




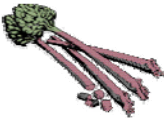





Fruit	Preparation
 <p><b>Apples</b></p>	<p>Select crisp and firm apples. Wash, peel and core. Slice medium apples into twelfths, large into sixteenths.</p> <p><u>Syrup Pack</u>* - Use 40% cold syrup. To prevent browning, add ½ tsp. (1500 mg) ascorbic acid to each quart of syrup. Start with ½ cup cold syrup in a pint container, add fruit, press fruit down, add syrup to cover. Crumple a small piece of water-resistant paper on top to hold fruit down.</p> <p><u>Sugar Pack</u> - To prevent darkening, dissolve ½ teaspoon (1500 mg) ascorbic acid in 3 tablespoons water. Sprinkle over fruit. Or, steam apple slices for 1 ½ to 2 minutes. Cool and drain. Mix ½ cup sugar with 1 quart fruit.</p> <p><u>Dry Pack</u> - Follow directions for sugar pack, omitting the sugar. Treated apple slices can also be frozen on a tray and then packed.</p> <p>Package, leaving head space**, seal, label and freeze.</p>
 <p><b>Blueberries or Huckleberries</b></p>	<p>Sort. Do not wash. Washing results in a tougher skinned product.</p> <p><u>Dry Pack</u> - Pack into containers, leaving head space.** Or freeze on a tray, then pack. Seal, label and freeze. Wash before using.</p>
 <p><b>Cranberries</b></p>	<p>Stem and sort. Wash and drain.</p> <p><u>Dry Pack</u> - Pack into containers, leaving head space. Or freeze on tray, then pack.</p> <p><u>Syrup Pack</u> - For syrup pack, cover with cold 50% syrup, leaving head space.** Seal, label and freeze.</p>
 <p><b>Peaches or Nectarines</b></p>	<p>Sort, wash, and peel. Select a pack.</p> <p><u>Syrup Pack</u>** - Use 40% syrup. To prevent darkening, add ½ teaspoon (1500 mg.) ascorbic acid/quart syrup. Start with ½ cup cold syrup in a pint container, add fruit, press fruit down, add syrup to cover. Crumple a small piece of water-resistant paper on top to hold fruit down.</p> <p><u>Sugar Pack</u> - To each quart of prepared fruit (1 1/3 pounds) add 2/3 cup sugar and mix until sugar is dissolved or let stand 15 minutes. To stop darkening, add ¼ teaspoon (750 mg.) ascorbic acid dissolved in 3 tablespoons cold water to each quart of fruit.</p> <p>Package, leaving head space,** seal, label and freeze.</p>
 <p><b>Pears</b></p>	<p>Wash, peel and core. Slice medium pears into twelfths, large into sixteenths.</p> <p><u>Syrup Pack</u>* - Heat pears in boiling 40% syrup for 1-2 minutes. Drain and cool. Pack pears and cover with cold 40% syrup. To stop darkening, add ¾ teaspoon (2250 mg.) ascorbic acid to a quart of cold syrup.</p> <p>Pack into container leaving head space.** Crumple a small piece of water-resistant paper to hold fruit down. Seal, label and freeze.</p>

Fruit	Preparation
 <p data-bbox="245 184 386 216"><b>Rhubarb</b></p>	<p data-bbox="516 184 1414 243">Wash, trim, cut into lengths to fit package. To retain color and flavor, heat rhubarb in boiling water for 1 minute, cool quickly in cold water.</p> <p data-bbox="516 275 1451 306"><u>Dry Pack</u> - Pack raw or pretreated rhubarb into containers without sugar.</p> <p data-bbox="516 338 1456 396"><u>Syrup Pack</u>* - Pack raw or pretreated rhubarb into containers, cover with cold 40% syrup.</p> <p data-bbox="516 428 1159 459">Pack leaving head space,** seal, label and freeze.</p>
 <p data-bbox="245 495 459 527"><b>Strawberries</b></p>	<p data-bbox="516 495 1446 527">Select fully ripe, firm berries. Wash and sort. Hull, leave whole or slice.</p> <p data-bbox="516 558 1435 617"><u>Syrup Pack</u>* - Place whole berries in container and cover with cold 50% syrup, leaving head space. Seal, label, and freeze.</p> <p data-bbox="516 648 1472 707"><u>Sugar Pack</u> - Add ¾ cup sugar to 1 quart whole strawberries and mix. Let stand 15 minutes.</p> <p data-bbox="516 718 1235 749">Package, leaving head space.** Seal, label, and freeze.</p>

**\*Syrup Concentrations for Freezing Fruits**

Type of Syrup	Sugar	Water
10% (very light)	½ cup	4 cups
20% (light)	1 cup	4 cups
30% (medium)	1 ¾ cups	4 cups
40% (heavy)	2 ¾ cups	4 cups
50% (very heavy)	4 cups	4 cups

Directions: Dissolve sugar in lukewarm water. Mix until dissolved. Chill syrup before using.

**To Prevent Darkening**

Light-colored fruits are kept from darkening during handling by the addition of ascorbic acid. Use either powdered ascorbic acid (available at drug store or where freezing supplies are sold) or crushed vitamin C tablets. Finely crush vitamin C tablets before use. Fillers in the tablets may make the syrup cloudy. Dissolve in several ounces of cold water; then add it to syrup or fruit.

**\*\*Head Space for Packing Frozen Fruit**

Pack Type	<u>Container with Wide Top Opening</u>		<u>Container with Narrow Top Opening</u>	
	Pt.	Qt.	Pt.	Qt.
Liquid pack (fruit packed in sugar, syrup or water; crushed or puree; juice)	½ inch	1 inch	¾ inch (1 ½ inches for juice)	1 ½ inches
Dry pack (fruit packed without added sugar or liquid)	½ inch	½ inch	½ inch	½ inch

Adapted from: A. Andress, J. Harrison. So Easy to Preserve. Fifth Edition. Cooperative Extension. The University of Georgia, Bulletin 989, 2006. For more information on food preservation, go to National Center for Home Food Preservation website – <http://www.uga.edu/nchfp/>.