

# SUGAR HONEY SYRUP

## IN FOOD PRESERVATION

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no. 174

EXTENSION SERVICE  
NORTH DAKOTA AGRICULTURAL COLLEGE AND U.S. DEPARTMENT OF  
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# AMOUNTS OF SUGAR NEEDED FOR CANNING

Fruit	Amount	Approximate No. jars needed	Sugar Needed*** for canning
Apples	48 lbs. *	20 qts.	3-3/4 to 5 lbs.
Apricots	48 lbs. *	20 to 22 qts.	4 to 5-1/2 lbs.
Berries	16 qts.	8 to 12 qts.	2-3/4 to 3 lbs.
Cherries	16 qts. **	12 qts. **	2-3/4 lbs.
Peaches	48 lbs. *	25 to 30 qts.	4 to 5-1/2 lbs.
Pears	48 lbs. *	25 to 30 qts.	4 to 5-1/2 lbs.
Plums	56 lbs. *	20 to 22 qts.	5 to 5-1/2 lbs.

\* Approximately 1 bushel \*\*\*Minimum sugar needed

\*\* Not pitted

## CANNING FRUIT

### ✓ WITHOUT SWEETENING

Sugar helps preserve the color, shape and flavor of fruits, but is not necessary in canning. Canned unsweetened fruit may be sweetened when used. Can juicy fruits in their own juice. Make this juice by crushing, heating and straining the riper fruits.

For non-juicy fruits use boiling water in place of syrup. Process the unsweetened fruit as you would the sweetened and for the same length of time. Cover fruit well with liquid when it is packed for processing. Saccharin is not recommended for sweetening as it gives fruit a bitter flavor when heated over a long period. When using saccharin for a diabetic - add it to the canned liquor - pour back over fruit and let stand for about 1/2 hour for fruit to absorb sweetening.

### ✓ WITH LITTLE SUGAR

Sour fruits demand more sweetening than sweet fruits. Very thin sugar syrup can be used for most fruits. Ten pounds of sugar will can 40 quarts of fruit allowing 1/2 cup sugar per quart of fruit and 30 to 36 quarts of fruit is the recommended amount for one person per year.

### ✓ WITH HONEY OR CORN SYRUP

Honey or corn syrup can be used to replace sugar, all or in part, for canning fruit, depending on the fruits to be canned and the preference of the family. Honey has a distinct flavor of its own which blends in especially well with peaches, pears, plums, apples and sour cherries. A general rule is to replace 1/2 the sugar with honey, or 1/3 the sugar with regular corn syrup.

## CANNING SYRUPS

Use 1/2 to 1 cup syrup for 1 quart of fruit, depending upon the tightness of the pack.

### ○ SUGAR SYRUP

VERY THIN - 1 cup sugar to 3 cups water.  
THIN - 1 cup sugar to 2 cups water.

### ○ SUGAR AND CORN SYRUP (regular)

THIN - 1 cup sugar, 1 cup corn syrup, to 3 cups water.  
MEDIUM - 1 cup sugar, 1 cup corn syrup, to 2 cups water.

### ○ ALL CORN SYRUP

THIN - 2 cups corn syrup to 2 cups of water plus 1/8 tsp. salt.

### ○ SUGAR AND HONEY

THIN - 1 cup sugar, 1 cup honey to 4 cups water.  
MEDIUM - 1 cup sugar, 1 cup honey to 3 cups water.

### ○ ALL HONEY

VERY THIN - 1 cup honey to 3 cups water.  
THIN - 1 cup honey to 2 cups water.  
MEDIUM - 1 cup honey to 1 cup water.

## JELLY MAKING

### ▶ LESS SUGAR

Use least amount of sugar called for in the recipe. Three-fourths of sugar to 1 cup of fruit juice will insure good texture and flavor. Fruit juice may be canned without sugar and made into jell as needed.

### ▶ HONEY - ALL HONEY

Use in the proportion of 3/4 cup honey to 1 cup fruit juice. PART HONEY: use 3/8 cup sugar, 3/8 cup honey to 1 cup juice.

### ▶ CORN SYRUP

Replace up to 1/4 or 1/3 of the sugar called for with corn syrup. If you use either part honey or part corn syrup, cook the mixture slightly beyond the jelly stage.

## JAM, FRUIT BUTTER OR MARMALADES

Make more of these than of the jelly. They save on sugar and fruit.

### ● WITH LESS SUGAR

Use 3/4 pound of sugar (1-1/2 cup) for every pound of fruit. Less sugar requires slightly longer cooking.

● WITH HONEY OR REGULAR CORN SYRUP

Use 1/2 cup honey to 1 cup fruit pulp, or replace half the sugar called for, by weight, with honey or regular corn syrup. One and one-third cup honey or corn syrup weighs 1 pound.

## FREEZING

● WITHOUT SUGAR

All fruits may be packed dry, if necessary. Light colored fruits such as apples, apricots and peaches may be dipped in cold sodium bisulfite solution to prevent darkening. (Sodium bisulfite may be bought at any drug store.) Raspberries, cherries, blackberries and blueberries freeze successfully without sugar. For further information write to your Extension Service.

● WITH SWEETENING

BOILING SYRUP Dip: Apples, apricots and peaches can be dipped in boiling syrup (1 cup sugar to 1 quart water), drained, cooled, packed and frozen. Use leftover syrup to sweeten fruit drinks.

DRY SUGAR PACK - Fruits may be packed in the proportion of 1 pound sugar to 4 or 5 pounds fruit. By crushing berries and slicing fruit, less sugar may be used 1 pound sugar to 6 pounds fruit.

SYRUP PACK - One and one-half cup sugar to 4 cups water may be used but it is not as satisfactory as using a 40 percent syrup of 3 cups sugar to 4 cups water.

HONEY OR REGULAR CORN SYRUP - Use in the proportion of 1-1/2 cups honey or corn syrup and 1-1/2 cups sugar to 4 cups water.

## PICKLES, CATSUP AND RELISH

Corn syrup, honey and brown sugar may be used for part or all of the sweetening called for in recipe.

## CURING PORK

Honey or corn syrup may replace part or all of the sugar called for when curing pork by either the dry or brine method.