

Home Canning Made Easy

FRUIT PRE-TREATMENTS TO PREVENT DARKENING

- Ascorbic Acid Powder: 1 tsp. powder/1 gallon of water
- Vitamin C Tablets (500 mg.): crush 6 tablets and dissolve in 1 gallon of water
- Commercial Products (Fruit Fresh and Ever Fresh): follow manufacturer's directions

SWEETENING FRUIT – SYRUP USING SUGAR

Select the level of sweetness you desire based on the chart immediately below. Heat water and the listed amount of sugar together. Bring to a boil and pour over raw fruit in jars. For hot packs, bring water and sugar to a boil, add fruit, reheat to boil according to the processing chart, and fill into jars immediately.

Syrup Type	9-Pint Jar Load		7-Quart Jar Load	
	Water	Sugar	Water	Sugar
Very Light	6 ½ Cups	¾ Cup	10 ½ Cups	1 ¼ Cups
Light	5 ¾ Cups	1 ½ Cups	9 Cups	2 ¼ Cups
Medium	5 ¼ Cups	2 ¼ Cups	8 ¼ Cups	3 ¾ Cups
Heavy	5 Cups	3 ¼ Cups	7 ¾ Cups	5 ¼ Cups

NOTE: Using other sweeteners. Light corn syrup (1 ½ cups sugar + 1 cup corn syrup + 3 cups water) or honey (1 cup sugar + 1 cup honey + 4 cups water) may be used in place of sugar. However, honey can overpower fruit flavor.

ADDING ACID TO ALL TOMATOES

As an extra measure to prevent spoilage, add acid to jars of whole, crushed, or juiced tomatoes before processing add:

Acidity	Effect	Pint Jars	Quart Jars
Bottled Lemon/Lime Juice (Do not use key lime juice.)	Little change in flavor	1 Tbsp.	2 Tbsp.
Citric Acid USP	Easy to use	¼ tsp.	½ tsp.
Vinegar (5%)	Noticeable flavor change	2 Tbsp.	4 Tbsp.
*Sugar	Mask any sour flavor	1 tsp.	2 tsp.

NOTE: Do not use freshly squeezed lemon juice because the acidity level varies and there is a chance of contaminating the juice from the rind. Also, tomato canning tablets that may be found on the market should not be used because they are ineffective.

STORAGE

- Store in a cool, clean, dark, and dry place where temperatures are below 85° F (between 50° F and 70° F is good) but, not freezing temperatures.
- Do not store jars above 95° F or near hot pipes, a range, a furnace, in an uninsulated attic, or in direct sunlight. Under these conditions, food will lose quality in a few weeks or months and may spoil. Dampness may corrode metal lids, break seals, and allow recontamination and spoilage.
- Rotate foods so the oldest is used first. Try not to keep canned foods more than one year.
- Foods stored longer will be safe to eat if the cans do not show signs of spoilage or damage, but the foods may deteriorate in color, flavor and nutritional value.

HOW TO CHECK HOME CANNED FOOD FOR SPOILAGE

- Do not taste the food and discard all suspect foods.
- Check for unsealed lids, bulging lids on jars, or food leaking on the outside.
- When opening the jar look for rising air bubbles, spurting liquid, foul odor, or mold growth on food surface or underneath the lid.

SAFETY OF LOW-ACID HOME CANNED FOODS

- Boil food for 10 minutes plus 1 minute for each 1,000 feet about sea level
 - All low-acid foods canned according to research-based recipes and recommendations may be eaten without boiling if instructions were followed correctly.



For further information, please contact:

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