

4-H CLUB Canning Project

Unit I

CANNING FRUITS

Circular 377

University of Kentucky . College of Agriculture
and Home Economics . . . Extension Service

Thomas P. Cooper, *Dean and Director*

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UNITS OF CANNING PROJECT

SIX UNITS of the canning project are available to 4-H club girls. The first three are to be taken in order:

- Unit I Fruits
- Unit II Tomatoes and Soup Mixture
- Unit III The Vegetable Canning Budget
For One Person

Units IV, and V may be taken in the order desired, tho Unit IV must be completed before a girl may exhibit her canned products in the 'Championship Class at the State Fair.

- Unit IV Meats and Relishes
- Unit V Canning For Salads and
Refreshments

Unit VI is planned for older girls in 4-H clubs and Utopia clubs.

- Unit VI The Family Gardening and
Canning Budget

Lexington, Kentucky

March, 1942

4-H Club Canning Project

Unit I. Fruits

By ANITA BURNAM DAVIS

Today when our country is at war there is more work to be done than at any other time. You as a good citizen are anxious to do your part, and you can do it if you are physically fit. An essential requirement for your health is proper food, and one food you need every day is fruit. You need it both in winter and summer. Plenty of fruit will add to your health and strength and equip you to do your part in winning the war.

WHY CAN FRUITS

Thru the summer months fresh fruits and melons are available on most farms, but they do not last for more than a few weeks. A few varieties of pears and apples can be stored and kept for months, but many homes have no suitable storage space. During at least seven months in the year no ripe fruits are in the home orchard or in the garden. Therefore it is suggested that Club girls preserve choice fruits from tree, bush and vine for use in the winter and spring when they are not obtainable fresh, and when, if purchased canned, they are very expensive.

In Kentucky, fruits usually ripen as indicated in the following list, and are available only for a few weeks. Naturally, the time of ripening depends on the particular type of weather that prevails, but usually fruits are ready to can in the following order:

May	Rhubarb, gooseberries, strawberries
June	Cherries, raspberries, apples, plums
July	Dewberries, blackberries, huckleberries
August	Peaches, grapes, damson plums
September	Pears, apples

The surplus supply of summer fruit that might otherwise go to waste will, if canned properly, save dollars, improve diets, and bring about better health.

WATER-BATH CANNER, THE TYPE NEEDED

A water-bath canner may be assembled at home. Such large utensils as wash boiler, lard can, or large bucket make suitable containers. The vessel should have a tight-fitting top and be deep enough

for quart jars to rest on a rack or false bottom with 2 inches of water over the jars and still have several inches above the water for steam. The rack may be made of wooden strips nailed together, or wire on a wooden frame. Weights help to keep the rack from floating. Handles of wire attached to the rack and extending above the water line are convenient for putting the jars into and taking them out of boiling water.


HOW TO USE A WATER-BATH CANNER

When the water in the canner is boiling with bubbles bursting on the surface, place the filled jars on the rack with enough space between them to allow the water to circulate. Altho the jars will be hot from the preheated food, the temperature of the water in the canner will be lowered when the jars are put into it. The counting time for processing should not be started until the temperature has returned to the boiling point. Cover the canner with the lid and add boiling water if necessary to keep the jars well covered. Remove the jars as soon as the time for processing is up, to prevent over cooking.

WHAT TO DO IN UNIT I, 4-H CANNING PROJECT

1. Can 20 quarts of fruit according to directions given in this leaflet.
 - 10 quarts large fruit, such as plums, pears, peaches, apples
 - 10 quarts small fruit such as cherries, berries
2. Label each jar, giving the information shown on the sample label shown here. Refer to the Canning Record Book, page 1, for explanation. Homemade labels should be used for home storage. Club labels should be obtained from the county Extension Office for use in county and state exhibits.

NAME OF PRODUCT	
HOW PACKED	HOW PROCESSED
EXHIBITOR'S NAME	
POST OFFICE	COUNTY



3. Keep a complete record in the Canning Record Book.
4. Use the score card in practice judging of one variety of canned fruit.
5. Exhibit two quarts (one large fruit and one small fruit) in clear white glass jars, and Canning Record Book, in local or county shows. (A dozen or more clear glass jars purchased annually and used for exhibit of canned food, is a good investment.)

STEPS IN CANNING LARGE FRUITS

(From Extension Circular 362, "How to Can Fruits and Vegetables.")

Apples

1. Select firm, sound, tart varieties.
2. Wash, pare, core, cut in quarters, and drop into water salted with 1 tablespoon salt per quart of water to prevent discoloration.
3. Make a thin sirup (1 c. sugar to 3 c. water).
4. Remove the apples from salted water, drain, place them in boiling sirup and simmer 5 minutes.
5. Pack the apples in jars, cover fruit with the sirup in which it was precooked, and completely seal the jars.
6. Process 15 minutes in water-bath.
7. Label and store.

Peaches

1. Select peaches which are ripe but not soft.
2. Immerse peaches about 1 minute in boiling water, or until the skins can be slipped off easily.
3. Plunge fruit at once into cold water; remove the skins and stones.
4. Simmer in a medium sirup (1 c. sugar to 2 c. water) 4 to 6 minutes, depending on the softness of the fruit.
5. Pack fruit in hot, sterilized jars, placing the halves in overlapping layers, concave side down, with blossom end facing the glass.
6. Cover with the boiling medium sirup, and completely seal the jars.
7. Process 15 minutes in water bath.
8. Label and store.

Pears

1. Select ripe, firm pears, free from bruises.
2. Wash, peel, cut in halves, core and drop into water salted with 1 tablespoon salt per quart of water. This prevents discoloration.
3. Make medium sirup, (1 c. sugar to 2 c. water).
4. Drain pears and place them in medium sirup. Boil 4 to 8 minutes.

5. Pack the pears in jars overlapping halves, concave side down, cover fruit with sirup in which it was precooked, and seal the jars.
6. Process 20 minutes in water-bath.
7. Label and store.

TIME TABLE

Fruit	Sirup*	Precooking	Time of processing (Minutes)
Peaches	1 c. sugar 2 c. water	Simmer halves in sirup 6 minutes and pack pit sides down	15
Pears	1 c. sugar 2 c. water	Cook in boiling sirup 4 to 8 minutes according to size and pack	20
Apples	1 c. sugar 3 c. water	Simmer 5 minutes in sirup and pack overlapping halves	15

* 1 c. sirup to each quart jar.

STEPS IN CANNING SMALL FRUITS

Berries (except gooseberries and strawberries)

Practically the same methods of canning are used for dewberries, huckleberries, blackberries, loganberries, blueberries, and currants. Gather berries in shallow trays or baskets, discard imperfect berries and can the rest as soon as possible after gathering. Wash by placing berries in shallow colander and dipping in and out of water or pouring water over them. Remove caps and stems, separating the small and imperfect berries from the good ones. Use small or soft berries for juice.

Hot-Pack method: Place the prepared berries in a simmering medium sirup (1 c. sugar, 2 c. water) and hold at that temperature 3 to 5 minutes, depending on softness of berries. Place in hot sterilized jars with rubber rings in place and cover with hot medium sirup. Completely seal and process in water-bath for 5 minutes.

Cold-Pack method: Pack the prepared fruit in containers, shaking gently into place to assure full pack, cover with boiling medium sirup and partly seal. Process quart or pint jars for 20 minutes in water-bath and completely seal.

Gooseberries

Select firm, green or ripe berries, discarding spotted or broken ones. Use method suggested for berries substituting thick (1 c. sugar, 1 c. water) for medium sirup, or if desired, make sauce by adding a

small quantity of water to berries and boil until the fruit is cooked to a pulp. Add one-half cup of sugar, or more if desired to each quart of pulp. Heat until sugar is dissolved and pack boiling hot in containers. Seal completely and process all sizes of containers in water-bath for 5 minutes.

Strawberries

Method of canning given in Extension Circular 362, "How to Can Fruits and Vegetables."

Cherries

Cherries are to be pitted. Pack as tight as possible in hot containers and cover with a thick sirup (1 c. sugar to 1 c. water) if they are sour cherries, or medium sirup (1 c. sugar to 2 c. water) if sweet. Juice from pitting cherries should be used in making the sirup. Partly seal, and process quart and pint jars 25 minutes in water-bath. Remove jars from canner and completely seal.

SCORE CARD — CANNED FRUITS

	<i>Score</i>
Fruit	50
Condition of product chosen: uniformly well ripened, graded, not defective	20
Condition of finished product: natural bright color, neither overcooked, mushy, nor uncooked in appearance	30
Sirup	20
Clear, bright, natural color of fruit, no sediment; Consistency, neither watery nor thick like preserves	
Pack	30
Neatness and uniformity: arranged to make best use of space. Small fruits canned whole, large fruits of convenient size to serve. Fancy packs not acceptable	15
Proportion of fruit to sirup: jar should be well filled with product which is covered with sirup. Product not settled at top or bottom	10
Container: of specified size, clear glass, clean, attractive, plainly labeled according to directions	5
TOTAL	100

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