

Fruits

★ In packing fruits for Hot or Cold Pack canning, the FRUIT should be packed to WITHIN ½ INCH OF THE TOP OF THE JAR. If using syrup and fruit is packed cold, fill with syrup to within 1 ½ inches of top of jar, or ½ inch of top of jar when fruit is packed hot. If using water or fruit juice, fill to within ½ inch of top of jar.

CANNING FRUIT WITHOUT SUGAR—All fruit and fruit juices can be successfully canned in KERR Jars without sugar, but the addition of syrup at the time of canning helps to develop and improve the flavor of the fruit. The sugar is used only to sweeten the food and does not keep it from spoiling. Precooking the fruit before packing will draw some of the juice out of the fruit and less sugar will be required to sweeten it. All fruits may be canned without sugar by simply filling the jar to within ½ inch of the top with the juice of the fruit or water, then processing. Process unsweetened fruits same as sweetened ones.

CANNING FOR SUGAR FREE DIET: Preheat fruits over low heat in small amount of water. Pack fruits and cover with juice from precooking kettle. Process according to time table.

If fruits are packed raw, fill the jar to within ½ inch of top with water or fruit juice. To obtain fruit juice, crush thoroughly ripe fruit (pieces or culls that are good but not suitable for canning) and bring to boil over low heat. Strain through clean cloth. Process jars with water or fruit juice same time as given for fruits packed with syrup.

HOW TO MAKE SYRUP

THE sweetness desired in the finished product should govern the syrup used.

Boil sugar and water together until sugar is dissolved. Juice of the fruit may be used in place of water.

	Sugar (cups)	Water (cups)	Used For
Thin	1	3	Small, soft fruits.
Medium	1	2	Peaches, apples, pears, sour berries.
Heavy	1	1	All sour fruits or those to be extra sweet.

HOW TO MAKE SYRUP FROM WHITE CORN SYRUP OR HONEY FOR CANNING

TO MAKE syrup for canning from white corn syrup or honey, replace ⅓ of the sugar in the preceding syrup table with the corn syrup or honey.

The amount of white corn syrup or honey may be increased and the sugar proportionally decreased, but when more than one-half the sugar is replaced with white corn syrup or when more than one-fourth the sugar is replaced with honey, some change in flavor of the finished product is usually noticeable.

APPLES (HOT PACK)

SELECT uniform apples, wash, pare and core. Cut into desired size. If peeled fruit is to stand several minutes before packing, drop it into slightly salted water to prevent discoloration. Drain. Boil three to five minutes, in a medium syrup. Pack into clean KERR Jars and fill to within ½ inch of top of jar with syrup. Put on cap, screwing the band tight. Process according to time table, page 8.

APPLES (RED CINNAMON) (HOT PACK)

SELECT firm apples that will not mush in processing. Prepare a thin or medium syrup. Flavor the syrup with cinnamon according to taste and add enough pure red vegetable coloring to give desired shade to apples. Peel apples, leave whole or quarter, boil 3 to 5 minutes in the syrup. Pack into clean KERR Jars and fill to within ½ inch of top of jar with syrup in which apples were precooked. Put on cap, screwing the band tight. Process according to time table, page 8.

APPLES (BAKED) (HOT PACK)

SELECT sound baking apples. Wash, core and bake with a little water in moderate oven until ¼ done. While apples are baking, prepare a thin or medium syrup. Pack hot apples into clean KERR Jars. Fill to within ½ inch of top of jar with boiling syrup. Process according to time table, page 8, for apples.

APPLE SAUCE (HOT PACK)

3 pounds green apples 2 cups water 1 ¼ cups sugar
WASH apples. Quarter, core and remove all bruised or decayed parts. If fruit is to stand several minutes before cooking, drop into slightly salted water to prevent discoloration. Drain. Add water and cook until soft. Press through sieve or colander to remove skins. Add sugar and bring to a boil. Pack while boiling hot into clean KERR Jars to within ½ inch of top of jar. Put on cap, screwing the band tight. Process 25 minutes in boiling water bath.

APRICOTS (COLD PACK)

SELECT firm, ripe fruit; peel if desired, halve and pit. If peeled fruit is to stand several minutes before packing, drop it into slightly salted water to prevent discoloration. Drain. Pack into clean KERR Jars; fill to within 1 ½ inches of top of jar with medium syrup. Put on cap, screwing the band tight. Process according to time table, page 8.

BERRIES (COLD PACK)

(All berries except Strawberries) — Wash berries and pick over carefully. Pack into clean KERR Jars. Fill to within 1½ inches of top of jar with light or medium syrup. Put on cap, screwing the band tight. Process according to time table, page 8.

BLUEBERRIES or BOYSENBERRIES

FOLLOW above recipe for berries.

CHERRIES, RED SOUR (OPEN KETTLE)

WASH, stem, pit if desired. Place in boiling medium syrup and boil 20 minutes. Pack boiling hot into sterilized KERR Jars to within ½ inch of top of jar, and seal.

CHERRIES, ALL VARIETIES (COLD PACK)

WASH, stem, pit if desired. Pack into clean KERR Jars, fill to within 1½ inches of top of jar with medium or heavy syrup, depending on the sweetness of the cherries. Put on cap, screwing the band tight. Process according to time table, page 8.

MOCK CHERRIES (COLD PACK)

WASH and stem Thompson Seedless Grapes. Pack into clean KERR Jars. Fill to within 1½ inches of top of jar with cherry juice left over from canning. Or make a thin syrup and add small amount of fruit coloring to give desired shade. Put on cap, screwing the band tight. Process according to time table for Grapes, page 8.

CRANBERRIES (HOT PACK)

WASH and remove stems from cranberries. Drop into a boiling heavy syrup. Boil 3 minutes. Pack into clean KERR Jars, to within ½ inch of top of jar. Put on cap, screwing the band tight. Process according to time table, page 8.

CRANBERRY SAUCE

1 quart cranberries
1 cup water

2 cups sugar

PICK over and wash berries, add water and cook until berries are soft. Press through fine sieve, add sugar and boil another 5 minutes. Pour into clean KERR Jars to within ½ inch of top of jar. Put on cap, screwing band tight. Process according to time table, page 8.

CURRANTS (COLD PACK)

WASH, stem. Pack into clean KERR Jars, fill to within 1½ inches of top of jar with medium syrup. Put on cap, screwing the band tight. Process according to time table, page 8.

DRIED PRUNES, RAISINS, APRICOTS OR PEACHES—CANNED

WASH fruit to remove any dirt or grit. Cover with cold water and soak for several hours or overnight. Boil the fruit for 10 minutes in the water in which it was soaked. As a rule, the dried fruits are sufficiently sweet, but if a sweeter product is desired, add sugar to suit the taste, during the 10 minutes boiling. Pack the hot fruit and the liquid into clean KERR Jars to within ½ inch of the top of jar. Put on cap, screwing band tight. Process in water bath for 15 minutes.

FIGS (FRESH) (HOT PACK)

FIGS should not be too ripe. Leave on the stems. Wash thoroughly. Cover with fresh water and boil for 2 minutes. Drain and use this water to make a thin syrup. Boil figs 5 minutes in syrup. Pack into clean KERR Jars, filling to within ½ inch of top of jar. Put on cap, screwing the band tight. Process according to time table, page 8. If a sweeter product is desired make a heavy syrup with water and sugar and combine equal parts of the heavy syrup with corn syrup. Add a few slices of lemon to the syrup and boil the figs for 5 minutes before packing them into the jars. Adjust jar cap and process.

FROZEN FRUITS—CANNED

OCCASIONALLY it may be economical to purchase frozen fruits in large packages and can them. Such fruits as cherries, sliced or quartered apples and *firm* peach slices will can quite satisfactorily. Do not allow frozen fruit to completely thaw but let the container of fruit stand at room temperature just long enough to thaw sufficiently to permit it to be broken or separated into pieces that can be placed in a pan or kettle. Bring the frozen fruit to a good boil. Pack the fruit and juice (which is syrup) into clean KERR Jars, filling to within ½ inch of the top of jar. If there is not enough syrup to cover the fruit after it is packed into the jars, add a hot medium syrup to fill jars to within ½ inch of top of jar. Put on cap, screwing band tight. Process according to time given in time table, page 8, for the kind of fruit being canned.

FRUIT SALAD (COLD PACK)

COMBINATION of all kinds of raw fruits, pack cold into clean KERR Jars, fill with medium syrup to within 1½ inches of top of jar. Put on cap, screwing the band tight. Process length of time necessary for fruit requiring longest processing.

GOOSEBERRIES

FOLLOW recipe for berries.

GRAPEFRUIT (COLD PACK)

HALVE grapefruit; take out center meats. Be careful to remove all white pulp. To prevent discoloration do not allow peeled grapefruit to stand any length of time before canning. Pack solidly into clean KERR Jars to within ½ inch of top of jar. Add no liquid. Put on cap, screwing the band tight. Process in water bath 20 minutes; or in pressure cooker 10 minutes at 5 pounds.

GRAPES (COLD PACK)

PREPARE grapes and pack tightly into clean KERR Jars without crushing. Fill to within 1½ inches of top of jar with medium syrup. Put on cap, screwing the band tight. Process according to time table, page 8.

GRAPES (SPICED SEEDLESS)

¼ cup vinegar 3 whole cloves
½ cup water One inch piece of stick cinnamon
¼ cup sugar 1 pint grapes (removed from stems)

MAKE a syrup of the vinegar, water, sugar and spices. Bring to the boiling point and add the grapes which have been thoroughly washed. Simmer 5 minutes. Pack grapes and syrup into clean KERR Jars to within ½ inch of top of jar. Put on cap, screwing the band tight. Process 10 minutes in water bath.

HUCKLEBERRIES or LOGANBERRIES

SEE recipe for Berries.

NECTARINES (COLD PACK)

SELECT firm fruit, not too ripe. Wash but do not peel. Nectarines may be canned whole or in halves. For halves, remove stone and, if they are to stand several minutes before packing, drop into slightly salted water to prevent discoloration. Drain before packing. Pack the whole or halved fruit into clean KERR Jars. Fill to within 1½ inches of top of jar with medium syrup. Put on cap, screwing the band tight. Process according to time table for peaches, page 8.

PEACHES (COLD PACK)

SELECT ripe firm peaches, remove peel and pits. If peeled fruit is to stand several minutes before packing, drop it into slightly salted water to prevent discoloration. Drain. Pack, halved or sliced, into clean KERR Jars. Fill to within 1½ inches of top of jar with medium syrup. Put on cap, screwing the band tight. Process according to time table, page 8. Peaches may be canned without removing peel. Wash thoroughly, halve, pack and add syrup. Process same as peeled peaches.

PEACHES (HOT PACK)

SELECT ripe firm peaches, remove peel and pits. If peeled fruit is to stand several minutes before packing, drop it into slightly salted water to prevent discoloration. Drain. Drop into a boiling medium syrup. Boil for 3 minutes. Pack into clean KERR Jars and fill to within ½ inch of top of jar with the syrup. Put on cap, screwing band tight. Process according to time table, page 8.

PEARS (HOT PACK)

PARE, core and, if peeled fruit is to stand several minutes before packing, drop into slightly salted water to prevent discoloration. Drain and boil 3

to 5 minutes in thin or medium syrup. Pack into clean KERR Jars. If desired, add one teaspoon lemon juice to each quart jar. Fill with syrup to within ½ inch of top of jar. Put on cap, screwing the band tight. Process according to time table, page 8. If pears are ripe enough to be quite soft, they may be packed without the 3 to 5 minutes boiling and then processed.

PEARS—CREME DE MENTHE (OR MINT PEARS)

PREPARE, boil and pack as above. To each quart jar add ½ teaspoon mint extract and enough pure green fruit coloring to give desired shade. Put on cap, screwing the band tight. Process according to time table, page 8.

PINEAPPLE (SLICED) (HOT PACK)

SLICE pineapple, peel, remove eyes and core. Boil in medium syrup 5 to 10 minutes. Then pack into clean KERR Jars and fill to within ½ inch of top of jar with syrup. Put on cap, screwing the band tight. Process according to time table, page 8.

PLUMS (COLD PACK)

SELECT plums not too ripe; wash and prick the skin with needle to prevent bursting. Pack into clean KERR Jars and fill to within 1½ inches of top of jar with medium or heavy syrup. Put on cap, screwing the band tight. Process according to time table, page 8.

RASPBERRIES

SEE recipe for Berries.

RHUBARB (BAKED) (HOT PACK)

WASH and cut into 1 inch lengths without removing the skin. Place in baking dish and add 1 cup sugar to each quart of rhubarb. Cover dish and bake until tender. Pack hot rhubarb and syrup which has formed, into clean KERR Jars, to within ½ inch of top of jar. Put on cap, screwing the band tight. Process in water bath 5 minutes.

RHUBARB (OPEN KETTLE)

WASH; cut in convenient lengths without removing the skin. Boil in medium or heavy syrup until tender. Pack boiling hot into sterilized KERR Jars to within ½ inch of top of jar and seal.

STRAWBERRIES (will not float)

½ pound (1 cup) sugar 2 pounds strawberries (6 heap-
½ cup strawberry juice ing cups after stemming)

BOIL together sugar and strawberry juice. This juice may be obtained by crushing and heating some of the culls or overripe berries. Cool and add the whole strawberries, then boil 3 minutes. Cover the vessel and set aside for at least four hours or overnight. Pack into clean KERR Jars, filling to within ½ inch of top of jar. Put on cap, screwing the band tight. Process in water bath for 15 minutes.