

# Canning Acidic Foods: Fruits

1. Select ripe fruit that is firm and free of blemishes. Wash thoroughly in cold water. Peel, if desired. Cut into slices or chunks. Weigh or measure.

## Selection of Fruits

2. For each quart of fruit, add 1/2 cup of sugar and 1/4 cup of lemon juice. Stir well. Pack into canning jars, leaving 1/2 inch headspace.

3. Wipe jar rims and shoulders. Secure lids. Process in a boiling water bath for 10 minutes. Remove jars and let cool. Check seals.

4. Store jars in a cool, dark place. Use within 1 year. To use, wash jars and lids. Heat jars and lids in a pot of water. Remove jars and lids. Pour contents into a bowl. Discard liquid. Wash jars and lids. Fill jars with fruit. Seal and process in a boiling water bath for 10 minutes. Remove jars and let cool. Check seals.

5. For each quart of fruit, add 1/2 cup of sugar and 1/4 cup of lemon juice. Stir well. Pack into canning jars, leaving 1/2 inch headspace. Wipe jar rims and shoulders. Secure lids. Process in a boiling water bath for 10 minutes. Remove jars and let cool. Check seals.

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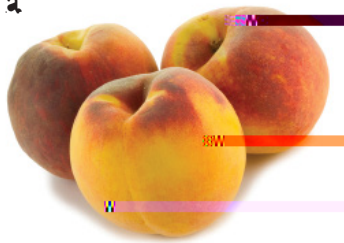
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## Hot Pack or Raw Pack

1. For each quart of fruit, add 1/2 cup of sugar and 1/4 cup of lemon juice. Stir well. Pack into canning jars, leaving 1/2 inch headspace. Wipe jar rims and shoulders. Secure lids. Process in a boiling water bath for 10 minutes. Remove jars and let cool. Check seals.





