	Hot	<p>Wash and drain firm-ripe fruit. Remove stem and blossom ends. Cut in half and remove seeds. Cook 3 to 5 minutes in thin syrup. Pack into hot jars, leaving 1/2-inch headspace. Cover with boiling syrup to within 1/2-inch of top.</p> <p>Wipe rims of jars with a dampened, clean paper towel. Adjust lids and process. Let cool, undisturbed, 12 to 24 hours and check for seals. (Instructions from Dr. Ruth Patrick)</p>	<p>Pints – 15 minutes</p> <p>Quarts – 20 minutes</p>

### Fruit Juices

<b>Berry Juice (juice or jelly stock)</b>	Hot	<p>Crush berries and heat to simmering, stirring until juice cooks out. A small amount of water may be added.</p> <p>Strain juices through a colander, then a cheesecloth bag. Sugar may be added, if desired, about 1 cup sugar to a gallon of juice. Do not add sugar if juice is to be used for jelly. Reheat to simmering. Fill hot sterilized jars to 1/2-inch of top.</p> <p>Wipe rims of jars with a dampened, clean paper towel. Adjust lids and process. Let cool, undisturbed, 12 to 24 hours and check for seals.</p>	<p>Pints – 10 minutes</p> <p>Quarts – 10 minutes</p>
<b>Crabapple Juice (jelly stock)</b>	Hot	<p>Select firm, crisp crabapples, about 1/4 of them firm-ripe and the others fully ripe. Sort, wash and remove stem and blossom ends. Do not pare or core. Cut crabapples into small pieces, add water, cover and bring to a boil. Simmer for about 30 minutes or until tender. Extract juice. Reheat juice to boiling, fill hot jars to within 1/2-inch of top. Process at simmering temperature.</p> <p>Wipe rims of jars with a dampened, clean paper towel. Adjust lids and process. Let cool, undisturbed, 12 to 24 hours and check for seals.</p>	<p>Pints – 20 minutes</p> <p>Quarts – 20 minutes</p>



## Preserving Fruits

Fruit	Pack	Preparation	Processing Time: For elevations up to 1,000 feet (in minutes)
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<b>Mayhaw Juice (jelly stock)</b>	Hot	Sort, wash and stem fruit; cut, crush or leave whole. Cover with water and boil until tender, about 45 minutes. Strain juice through colander. Reheat juice to boiling. Fill hot jars to within 1/2-inch of top.  Wipe rims of jars with a dampened, clean paper towel. Adjust lids and process. Let cool, undisturbed, 12 to 24 hours and check for seals.	Pints – 15  Quarts – 20
<b>Plum Juice (jelly stock)</b>	Hot	Sort, wash and stem fruit; cut, crush or leave whole. Cover with water and boil until tender, about 20 minutes. Strain juices through a colander. Reheat juice to boiling. Fill hot jars to within 1/2-inch of top.  Wipe rims of jars with a dampened, clean paper towel. Adjust lids and process. Let cool, undisturbed, 12 to 24 hours and check for seals.	Pints – 15  Quarts – 20
<b>Grape Juice</b>  	Hot	<b>Procedure:</b> 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. Fill into sterile jars immediately, leaving 1/4-inch headspace.  Wipe rims of jars with a dampened, clean paper towel. Adjust lids and process. Let cool, undisturbed, 12 to 24 hours and check for seals. <b>Amount:</b> An average of 24 1/2 pounds is needed per canner load of 7 quarts; an average of 16 pounds per canner load of 9 pints. A lug weighs 26 pounds and yields 7 to 9 quarts of juice – an average of 3 1/2 pounds per quart. <b>Selection:</b> Select sweet, well-colored, firm, mature fruit of ideal quality for eating fresh or cooking.	Pints or Quarts – 5 minutes  Half-Gallons – 10 minutes

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### Reference

USDA National Center for Home Food Preservation Complete  
Guide to Home Canning, 2009 Revision



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