

# Canning Acidic Foods: Fruits

1. Select ripe fruit that is free from mold, decay, or insect damage. Wash thoroughly in cool water and drain.

## Selection of Fruits

2. Choose fruit that is firm and has a bright color. Avoid fruit that is soft or has a dull appearance.

3. Select fruit that is in season and locally grown when possible. This ensures the best quality and flavor.

4. Choose fruit that is free from bruising, cuts, or other damage. Damaged fruit can spoil the entire batch.

5. Select fruit that is ripe but not overripe. Overripe fruit is softer and has a higher sugar content, which can affect the texture and flavor of the canned fruit.

6. Choose fruit that is free from mold, decay, or insect damage. Wash thoroughly in cool water and drain.

7. Select fruit that is firm and has a bright color. Avoid fruit that is soft or has a dull appearance.

8. Choose fruit that is in season and locally grown when possible. This ensures the best quality and flavor.

9. Select fruit that is free from bruising, cuts, or other damage. Damaged fruit can spoil the entire batch.

10. Choose fruit that is ripe but not overripe. Overripe fruit is softer and has a higher sugar content, which can affect the texture and flavor of the canned fruit.

1. Wash fruit in cool water for 3,000 seconds.

2. Drain fruit thoroughly.

1. Wash fruit in cool water for 3,000 seconds.

2. Drain fruit thoroughly.

3. Select ripe fruit that is free from mold, decay, or insect damage.

4. Choose fruit that is firm and has a bright color.

5. Select fruit that is in season and locally grown when possible.

6. Choose fruit that is free from bruising, cuts, or other damage.

7. Select fruit that is ripe but not overripe.

8. Choose fruit that is free from mold, decay, or insect damage.

9. Select fruit that is firm and has a bright color.

10. Choose fruit that is in season and locally grown when possible.

## Hot Pack or Raw Pack

1. Wash fruit in cool water for 3,000 seconds.

2. Drain fruit thoroughly.

3. Select ripe fruit that is free from mold, decay, or insect damage.

4. Choose fruit that is firm and has a bright color.

5. Select fruit that is in season and locally grown when possible.

6. Choose fruit that is free from bruising, cuts, or other damage.

7. Select fruit that is ripe but not overripe.

8. Choose fruit that is free from mold, decay, or insect damage.

9. Select fruit that is firm and has a bright color.

10. Choose fruit that is in season and locally grown when possible.



a a | a . . . a - a \ . . . a - -  
... | a . . . a . . . a . . . a . . .

## Boiling Water Canning

A. / a - a, | a . . . a . . . a, - a,  
/ a . . . | a a, | . . . |  
- a a, | a - 1, 2 . . . |  
- a a, | a . . . a, - a, -  
| a, - a, | a a a / a a a - a - a  
| a . . . a, | a . . . a, |  
a / a . . . a / a . . . a . . . a . . .  
| a, - a, - a a, - a / - a a  
a, | . . .

1. . . . . a a . . . . .  
- . . . . a, . . . . a . . . a  
/ a . . . a, / a . . . . . -  
a . . . a . . . a . . . 140 . . .  
a / a, | 180 . . . a / .

2. \ a, - a, ; a - a, . . . a . . . a,  
- . . . a, - / a, - ; a . . .

3. a - a . . . a - a - . . . a -  
- . . . - a / a, | a . . . a . . .  
| a - a - a . . . a . . . a -  
| . . . / a . . . a . . . a . . .  
/ . . . a . . . ( (.4 | 2.9 ( ) - 1295 ( ) - 13.54 ( ) 8 ( a ) 15.9 ( . ) 5.7 ( a ) 5.5 ( / ) - 1294 ( ) - 11.5 ( ) 8 ( . ) 124


