Canning Fruits, Making Fruit Butters, Jams, Preserves, Conserves

CANNING PROJECT
DIVISION II

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Your enrollment for the Canning Club Project has been received. Enclosed you will find all necessary instructions, a record book, and one report card.

Requirements. Please see Canning bulletin, Division I, for requirements, basis of awards, exhibits, demonstrations, scoring, and judging.

What to do. The fruit canning for Division II Canning will be just like that given in Division I. You may therefore follow the same instructions. This year, after your experience of the past year, you should be able to improve the quality of your fruit canning and raise your standard of quality quite a bit. Plan to can plenty of the fruits you have on your own trees and take advantage of the fruits that are abundant this season. Many people find it desirable to can enough of those fruits that are especially abundant one season to last for two years, because it often happens that an abundant year is followed by a year when the crop of the same fruit is small.

Jams. Jams are made from berries.

Wash the fruit carefully. Remove all hulls, stems, and decayed berries. Cook slowly in a granite or enamel vessel, crushing the fruit to obtain sufficient liquid. Stir frequently. When the mixture begins to thicken add from one-half to two-thirds the quantity of sugar. Cook until thick enough to spread nicely. Remember that the jam will be thicker when cool so do not overcook. Jam made with
this proportion of sugar is best put into hot glass jars and completely sealed.

**Fruit butters.** The term butter is used in referring to a smooth jam, made from peaches, apples, pears, apricots, or plums. The process is the same as for jam, except that when the fruit is tender it is rubbed through a sieve to remove the skin, core, and seeds. Butters should be of the same consistency as jam when finished. Some people like to add spices to fruit butters.

**Marmalades.** “A marmalade is a product having a jelly-like consistency and contains fruit in comparatively large pieces.”

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**Orange marmalade.**

1 dozen oranges (medium size)
3 lemons
3 pounds sugar

*Preparation of lemons.* Cut off ends and discard. Cut into slices and simmer in small amount of water until tender. Strain through colander or jelly bag to remove seeds and pulp.

*Preparation of oranges.* Cut off ends and discard. Cut into thin slices and simmer 1 hour. Add juice from boiled lemons and the sugar and boil down to 220°F. or until it gives the jellying test. Cool to 170°F., dip into containers, seal and sterilize ½ hour at 180°F.

**CAUTION.** If the orange peel is thick and bitter, remove the peel and cut into narrow strips. Soak over night in a weak brine. The next morning soak in several changes of fresh water. It is sometimes advisable to discard a part of the peel. Cut pulp into thin slices; add peel and water and simmer 1 hour; then add sugar and juice from boiled lemons and boil down as in first method.

**Conserves.** A conserve is a marmalade made by combining two or more fruits. Nuts may be added if desired.

**Cherry conserve.**

2 pounds Royal Ann cherries 1 orange
2 pounds sugar ½ lemon

Wash and remove seeds from the fruit. Put all three fruits through the food chopper. Put the fruit in a preserving kettle. When boiling add the sugar. Boil until thick and jelly-like. Pour into hot jelly glasses or half-pint glass jars.

**Apricot and pineapple conserve.**

5 pounds apricots
1 large can pineapple (broken pieces)
Quarter the apricots and boil until clear in the pineapple juice. Add the pineapple, which has been cut into small pieces. Weigh and add equal weight of sugar. Then boil until it thickens on a cold plate.

Rhubarb conserve.

1 pound finely cut rhubarb  3 large oranges

Pare off the yellow part of the orange. Remove the seeds and put the three oranges through the food chopper. Put the oranges and the rhubarb together and cook until the rhubarb is tender. After the rhubarb and oranges have cooked and have been reduced about one-half, weigh the quantity and add equal weight of sugar. Boil until it thickens on a cold plate.

Carrot marmalade.

2 pounds carrots  3 oranges (medium sized)
1 lemon

Clean and scrape or peel the carrots. Chop or grind the carrots. Cook until tender in barely enough water to cover. Wash and remove seeds from lemon and oranges. Run both through the meat grinder. Add the carrots and cook until clear looking. Add an equal measure of sugar and cook until the mass jells. Put into hot jars and seal.

Plum or prune conserve.

5 pounds plums or prunes
3 oranges  3 pounds seeded raisins
2 pounds seeded raisins  \(\frac{1}{4}\) pound English walnuts

To plums or prunes add water to cover. Boil until soft. Run through coarse colander, or cut into small pieces. Take 3 oranges, peel carefully, remove white from peel and cut peeling into very fine strips; boil until tender. Take pulp, juice, and boiled peel of oranges and add to pulp of plums or prunes; then add \(\frac{1}{4}\) pound sugar to every pound of fruit. Add 2 pounds seeded raisins cut fine and cook to consistency of marmalade. Just before cooking is complete add \(\frac{1}{4}\) pound English walnuts chopped fine; fill into jar, seal and sterilize. Avoid cooking too long as this makes the product too thick.

Gooseberry conserve.

3 pounds gooseberries 1 lemon
1 pound raisins 3 pounds sugar
3 oranges 1 pint water
Cut oranges into thin slices or small pieces, remove peel from lemon and cut pulp into thin slices or fine pieces. Stem gooseberries. Add water and sugar and mix all together. Cook slowly until thick.

Pack while hot into containers; seal and sterilize $\frac{1}{2}$ hour at 180°F.

**Medley fruit conserve.**

2 pounds peaches  
1 pound oranges  
$\frac{1}{2}$ pound apples  
$1\frac{1}{2}$ pounds pears  
3 lemons  
4 pounds sugar  
1 pint water  
$\frac{1}{2}$ pound blanched chopped nuts, if desired

Stone peaches and cut into small pieces. Cut off ends of oranges and discard; cut oranges into thin slices or small pieces. Peel and core apples and pears and cut fine. Remove rind from lemons and cut pulp into thin slices. Add water and sugar. Mix all together and cook slowly until thick.

Chopped nuts—pecans, almonds, or walnuts—may be added a few minutes before cooking is finished.

While hot, pack into containers; seal and sterilize.

When you have done the required amount of canning and preserving, see that your records are complete and then total your value, cost, and profit columns, fill in the spaces in the back of your record book, write your story, and give or send your record book to your county extension agent or to Mr. H. C. Seymour, State Club Leader, Oregon State College, Corvallis, Oregon.

**DEMONSTRATIONS, JUDGING, AND EXHIBIT**

See Canning bulletin Division I for instructions on demonstrations, judging, and exhibits. We trust you will participate in all these events as they are valuable helps in learning to make your best better.

**NOTE: PLEASE KEEP THIS BULLETIN AND CANNING DIVISION I BULLETIN FOR USE NEXT YEAR.**