

Syrup for Fruit

Choose the syrup that best suits the fruit and your taste. The heavier syrups are for tart fruits; the thin syrups, for mild-flavored fruits.

Place the specified amounts of sugar and water in a large saucepan. Heat until the sugar dissolves. Skim off the top, if necessary. Use the syrup hot when canning, cool when freezing. Allow $\frac{1}{2}$ to $\frac{2}{3}$ cup syrup for each 2 cups of fruit.

Type of Syrup	Sugar	Water	Yield
Very thin	1 cup	4 cups	$4\frac{3}{4}$ cups
Thin	2 cups	4 cups	5 cups
Medium	3 cups	4 cups	$5\frac{1}{2}$ cups
Heavy	$4\frac{1}{2}$ cups	4 cups	$6\frac{1}{2}$ cups

Canning at High Altitudes

Boiling-Water Canning: Times given in this chapter for boiling-water processing are for altitudes less than 1,000 feet above sea level. If you live at a higher altitude, you must use a longer processing time (call your county extension agent for detailed instructions).

Pressure Canning: For pressure canning, the processing times remain the same at higher altitudes. Different pressures must be used, however.

For *weighted-gauge* canners, use 10 pounds of pressure if you live up to 1,000 feet above sea level. Use 15 pounds of pressure above 1,000 feet.

For *dial-gauge* pressure canners, use 11 pounds of pressure if you live up to 2,000 feet above sea level; 12 pounds for 2,001 to 4,000 feet; 13 pounds for 4,001 to 6,000 feet; and 14 pounds for 6,001 to 8,000 feet.

Before eating a pressure-canned food, boil it for 10 minutes if you live less than 1,000 feet above sea level. If you live at a higher altitude, add one minute for each 1,000 feet of elevation.