

Canning Fruits Safely



Lunch & Learn
12 noon to 1 pm
August 11, 2014

LW
Extension
Cooperative Extension

Resources

- Canning Fruits Safely fyi.uwex.edu/safepreserving/ (Recipes tab)
- How Do I ...Can Fruit and Fruit Products (includes pie filling)
- How Do I ... Dry Foods (includes fruit leathers) www.uga.edu/nchfp
- Canning Fruit nchfp.uga.edu/publications/uga/uga_can_fruit.pdf
- Don't forget other fruit recipes fyi.uwex.edu/safepreserving/
 - **Homemade Pickles and Relishes** – spiced apple rings, cantaloupe pickles, spiced crabapples, pear pickles, watermelon rind pickles, sweet apple relish
 - **Canning Salsa Safely** – try recipes for peach, mango, or cranberry salsa!
 - **Making Jams, Jellies & Fruit Preserves**

YUM!





Canning Fruits

- Generally, very firm, ripe, undamaged fruit is best for canning.
 - Tip: Fruit that is over-ripe, bruised, moldy or damaged may be unsafe for canning.
 - Tip: Ripen fruit for canning by putting unripe fruit in a paper bag with an apple. Store on the counter, checking daily for signs of ripening.
- Light-colored fruit may brown rapidly once cut. You can treat fruit to prevent browning.
 - Use vitamin C to prevent browning - grind vitamin C tablets to produce a solution of 1500 mg vitamin C per quart of water
 - Use bottled lemon juice to prevent browning – 3 Tablespoons per quart of water
 - Sprinkle on a vitamin C solution (Fruit Fresh)
 - ➔ Dip for 1-2 minutes, then drain (do not rinse)
 - ➔ OR add Vitamin C directly to sugar syrups or fruit purees



Canning Fruits



- Sugar helps canned fruit hold its shape, color and flavor. Use sugar-syrups, light-colored honey or fruit juice for packing fruit.

| Syrup | Ingredients |
|---------------|-------------------------|
| Sugar - Light | 4 C. water + 1 C. sugar |
| Juice – Light | ¼ C. juice + C. water |
| Sugar – Heavy | 4 C. water + 3 C. sugar |
| Juice – Heavy | 1 C. juice (no water) |

- Pack fruit into clean, hot jars and process in a boiling water canner.
- Store canned fruit in a cool, dark location for up to 1 year (for best quality).

Canning Fruit Safely

- Raw pack – In a raw pack process, you put raw fruit into clean, hot jars and cover with **hot** water, juice or syrup.
 - Tightly pack fruit as it will shrink on canning.
 - Leave the proper headspace.
 - Hot pack – In a hot pack process, fruit is heated in syrup, juice, or water (or without added liquid) and packed hot into jars (with liquid added to establish headspace).
 - Can in cooking liquid for best flavor.
 - Always leave the proper headspace.
- ➔ SOME recipes allow you to choose, others do not.



Floating Fruit

- Noah wanted the Ark to float, but we don't generally want fruit to do so.
- Common causes for floating fruit (after canning):
 - Raw packing - the #1 cause
 - Failure to pack jars full
 - Using a heavy syrup for packing syrup
 - Processing fruit that is over-ripe
 - Processing at too high a temp.

Solutions:

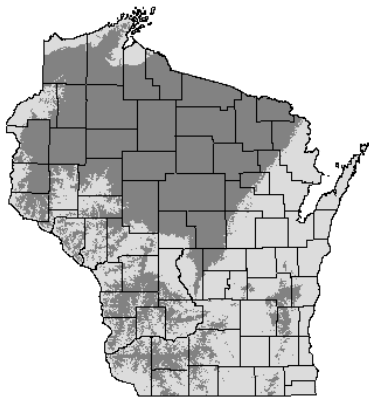
- Use firm, ripe fruit
- Use a light to medium syrup for packing
- Remove air bubbles prior to placing lid on jars



Don't Forget

- Use an up-to-date tested recipe. **Now is not the time to be creative!**
- Follow the recipe carefully.
- Use a boiling water canner for safety and quality.
- Adjust for elevation.

*Note: darker areas on the state map have an elevation above 1,000 feet. Increase time when boiling water canning.



FAQ: Canning Fruits

- Why do my canned fruits turn brown or fade?
- Can I omit the sugar in canned fruit, can I use a sugar substitute?
- May I use a pressure canner to can fruits at home?
- What will help ensure success when canning pie filling at home?
- Will canning always ensure safety?
- What causes lids to buckle?



Fruits: FAQs

Why do my canned fruits turn brown or fade?

- Canned fruits (and other foods) will turn brown or fade if they are exposed to oxygen in the air or to intense sunlight.
- ➔ Take care to prevent fruit from extending into the headspace.
- ➔ Store in a cool, dark location. Use within a year.

May I omit the sugar in canned fruit? Can I use a sugar substitute?

- Yes! Sugar is added to fruit to help preserve flavor, color and texture but it can safely be omitted from canning.
- Sugar substitutes should be used as directed. Some testing has been done with Splenda. If you use Splenda, try it first with $\frac{1}{2}$ the amount of equivalent sweetener. You can increase the amount if you don't notice an aftertaste.



Fruits: FAQs



May I use a pressure canner to can fruits?

- Recipes have been developed for canning sliced apples, applesauce, apricots, cherries, fruit puree, peaches, pears, and rhubarb in a pressure canner.

➔ Quality may suffer for some items, but safety can be assured.

What will prevent my pie filling from overflowing?

- Many of us have had challenges with overflowing pie filling – jars taken from the canner resemble volcanoes. To help prevent this try:
 - Using only $\frac{3}{4}$ of the amount of ClearJel recommended in the recipe.
 - Take care to remove air bubbles prior to applying the lid.
 - At the end of the process, turn off the heat and allow jars to remain in the canner for 10 minutes before removing them to a cooling rack.

Fruits: FAQs



Will canning always ensure safety of fruits?

- **NO!** A recent recall (July 2014) of peaches, apricots, pluots and other fruit instructed consumers that cooking could not ensure safety of contaminated fruit.
- ➔ Heat is necessary to ensure shelf-stability, but fruit quality needs to be high.

What causes lids to buckle?

- Lids buckle when the bands are applied too tight! Remember, tighten bands finger-tip tight (only)!
- After canning and once jars are cool, remove bands and wash in soapy water. Wipe jars and store without bands.

