

Selecting, Preparing and Canning Fruit

Pears & Peaches

Quantity: An average of 17½ pounds of fruit is needed per canner load of 7 quarts; an average of 11 pounds is needed per canner load of 9 pints. A bushel weighs 50 pounds and yields 16 to 25 quarts – an average of 2½ pounds per quart.

Quality: Choose ripe, mature fruit of ideal quality for eating fresh or cooking.

Please read [Using Pressure Canners](#) and [Using Boiling Water Canners](#) before beginning. If this is your first time canning, it is recommended that you read [Principles of Home Canning](#) at website for National Center for Home Food Preservation <http://nchfp.uga.edu/>

Procedure for Pears: Wash and peel Fruit. Cut lengthwise in halves and remove core. A melon baller or metal measuring spoon is suitable for coring pears. To prevent discoloration, keep peaches in an ascorbic acid solution Fruit Fresh – seasonally available among canners' supplies in supermarkets. Use 1 teaspoon Fruit Fresh per gallon of water as a treatment solution or *Vitamin C tablets* – economical and available year-round in many stores. Buy 500-milligram tablets; crush and dissolve six tablets per gallon of water as a treatment solution.

Procedure for Peaches: Dip fruit in boiling water for 30 to 60 seconds until skins loosen. Dip quickly in cold water and slip off skins. Cut in half, remove pits and slice if desired. To prevent discoloration, keep peaches in an ascorbic acid solution Fruit Fresh – seasonally available among canners' supplies in supermarkets. Use 1 teaspoon Fruit Fresh per gallon of water as a treatment solution or *Vitamin C tablets* – economical and available year-round in many stores. Buy 500-milligram tablets; crush and dissolve six tablets per gallon of water as a treatment solution.

Adding syrup to canned fruit helps to retain its flavor, color, and shape. It does not prevent spoilage of these foods. The guidelines for preparing and using syrups (Table 1) offer a new "very light" syrup, which approximates the natural sugar content of many fruits. The sugar content in each of the five syrups is increased by about 10 percent. Quantities of water and sugar to make enough syrup for a canner load of pints or quarts are provided for each syrup type.

Prepare a very light, light, or medium syrup or pack fruit in apple juice, white grape juice, or water. Raw packs make poor quality pears. Boil drained fruit 3 minutes in syrup, juice, or water. Fill jars with hot fruit and cooking liquid, leaving 1/2-inch headspace. Wipe tops of jars with moistened paper towel. Adjust lids and process. Processing directions for canning pears in a boiling-water canner are given in [Table 2](#).

Other sweeteners: Light corn syrups or mild-flavored honey may be used to replace up to half the table sugar called for in syrups. For more information see [National Center for Home Food Preservation Canned Foods for Special Diets](#).

Table 1. Preparing and using **syrops**.

		Measures of Water and Sugar				
Syrup Type	Approx. % Sugar	For 9-Pt Load (1)		For 7-Qt Load		Fruits Commonly packed in syrup (2)
		Cups Water	Cups Sugar	Cups Water	Cups Sugar	
Very Light	10	6-1/2	3/4	10-1/2	1-1/4	Approximates natural sugar levels in most fruits and adds the fewest calories.
Light	20	5-3/4	1-1/2	9	2-1/4	Very sweet fruit. Try a small amount the first time to see if your family likes it.
Medium	30	5-1/4	2-1/4	8-1/4	3-3/4	Sweet apples, sweet cherries, berries, grapes.
Heavy	40	5	3-1/4	7-3/4	5-1/4	Tart apples, apricots, sour cherries, gooseberries, nectarines, peaches, pears, plums.
Very Heavy	50	4-1/4	4-1/4	6-1/2	6-3/4	Very sour fruit. Try a small amount the first time to see if your family likes it.

1. This amount is also adequate for a 4-quart load.
2. Many fruits that are typically packed in heavy syrup are excellent and tasteful products when packed in lighter syrups. It is recommended that lighter syrups be tried, since they contain fewer calories from added sugar.

Table 2. Recommended process time for Peaches & Pears, halved or sliced in a boiling-water canner.

		Process Time at Altitudes of			
Style of Pack	Jar Size	0 - 1,000 ft	1,001 - 3,000 ft	3,001 - 6,000 ft	Above 6,000 ft
Hot	Pints	20 min	25	30	35
	Quarts		30	35	40