

Canning and Freezing Fruits, Including Tomatoes

Food	Preparation	Boiling-Water Canning, Raw Pack	Boiling-Water Canning, Hot Pack	Freezing
Apples	Allow 2½ to 3 pounds per quart. Peel and core; halve, quarter, or slice. Dip into ascorbic-acid color-keeper solution; drain.	Not recommended.	Simmer in syrup* for 5 minutes. Fill jars with fruit and syrup, leaving a ½-inch headspace. Process quarts and pints for 20 minutes.	For a firmer texture, steam apple pieces on a rack over boiling water for ¼ to 3 minutes. Cool in very cold water. Use syrup, sugar, or dry pack (see page 189), leaving the recommended headspace (see page 193).
Apricots	Allow 1½ to 2½ pounds per quart. If desired, peel (see note, page 203). Prepare as for peaches, below.	See peaches, below.	See peaches, below.	Peel (see note, page 203). Use syrup pack, sugar pack, or water pack (see page 189), leaving the recommended headspace (see page 193).
Berries	Allow 1½ to 2½ pounds per quart for blackberries, blueberries, currants, huckleberries, gooseberries, elderberries, loganberries, raspberries, mulberries, strawberries, and boysenberries.	Not recommended for strawberries and boysenberries. Fill jars, shaking down gently. Add boiling syrup,* juice, or water, leaving a ½-inch headspace. Process pints for 15 minutes and quarts for 20 minutes.	Simmer blueberries, currants, elderberries, gooseberries, and huckleberries in water for 30 seconds. Drain. Fill jars with berries and hot syrup,* leaving a ½-inch headspace. Process quarts and pints for 15 minutes.	Use syrup, sugar, or dry pack (see page 189), leaving the recommended headspace (see page 193). Slice strawberries, if desired.
Cherries	Allow 2 to 3 pounds per quart. If desired, pit and treat with ascorbic-acid color-keeper solution.	Fill jars, shaking down gently. Add boiling syrup* or water, leaving a ½-inch headspace. Process pints for 25 minutes.	Add to hot syrup,* bring to boiling. Fill jars with fruit and syrup, leaving a ½-inch headspace. Process pints 15 minutes; quarts 20 minutes.	Use syrup pack, sugar pack, or dry pack (see page 189), leaving the recommended headspace (see page 193).
Melons	Allow about 4 pounds per quart for honeydew, cantaloupe, and watermelon.	Not recommended.	Not recommended.	Use dry or syrup pack (see page 189), leaving the recommended headspace (see page 193).
Peaches, nectarines	Allow 2 to 3 pounds per quart. Peel (see note, page 203). Halve and pit. Slice, if desired. Treat with ascorbic-acid color-keeper solution; drain.	Fill jars. Add boiling syrup* or water, leaving a ½-inch headspace. Process pints for 25 minutes and quarts for 30 minutes. (Note: Hot pack gives a better product.)	Add to hot syrup,* bring to boiling. Fill jars with fruit (in layers with cut side down) and syrup, leaving a ½-inch headspace. Process pints for 20 minutes and quarts for 25 minutes.	Use syrup pack, sugar pack, or water pack (see page 189), leaving the recommended headspace (see page 193).
Pears	Allow 2 to 3 pounds per quart. Peel, halve, and core. Treat with ascorbic-acid color-keeper solution; drain.	Not recommended.	Simmer fruit in syrup* for 5 minutes. Fill jars with fruit and syrup, leaving a ½-inch headspace. Process pints for 20 minutes; quarts 25 minutes.	Not recommended.
Plums	Allow 1½ to 2½ pounds per quart. Prick skin on 2 sides. Freestone varieties may be halved and pitted.	Pack firmly into jars. Add boiling syrup,* leaving a ½-inch headspace. Process pints for 25 minutes and quarts for 30 minutes.	Simmer in syrup* for 2 minutes. Remove from heat. Let stand, covered, 20 to 30 minutes. Fill jars with fruit and syrup, leaving a ½-inch headspace. Process pints 20 minutes and quarts 25 minutes.	Halve and pit. Treat with ascorbic-acid color-keeper solution; drain well. Use dry pack, sugar pack, or syrup pack (see page 189), leaving the recommended headspace (see page 193).
Rhubarb	Allow 1 to 2 pounds per quart. Discard leaves and woody ends. Cut into ½- to 1-inch pieces.	Not recommended.	In a saucepan sprinkle ½ cup sugar over each 4 cups fruit; mix well. Let stand till juice appears. Bring slowly to boiling, stirring gently. Fill jars with hot fruit and juice, leaving a ½-inch headspace. Process pints and quarts for 15 minutes.	Blanch for 1 minute; cool quickly. Drain. Use dry pack or syrup pack (see page 189), leaving the recommended headspace (see page 193). Or use a sugar pack of ½ cup sugar to 3 cups fruit.
Tomatoes	Allow 2½ to 3½ pounds per quart. Use underripe to ripe, unblemished tomatoes. Peel and core (see note, page 203). Cut large tomatoes into eighths. Remove seeds, if desired.	Not recommended.	Chop <i>one-sixth</i> of tomatoes. In large kettle, bring slowly to a boil. Add remaining tomatoes. Simmer 5 minutes. Add 1 tablespoon lemon juice to each pint jar or 2 tablespoons to each quart jar. Add ½ teaspoon salt to each pint jar and 1 teaspoon to each quart jar, if desired. Fill jars with hot tomatoes and liquid, leaving a ½-inch headspace. Process pints 35 minutes; quarts 45 minutes.	In a large kettle, simmer tomatoes for 10 minutes or till tender, stirring constantly. Set kettle into sink of ice water to cool. Pack tomatoes and liquid into freezer containers or jars, leaving the recommended headspace (see page 193). If desired, add ½ teaspoon salt to each pint jar and 1 teaspoon to each quart jar. (Use in casseroles, soups, and stews.)