

# Handy Reference for Canning Fruits

## Approximate Amount of Fruit Needed to Yield 1 Quart of Canned Fruit

Fruit	Amount
<i>Apples</i>	<i>2 ½ to 3 pounds</i>
<i>Apricots</i>	<i>2 to 2½ pounds</i>
<i>Berries, except Strawberries</i>	<i>1 ½ to 3 pounds (1 to 2 qt. boxes)</i>
<i>Cherries, with pits</i>	<i>2 to 2½ pounds</i>
<i>Grapes</i>	<i>4 pounds</i>
<i>Peaches, Nectarines</i>	<i>2 to 2½ pounds</i>
<i>Pears</i>	<i>2 to 2½ pounds</i>
<i>Plums</i>	<i>2 to 2½ pounds</i>
<i>Rhubarb</i>	<i>2 pounds</i>

In 1 pound, there are about 3 medium apples or pears, 4 medium peaches or 8 medium plums.

The number of quarts of canned food obtained from a given quantity of fresh fruit depends upon the quality, variety, maturity and size of the fruit; whether it is whole, in halves or in slices; and whether it is packed raw or hot. Generally the above amounts of fresh fruit (as purchased or picked) make 1 quart of canned food.

## Sugar Syrup

Choose the type of syrup to suit the sweetness of the fruit and your taste. The sweet syrup helps the fruit hold its shape, color and flavor, however it does not prevent spoilage. The very light syrup approximates natural sugar levels in most fruits and adds the fewest calories.

Type of Syrup	Percent Sugar	Cups Sugar	Cups Water	Yield in Cups
<i>Very Light</i>	10%	½	4	4½
<i>Light</i>	20%	1	4	4¾
<i>Medium</i>	30%	1¾	4	5
<i>Heavy</i>	40%	2¾	4	5½
<i>Very Heavy</i>	50%	4	4	6

**Other Sweeteners:** Light corn syrup or mild-flavored honey may be used to replace up to half the table sugar called for in syrups. The amount of water is the same.

**Canning Unsweetened Fruit:** Fruit may be canned without sweetening because sugar does not prevent spoilage. Use the fruit's own juice, other juice or water. Processing time is the same for unsweetened fruit as for sweetened.

**Prevent Fruit from Darkening:** Place fruit in a holding solution of 1 teaspoon or 3000 milligrams ascorbic acid (vitamin C) and 1 gallon water. Drain before packing.

## Timetable

All fruits are processed in a boiling water canner. The processing time applies to products canned at altitudes of 0 to 1000 feet. For processing times at higher altitudes or for canning information for other fruits, check references below.

	Pack	Time (minutes)	
		Pints	Quarts
<i>Apples, sliced</i>	<i>hot</i>	20	20
<i>Applesauce</i>	<i>hot</i>	15	20
<i>Apricots</i>	<i>hot</i>	20	25
	<i>raw</i>	25	30
<i>Berries (except Strawberries)</i>	<i>hot</i>	15	20
<i>Cherries, sweet or sour</i>	<i>hot</i>	15	20
	<i>raw</i>	25	25
<i>Fruit juices</i>	<i>hot</i>	5	5
<i>Fruit purees</i>	<i>hot</i>	15	15
<i>Grapes</i>	<i>hot</i>	10	10
	<i>raw</i>	15	20
<i>Mixed fruit cocktail</i>	<i>hot</i>	20	*
<i>Peaches, Nectarines</i>	<i>hot</i>	20	25
	<i>raw</i>	25	30
<i>Pears</i>	<i>hot</i>	20	25
<i>Plums</i>	<i>hot</i>	20	25
	<i>raw</i>	20	25
<i>Rhubarb</i>	<i>hot</i>	15	15

\* No safe directions for quarts of mixed fruit cocktail

## References:

- USDA's *Complete Guide to Home Canning*, 2006
- So Easy To Preserve*, 5<sup>th</sup> Edition, Cooperative Extension Service, University of Georgia, 2006
- National Center for Home Food Preservation website:  
<http://www.uga.edu/nchfp/>

For additional information, contact your local Cornell Cooperative Extension Office.