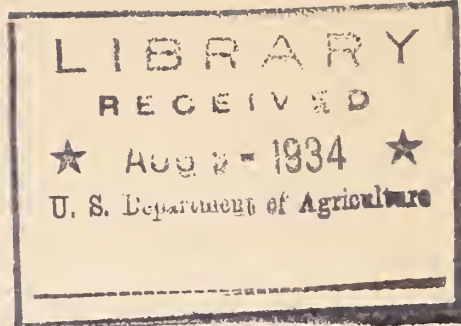


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UNITED STATES DEPARTMENT OF AGRICULTURE
BUREAU OF HOME ECONOMICS
WASHINGTON, D.C.



Canning Fruits Without Sugar*

Sugar may be added or not as desired in the canning of fruits, although shape, color, and flavor of the fruits are usually better retained when some sugar is added. Fruits for pie making or for use in diabetic diets are commonly canned without sugar.

Can juicy fruits, such as berries, cherries, currants, and plums in their own juices when sugar is omitted. Water is not required. Extract the juice from the riper fruits by crushing, heating, and straining. Pack the remaining fruits closely into containers without preheating, and pour the boiling hot juice over to cover. Partially seal glass jars; or exhaust tin cans and seal; then process. Or give the fruits a short precooking, as 2 to 4 minutes simmering, pour into containers at once, seal, and process.

The less juicy fruits, such as apples, peaches, and pears, require the addition of a small quantity of water. Preserve natural fruit flavors by adding only a minimum of water.

Pack peaches without precooking and pour boiling water over to cover; or precook the fruit by simmering in water a few minutes, pack hot and process.

Precook pears by boiling 4 to 8 minutes in water and pack hot. Or pre-cook by baking, pack, and cover with hot juice or water.

Pack apples, in quarters or eights, into glass jars without cooking if desired and cover with boiling water. Special treatment is needed to remove acid from apples packed into tin cans without precooking. Apples shrink considerably when packed raw, and for this reason better filled containers are obtained by precooking the fruit. Precook apples in quarters, as apple sauce, or as baked apples.

Use of Sugar Substitutes

Honey, sirups, or similar sweetening agents may be substituted for part or all of the granulated sugar used for canning fruits. When the substitutes are rather strongly flavored, better results are obtained if not more than one-half of the granulated sugar is replaced.

*General information on canning methods and tables of processing periods for fruits are given in Farmers' Bulletin 1471, "Canning fruits and vegetables at home."

