Handy Reference for Canning Fruits

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

Fruit	Amount
Apples	2 ½ to 3 pounds
Apricots	2 to $2\frac{1}{2}$ pounds
Berries, except Strawberries	1 ½ to 3 pounds
	(1 to 2 qt. boxes)
Cherries, with pits	2 to $2\frac{1}{2}$ pounds
Grapes	4 pounds
Peaches, Nectarines	2 to $2^{1/2}$ pounds
Pears	2 to $2\frac{1}{2}$ pounds
Plums	2 to $2\frac{1}{2}$ pounds
Rhubarb	2 pounds

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	
Very Light	10%	1⁄2	4	41/2	
Light	20%	1	4	43⁄4	
Medium	30%	13⁄4	4	5	
Heavy	40%	23⁄4	4	5 ¹ / ₃	
Very Heavy	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.

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

* No safe directions for quarts of mixed fruit cocktail

References:

USDA's *Complete Guide to Home Canning*, 2006 *So Easy To Preserve*, 5th 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.

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