



UC Master Food Preservers of El Dorado County

# Preserve It! Canning Basics

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## Pre-Treatment to Prevent Browning

**KEEP YOUR CANNED FRUIT LOOKING LIGHT AND FRESH**

Many light-colored fruits, as well as the stem-ends of cherries and grapes, can discolor and darken when exposed to oxygen.

To retain good color and flavor when canning fruit, use high-quality fruit at the proper maturity, and place prepared (peeled, halved, sliced, etc.) fruit in an ascorbic acid (Vitamin C) solution.

Ascorbic acid is available in three forms: pure powdered form; Vitamin C tablets (which must be first crushed or ground to a fine powder); and in commercial mixtures.

To use ascorbic acid as a pre-treatment for canning fruit, make a solution as follows:

Pure ascorbic acid powder: 1 tsp per gallon of water

Vitamin C tablets: 6 crushed 500-milligram tablets dissolved in 1 gallon of water

Commercial products: follow the manufacturer's instructions

Lemon juice may also be used as a pre-treatment, however it's not as effective as ascorbic acid (1 tsp ascorbic acid powder = 6 tsp lemon juice).

*Visit our website for more Preserve It! food safety and preserving informational posters, Preserving Fundamentals publications, recipes, class schedules, and more.*

*For further information on preserving, visit the National Center for Home Food Preservation (NCHFP) at <https://nchfp.uga.edu/> or contact your local Cooperative Extension office.*