





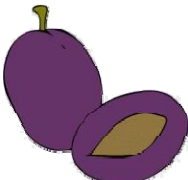
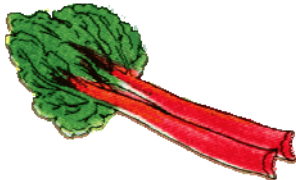


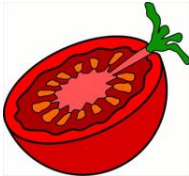
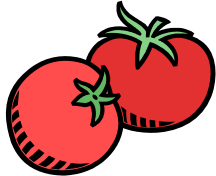
Canning Fruits & Tomatoes

In a Boiling Water Bath Canner

General Directions: Follow directions for hot or raw pack. Pack fruit or tomatoes into hot jars. Leave ½ inch head space except where indicated. Remove air bubbles. Wipe jar rims. Adjust lids. Process in a boiling water bath canner.

Fruit	Preparation	Jar Size	Processing Time in Boiling Water Canner 0-1000 Ft.
<p>Apples, sliced</p> 	<p>Wash, peel, core and slice into ½ inch wedges. Place into anti-darkening solution.¹ Drain slices.</p> <p>Hot pack: Put 5 lbs. of slices in pan with 1 pint water, very light, light or medium syrup. Boil 5 minutes. Fill jars with hot slices and hot syrup or water.</p>	<p>Pint or Quarts</p>	<p>20 Minutes</p>
<p>Applesauce</p>	<p>Wash, peel, core. Slice into anti-darkening solution.¹ Drain slices.</p> <p>Hot pack: Place sliced apples in large pot, add ½ cup water. Heat until tender. Press through sieve for smooth sauce. Add sugar if desired – 1/8 cup per quart or to taste. Reheat to boiling, fill hot jars with hot sauce.</p>	<p>Pints Quarts</p>	<p>15 Minutes 20 Minutes</p>
<p>Berries, whole (blackberries, blueberries, raspberries)</p> 	<p>Wash. Drain, cap, stem.</p> <p>Hot pack: Heat 1 pound of berries in 1 gallon boiling water for 30 seconds, drain. Fill hot jars with ½ cup hot syrup, juice or water. Pack berries into hot jars. Fill with more hot liquid.</p>	<p>Pints Quarts</p>	<p>15 Minutes 20 Minutes</p>
<p>Fruit Purees of any fruit except figs, tomatoes, melons, papaya, ripe mango or coconut</p>	<p>Stem, wash, drain, peel and remove pits.</p> <p>Hot pack: Measure fruit into large pot, crushing slightly if desired. Add 1 cup hot water for each quart of fruit. Cook slowly until soft. Stir frequently. Press through sieve or food mill. If desired, add sugar to taste. Reheat until sugar dissolves. Fill hot jars. Leave ¼ inch headspace.</p>	<p>Pints or Quarts</p>	<p>15 Minutes</p>

Fruit	Preparation	Jar Size	Processing Time in Boiling Water Canner 0-1000 Ft.
<p>Peaches, Apricots, Nectarines</p> 	<p>To remove skins from peaches, dip in boiling water for 30-60 seconds or until skins loosen. Dip in cold water. Slip off skins. Cut in half, remove pit and slice if desired. Skin removal is optional for apricots. Don't remove nectarine skins. Dip into anti-darkening solution.¹ Drain.</p> <p>Hot pack: Place in boiling juice or syrup, bring to boil. Fill hot jars with hot fruit. Place halves in layers, cut side down. Fill with hot liquid.</p> <p>Raw pack: Fill hot jars with raw fruit, cut side down. Add hot liquid.</p>	<p>Pints Quarts</p> <p>Pints Quarts</p>	<p>20 Minutes 25 Minutes</p> <p>25 Minutes 30 Minutes</p>
<p>Pears, Halved</p> 	<p>Wash, peel. Cut lengthwise in half, remove core. Place in anti-darkening solution.¹ Drain.</p> <p>Hot pack: Boil pears 5 minutes in syrup, juice or water. Fill hot jars with hot fruit. Fill with hot liquid.</p>	<p>Pints Quarts</p>	<p>20 Minutes 25 Minutes</p>
<p>Plums, halved or whole</p> 	<p>Wash. To can whole, prick skin on two sides with fork. Freestone varieties may be halved and pitted.</p> <p>Hot pack: Add plums to hot water or syrup. Boil 2 minutes, cover saucepan, let stand 20-30 minutes. Fill hot jars with hot fruit and cooking liquid or syrup.</p> <p>Raw pack: Fill hot jars with raw plums, pack firmly. Add hot water or syrup.</p>	<p>Pints Quarts</p> <p>Pints Quarts</p>	<p>20 Minutes 25 Minutes</p> <p>20 Minutes 25 Minutes</p>
<p>Rhubarb, Stewed</p> 	<p>Select young, tender stalks. Trim off leaves. Wash, cut stalks into ½ to 1" pieces.</p> <p>Hot pack: Add ½ cup sugar to each quart rhubarb and let stand until juice appears. Bring to boil. Fill hot jars without delay.</p>	<p>Pints or Quarts</p>	<p>15 Minutes</p>

Fruit	Preparation	Jar Size	Processing Time in Boiling Water Canner 0-1000 Ft.
<p>Tomatoes, crushed (with no added liquid)</p> 	<p>Wash tomatoes. Dip in boiling water 30-60 seconds or until skins split. Dip in cold water. Remove skins, core. Quarter.</p> <p>Hot pack: Heat about 1 pound of the quarters quickly in large pot, crushing them with a spoon as they're added to pot. Continue heating. Stir. Once boiling, gradually add remaining tomatoes, stir constantly. Remaining tomatoes don't need to be crushed. Boil gently 5 minutes. Fill hot jars with hot tomatoes. Add 2 tbsps. of bottled lemon juice or ½ tsp. citric acid to each quart jar (1 tbsp bottled lemon juice or ¼ tsp citric acid to each pint).</p>	<p>Pints Quarts</p>	<p>35 Minutes 45 Minutes</p>
<p>Tomatoes, whole or halved (packed in water)</p> 	<p>Prepare tomatoes as above. Leave whole or halve.</p> <p>Hot pack: Place in pot, cover with water, boil 5 minutes. Fill hot jars with hot tomatoes, add hot cooking liquid to cover. Add bottled lemon juice or citric acid to jars (see above).</p> <p>Raw pack: Fill hot jars with raw, peeled tomatoes. Add boiling water to cover tomatoes. Add bottled lemon juice or citric acid to jars (see above).</p>	<p>Pints Quarts</p> <p>Pints Quarts</p>	<p>40 Minutes 45 Minutes</p> <p>40 Minutes 45 Minutes</p>

General Instructions:

Preparing and Using Syrups:

Measures of Water and Sugar For 9-pint load (or 4-quart load)

Type of Syrup	Sugar	Water
10% (very light)	½ cup	4 cups
20% (light)	1 cup	4 cups
30% (medium)	1 ¾ cups	4 cups
40% (heavy)	2 ¾ cups	4 cups
50% (very heavy)	4 cups	4 cups

Procedure: Heat water and sugar together. Bring to a boil and keep hot until ready to use. Adding syrup to canned fruit helps retain flavor, color and shape. It doesn't prevent spoilage of these foods.

Canning Fruits Without Sugar: Select fully ripe but firm fruits of the best quality. Prepare fruit for hot packs as described above but use water or regular unsweetened fruit juices instead of sugar syrup. Juice from the fruits being canned is best. Blends of unsweetened apple, pineapple, and white grape juice are also good for filling over solid fruit pieces. Adjust head spaces and lids and use processing recommendations given for regular fruit.

¹Anti-darkening Solution: Mix one teaspoon or 3000 mg. of ascorbic acid in one gallon of water. Commercially prepared mixes of ascorbic are also available in supermarkets. Follow the manufacturer's directions. Hold small batches of fruit in the solution until ready to use. Drain thoroughly.

Altitude Adjustment: For altitudes of 1,001-3,000 ft. add 5 minutes to processing time.

For more detailed, research-based information on food preservation, go to the **National Center for Home Food Preservation** website – <http://www.uga.edu/nchfp/>

Adapted from: E. Address, J. Harrison. So Easy to Preserve. Fifth Edition. Cooperative Extension. The University of Georgia, Bulletin 989, 2006.

Published and distributed in furtherance of Acts of Congress of May 8 and June 30, 1914, by University of New Hampshire Cooperative Extension. Cooperative Extension and other agencies of the United States Department of Agriculture provide equal opportunities in programs and employment.

Revised 2009