

# **Canning fruits and vegetables. Circular 88**

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# Canning Fruits and Vegetables

**“Can the waste but  
don't waste the cans”**

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# Canning Fruits and Vegetables

Not a bit of food wasted this year!

Every housekeeper is doing her best to save, but at the present time there is a shortage of tin containers for canning. Each housewife has but a limited supply of glass containers. Therefore she is interested in using them for saving those foods which are more satisfactorily canned than dried or salted.

Asparagus, tomatoes, greens, and strawberries, are among the fruits and vegetables which are more successfully canned than dried. However, the housewife, knowing what she wants to can and the number of cans available, must choose the methods of food preservation which will make it possible for her to save the largest quantity of food.

## SELECTING FRUITS AND VEGETABLES FOR CANNING

All fruits and vegetables used for canning should be young, freshly picked and not overripe. "Specked" fruit may be used if the imperfect parts are carefully cut away.

## METHODS OF CANNING

There are two principal methods of canning, the open-kettle and the cold-pack methods.

### OPEN-KETTLE METHOD

The open-kettle method is so called because the product to be canned is cooked in an open kettle and then put into sterile jars and sealed. This method is effective only for canning fruits and tomatoes.

When the open-kettle method is used, the rubbers, covers and jars must be sterilized before the cooked fruit is put into them. The jars, rubbers, and covers are washed and put into a large pan on a rack or thick pad to prevent them from resting on the bottom of the pan. They are then covered with cold water which is brought slowly to the boiling point and allowed to boil ten minutes.

The fruit to be canned should be washed, peeled or pared, and cooked in a sugar syrup until tender. The syrup used may be either thick, medium or thin, according to the fruit being canned (see chart). When tomatoes are canned by this method, scald them first, remove skins, cut into quarters or eighths, boil from 20 to 30 minutes and put into sterilized jars.

In canning by this method care should be taken that all





# A CHART FOR WISCONSIN CANNING<sup>†</sup>

Hang This in a Convenient Place

Fruits	Preparation	Hot Dip (minutes)	Cold Dip (minutes)	Processing in boiling water (minutes*)	Processing in Pressure Cooker (minutes)	Remarks
APPLES	May be pared, cored and cut into halves, quarters, or smaller pieces	2	½	20	8 at 5# 6 at 15#	Use thin syrup
BERRIES	Pick over, wash and hull			15	6 to 8 at 5# 4 to 6 at 15#	Use medium syrup. Imperfect berries may be mashed, strained and used in place of water in syrup
CHERRIES	Wash, remove stem. Pits may be removed.			30	6 to 8 at 5# 4 to 6 at 15#	Use medium syrup
CURRENTS	Wash and pick from stems			20	10 to 12 at 5# 6 to 8 at 15#	Use medium syrup
GOOSE-BERRIES	Wash, snip off stem and blossom end. (Scissors may be used)			30	10 to 12 at 5# 6 to 8 at 15#	Use medium or thick syrup
PEACHES		3	½	30	5 to 10 at 5#	Skins should be removed before packing. Stones may or may not be removed. Use medium syrup
PEARS	Wash, pare or not as desired. Small pears may be canned whole or cut in halves or quarters	3	½	30	8 at 5# 6 at 15#	Use thin syrup
PINEAPPLE	Hold top of pineapple with cloth. Use sharp knife, cut off skin, remove eyes. Slice down until core is reached. Cut slices into ¼" cubes	10		30	8 at 15#	Use thin or medium syrup. Use water in which blanched for syrup
PLUMS	Wash. Stones may be removed. If left whole prick			30	12 at 5# 8 at 15#	For sweet plums use thin or medium syrup. For sour plums use medium or thick
RHUBARB	Wash. Cut into ½ inch pieces. Use sharp knife			15	15 at 5#	Use thin or medium syrup. If skins are left on rhubarb it keeps its pink color
Vegetables	Preparation	Hot Dip (minutes)	Cold Dip (minutes)	Processing in boiling water (hours)	Processing in Pressure Cooker (minutes)	Remarks
ASPARAGUS	Wash, remove tough end, cut to fit jar, tie in bundles	5	½	2	50 at 5# 25 at 15#	Remove string before packing in jar. Can or dry tough ends for soup
BEANS (Lima)	Shell and wash	2 to 5	½	3	60 at 5# 40 at 20#	
BEANS (String)	Wash, string	2 to 5	½	2	60 at 5# 40 at 20#	May be left whole or cut into narrow strips or inch pieces
BEETS	Remove tops leaving three inches, wash	Boil until skins loosen (about 1 hour)	1	1½	60 at 5# 35 at 20#	Remove tops, skin and roots after cold dip
CARROTS	Remove tops, scrub	Boil until skins loosen (about 20 min.)	1	1½	60 at 5# 35 at 20#	Skin may be removed before packing in jar.
CAULIFLOWER	Wash, break into clusters, soak in salt water (2 teaspoons salt to 1 qt. water) 2 hrs.	3 to 5	½	1½	30 at 5# 20 at 15#	
CORN	Husk	5	½	3	60 at 5# 35 at 20#	Corn should be removed from cob before packing
GREENS (Spinach, beet tops, chard, dandelions, etc.)	Pick over, wash in several waters until free from sand	Steam until thoroughly wilted		3	50 at 5# 40 at 15#	Greens may be chopped or left whole
PEAS	Shell and wash	3	½	2	60 at 5# 40 at 20#	
RADISHES	Remove stems and roots. Wash	Blanch 3 for medium size; 5 for large size	½	1½	20 at 15#	
TOMATOES	Wash and remove stems	Scald until skins loosen	½	½	15 at 5# 10 at 20#	Remove skins before packing; tomatoes may be canned whole or in pieces. Stem, cook and strain imperfect tomatoes. Use this for liquid.

\*Count from time when water begins to boil (bubbles all over).

†For both pint and quart jars.

Add one-half hour to time of processing for 2-quart jars.

Caution—Test rubbers. If rubbers are injured in processing, replace by new. (Step 8, page 4.)





air bubbles are removed and that the jars are filled to overflowing before sealing.

### COLD-PACK METHOD

The cold-pack method consists in packing the raw or blanched product into the jar, surrounding the material with liquid and cooking (processing) in boiling water or steam. It is on the whole the more satisfactory method because it saves time and labor and because either fruit, vegetables, or meat keep indefinitely if sufficient time is given to the processing.

### TYPES OF CANNERS—HOME-MADE AND COMMERCIAL

A wash boiler, or a deep pan with a tightly fitting cover, makes a good home-made canner if a rack is used to prevent the jars from resting on the bottom.

Commercial pressure canners or steamers may be used very effectively for this process. Complete directions for their use always come with such outfits.

### CANNING FRUIT BY THE COLD-PACK METHOD

Fruits canned by the cold-pack method are usually packed with syrup but hot water alone may be used and the sugar added when the fruit is served.

### CANNING VEGETABLES BY THE COLD-PACK METHOD

Vegetables are usually packed in slightly salted water (brine) made by adding 1 level teaspoon of salt to a pint of water. Certain vegetables, as peas and corn, are improved by adding 1 teaspoon of sugar to a pint of brine.

When canning tomatoes, the brine may be made of strained tomato juice instead of water. Cooked, inferior tomatoes are used for making this juice.

### STEPS IN THE COLD-PACK PROCESS

1. Clean jars and test and adjust rubbers. If rubbers do not return to normal shape after stretching do not use.
2. Prepare material to be canned according to directions given on chart.
3. Hot-dip (blanch or scald) the prepared food. This process consists in immersing the prepared product in boiling water for different lengths of time according to the material to be canned. (See chart.) Hot-dipping shrinks the product and enables one to pack more material in a jar.
4. Cold-dip the material. This process consists in plunging the blanched or scalded food into cold water which makes it more easily handled. (Steps 3 and 4 are not necessary in canning some fruits. These are indicated in the chart.)
5. Pack material in the jar. Cover with liquid (syrup or brine) to  $\frac{1}{4}$  inch of top.



6. Remove air bubbles by inserting fork or knife blade close to the side of the jar. The opening thus made allows the bubbles to escape.

7. Adjust the cover of the jar but do not fasten it down too tightly.

8. Process.\* Place in canner and cook according to time given on chart. Do not begin to count time until the water boils. At the end of the period, remove from cooker and seal tight at once. Test for leaks by turning jar upside down. Leaks are caused by defective rubbers which may be replaced by new ones which have been boiled for one minute. If the jars have cooled when the leaks are discovered, the food must be reprocessed until the contents are thoroughly reheated. Jars should be cooled gradually.

9. Store canned goods in a cool dark place. Turn jars of berries on their sides for several days before storing. This distributes the fruit more evenly.

### MAKING SYRUPS

Canning syrups are prepared by mixing 2 cups of sugar and 3 cups of water and boiling it for different lengths of time.

1. **Thin syrup**—The sugar and water are just brought to a boil. This is used for sweet fruits that are not too soft and delicate in color, as cherries, peaches, apples and firm berries.

2. **Medium thin**—The sugar and water are boiled for 2 or 3 minutes. This begins to be sticky when cooled on a spoon. Used for raspberries and most soft berries.

3. **Medium thick**—The sugar and water are boiled 6 to 8 minutes. This rounds slightly over the edge of spoon. It may be used for gooseberries, strawberries, red raspberries, apricots, sour apples or any sour fruits.

4. **Thick syrup**—The sugar and water are boiled from 8 to 12 minutes. (Avoid crystallization.) It is used for both fire-cooked and sun-cooked preserves.

### CANNING WITH COMMERCIAL CANNERS

The cold-pack method is successfully used with the commercial canners. When this type of canner is used, the processing is done by steam under pressure. The accompanying chart includes the time for processing fruits and vegetables in the pressure cooker.

### CANNING POWDERS

Canning powders are not only unnecessary but they may be dangerous. They should not be used.

\* A few years ago the so-called intermittent process was used for canning vegetables. It was believed to be necessary to cook the product for an hour at a time for several successive days. While this process is still admitted to be satisfactory, it has been found that a single longer period of cooking will can the vegetables successfully.