

Canned Fruits and Berries Will Pep Up Winter Menus

Fruit	Preparation Required	Processing		
		Hot Water Bath Time in Minutes	Pressure Cooker 5 lbs.—Time in Minutes	Oven 250° Time in Minutes
Apples	Wash, pare, core, cut in pieces. Drop in slightly salted water. Pack. Add syrup. Or boil 3 to 5 minutes in syrup. Pack. Add syrup.	25	10	75
Apricots	Wash, halve and pit. Pack. Add syrup.	20	10	68
Berries except Strawberries and Cranberries	Wash, stem, pack. Add syrup or water.	20	8	68
Cherries	Wash, stem, pit. Pack. Add syrup.	20	10	68
Cranberries	Wash, remove stems. Boil 3 minutes in No. 3 syrup. Pack.	10	..	..
Currants	Wash, stem, pack. Add syrup or water.	20	10	68
Figs	Put in soda bath 5 minutes, rinse. Precook 5 minutes in syrup. Pack, add syrup.	30	10	90
Fruit Juices	Crush fruit, heat slowly, strain. Pour into jars. Process in water bath.	20 (180°—simmering)	68	
Grapes	Wash, stem, pack. Add syrup or water.	20	8	68
Peaches	Peel, pack, add syrup, or precook 3 minutes in syrup, pack, add syrup.	20	10	68
Pears	Select not overripe pears, pare, halve, precook 3 to 5 minutes in syrup. Pack. Add syrup.	25	10	75
Pineapple	Peel, remove eyes, cut or slice. Precook in No. 2 syrup 5 to 10 minutes. Pack with syrup.	30	15	90
Plums	Wash, prick skins. Pack. Add syrup.	20	10	68
Preserves	Prepare as per recipe. Cook until thick. Pack. Process in water bath.	20 (180°—simmering)		
Quinces	Wash, pare, cut in pieces. Precook 3 minutes in syrup. Pack, add syrup.	35	15	75
Rhubarb	Wash, cut into pieces. Pack. Add syrup.	10	5	68
Strawberries	Wash, stem, precook gently for 3 minutes in syrup. Remove from syrup and cool. Boil syrup 3 minutes. Add berries and let stand for several hours. Re-heat. Pack.	20	8	68
Tomatoes	Scald 1 minute, cold dip 1 minute, peel, core, quarter. Pack.	35	10	75

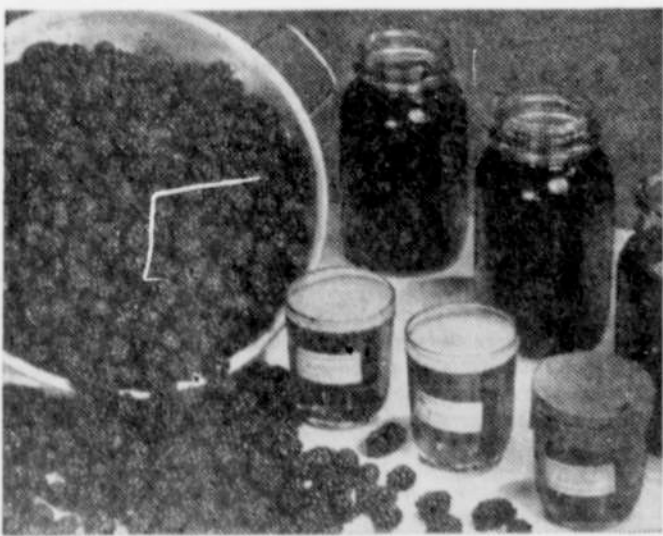
Fruit Preparation and Processing Guide

Easy-To-Can Foods Supply Vital Minerals, Vitamins

Loveliest to look at, easy to do, and wonderful aids to winter menu-making for providing precious minerals and vitamins to diets, are home-canned fruits and berries. Unlike non-acid vegetables, which require a pressure cooker for processing for the greatest degree of safety, fruits and berries may be put up by the water bath or oven method, or even by open kettle successfully.

For home canned fruits and berries, select the fresh product with the greatest degree of care, being careful to observe the "two hours from garden to kettle" rule to the letter as much as possible. Fruits for canning must be fresh, firm-ripe rather than overly mature, sound, unbruised and clean. That sounds like a big order, but remember that canning does not improve flavor, it preserves the fruit, and therefore it must fill the requirements. Remember, too, that commercial canners exercise the greatest care in the selection of fruit they use, and home canning is no different.

Sorting fruit as to size, color and degree of ripeness is important if the finished product is to approach commercial perfection. It's important, too, for ease in canning, so that fruit equally ripe, and of the same size and color may be canned together. Fruits should be washed and drained before the skin is cut or broken. Berries require sorting and grading just as fruits do to get a superior product. Less choice fruits



Choose Best Fruits, Berries for Canning

and berries—particularly those which do not meet the high standards of size, color and ripeness may be used for butters, jams and jellies.

Canning Fruits Without Sugar

One of the biggest questions homemakers face in regard to fruit canning is, of course, how much sugar they can get for the purpose. Some extra sugar is available for home canning and may be obtained from applying to the local rationing board. Some foresighted homemakers have been setting aside sugar in a "sugar bank" for their canning needs. But there are still a large majority who will not have enough to reach around.

Several solutions are available. If the homemaker has a small quantity of fruit to can and a small quantity of sugar available she can use a light syrup for fruits and berries. This

is made by bringing to a boil three cups of water with one cup of sugar. This will be the most popular type of syrup.

Sugar substitutes can also be used in making syrups for fruit canning. Both honey and corn syrup can be used in place of the sugar. In substituting honey for the light syrup described above, use one cup of honey to three cups of water. In any syrup recipe for canning fruits, substitute one cup honey for one cup of sugar. If corn syrup is used, the proportion is one and one-half cups corn syrup to three cups of water.

When all honey is used for making fruit syrups, the finished product, particularly in the case of pears and peaches, is darker and the original fruit flavor is intensified. For this reason, it is better to use a combination of honey and sugar in making the syrup.

To make a combination honey and sugar syrup, good for tart fruits such as cherries, plums and apples, use 1 cup honey, 1 cup sugar and 4 cups water. Bring the water and sugar to a boiling point, add honey. Allow to come to a good, rolling boil, skim and use.

To make the honey and sugar syrup for sweeter fruits and berries, use ½ cup honey, ½ cup sugar and 2½ cups water. Here again, bring water and sugar to a boil, add honey and let come to a good, rolling boil, then skim and use. This makes an especially nice syrup for strawberries, pineapple, raspberries, peaches or sweet cherries.

When both sugar and sugar substitutes for syrups are scarce, don't refrain from putting up your fruits. You may use boiling water in place of the syrups, or fruit juices made from the fruits themselves. In this case, of course, you would have to sweeten the fruit and berries when serving. Use this method as a last resort—not in preference to a sweetened syrup, for fruit is better flavored and better preserved because sugar itself mellows and makes a better tasting canned product of the fruits and berries.

Follow One of These Procedures To Obtain Best Results

After the fruits and berries are sorted and cleaned and made ready for canning, several procedures may be followed to carry the product into its finished stage—colorful, bright, plump appearing in glass jars—carefully processed and perfectly sealed.

Hot-pack is recommended for some fruits and berries. This means pre-cooking the fruit for a short time before packing into sterile jars, and then processing. Cold pack means that both the product and syrup is cold when packed in a hot, sterile jar.

Water Bath: This method is very successful for processing fruits and berries. Take out an old wash boiler and fit bottom with a rack, or use a large kettle with tight fitting cover and rack at the bottom, or a deep well cooker if your range is equipped with it. The rack must hold the jars one-half inch from the bottom, and the bath should be deep enough to allow the water at least one inch above the top of the jars after they are submerged in it.

Place well-filled jars on rack and allow for free circulation of water around them. Start counting processing time when water surrounding the jars begins to boil. The water must be boiling all during processing time. If it boils down, add enough boiling water to keep it at the required level. Use the timetable on this page for determining time of processing—and don't skip a minute of it!

Oven Canning: Your oven must be equipped with an automatic heat control, and may be gas or electric. Set the prepared fruit or berries in the jars on the rack in a cold oven. Jars should not touch each other or the sides of the oven. Set regulator at 250° F. and light or turn on oven, starting to

count processing time when it is switched on. Keep it at that temperature or the liquid will evaporate in the jars. See the timetable—and process exact time required.

Many Prefer Open Kettle Method For Fruits and Tomatoes

Open Kettle Method: Use a large kettle, and cook fruit in its syrup until thoroughly done. Sterilization of fruit and berries, jars and other equipment used, plus a perfect seal can give you good results.

Old-fashioned though it may be, the open kettle method is still the preference on many a home canner's list for fruits and tomatoes. If every precaution is exercised, it may be successful, in fact, as successful as the water bath and oven method. Fruits are cooked in their syrup until done, over direct heat in one of these large, open kettles.

There's a reason for preferring open kettle, although it's much harder to be successful with it, than by water bath or oven canning. Fruits, and berries, too, are evenly and beautifully cooked. When they are placed in the clean, sterile jars—which you have in hot boiling water for 15 minutes before filling them, use a silver knife and press down into the side of the jar several times, to destroy any stray bacteria which may have come in betwixt the sterile jar and the hot, cooked fruit. Then wipe the edges free of seeds, syrup or pulp before fastening lid.

Smart trick this year is to combine open kettle method with water bath or oven canning. Cook the fruit to lovely doneness in the open kettle, and after finishing sealing, place it in the water bath for 5 minutes or in the oven at 250° F. for 25 minutes—and assure yourself of complete safety in canning.

Here are open kettle recipes for most common fruits:

APPLES

Select uniform apples, wash, pare and core. Cut into desired size. If peeled fruit stands, sprinkle with lemon juice to prevent discoloration. Drain. Drop into boiling syrup and cook until tender and transparent. Pack boiling hot into sterile jars and seal.

APPLE SAUCE

3 pounds green apples 2 cups water
1¼ cups sugar
Wash, peel and quarter apples. Add water and cook until soft. Mash, then add sugar and cook for 10 minutes. Pack while boiling hot into sterilized jars. Seal at once.

APRICOTS

Select firm, ripe fruit. Peel, if desired, halve and remove stone. Put fruit in syrup, light or medium, simmer 10-15 minutes, then bring to a boil. Pack boiling hot into hot, sterile jars and seal immediately.



Use Sugar or Syrup if Obtainable

CHERRIES

Wash, stem and pit, if desired. Place in a light or medium syrup and boil 20 minutes. Pack while still boiling hot into sterile jars and seal at once.

PEACHES

Select firm, ripe peaches. Remove peel, leave whole or halve, or cut in slices. Boil in syrup, for 20 minutes, and pack boiling hot into hot, sterile jars and seal at once.

PEARS

Pare and core fruit and sprinkle with lemon juice if fruit must stand any time at all. Drain and boil 25 minutes in syrup. Add 1 tablespoon lemon juice for each quart of pear. Pack hot into hot, sterile jars.

PLUMS

Select plums which are not too ripe. Wash and stem. Prick with needle to prevent bursting. Boil 20 minutes in syrup and pack boiling hot into sterile jars and seal immediately.

RHUBARB

Wash. Cut into inch length pieces without removing skin. Boil in syrup until tender, then pack into hot sterile jars and seal at once.

STRAWBERRIES

Here is a good combination of both methods for strawberries. If canned by this method, the strawberries will not float, they stay plump and delicious and do not lose their color:
2 cups sugar 2 quarts strawberries 2 cups water

Cook sugar and water together until sugar is dissolved. Add the berries which have been washed and hulled. Cook for 5 minutes. Remove from range, cover with a cloth and allow to stand overnight. Pour strawberries into sterilized jars, filling to within ¼ inch of top. Screw on lid, then loosen one-half turn. Place jars on rack in oven, taking care they don't touch. Process 45 minutes in a 250° F. oven or 15 minutes in water bath.