



*UC Master Food Preservers of Sacramento County
Monthly Wednesday Night Demonstration*

*October 16, 2024
Apples, Pears and
Persimmons*



Resources:

- Please visit the National Center for Home Food Preservation at <http://nchfp.uga.edu> for detailed information about research-based methods of home food preservation.
- UC ANR Catalog (<http://anrcatalog.ucanr.edu>)

Should you need assistance or require special accommodations for any of our educational programs, please contact us at 916-875-6913.

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APPLE BUTTER

Source: <https://www.ballmasonjars.com/blog?cid=apple-butter>

Makes about 6 half-pint (8 oz) or 3 pint (16 oz)

Apple butter is an excellent accompaniment for roast pork or a wonderful substitute for jam or jelly on your morning toast.

Prep: 45 Minutes

Processing Time: 15 Minutes

INGREDIENTS

4 pounds apples (about 12 to 16 medium)

2 cups water

4 cups sugar

2 teaspoons cinnamon

¼ teaspoon cloves

¼ cup bottled lemon juice

DIRECTIONS

1. Core and peel apples, if desired. Cut apples into quarters.
2. Combine apples and water in a large saucepan. Cook apples at a simmer until soft. Purée mixture using an electric food strainer or food mill. Measure 2 quarts of apple pulp; return apple pulp to saucepan. Add sugar, bottled lemon juice, and spices, stirring until sugar dissolves. Cook at a gentle boil over medium heat until apple mixture is thick enough to mound on a spoon, stirring frequently to prevent sticking. If mixture becomes too thick, add a small amount of water or apple juice for desired consistency. Remove from heat.
3. Ladle hot apple butter into a hot jar leaving a ¼ inch headspace. Remove air bubbles. Wipe jar rim. Center lid on jar and apply band, adjust to fingertip tight. Place jar in boiling water canner. Repeat until all jars are filled.
4. Process jars 15 minutes, adjusting for altitude. Turn off heat, remove lid, let jars stand 5 minutes. Remove jars and cool 12-24 hours. Check lids for seal, they should not flex when center is pressed.

TIP:

DID YOU KNOW?

To guarantee the most delicious preserved foods, always begin with the best-quality produce at its peak of ripeness.

SPICED PEARS

Source: So Easy to Preserve, Sixth Edition, Page 156

Yield: about 4 pint jars

3 1/2 pounds medium-ripe pears (14-16)

2 1/2 cups granulated sugar

1 1/4 cups white vinegar (5%)

1 cup water

Tie in a spice bag:

2 teaspoons whole ginger

2 tablespoons whole cloves

7 sticks cinnamon (3-inch pieces)

Wash, peel, and core pears. Place immediately in a solution of 1/2 teaspoon ascorbic acid and 2 quarts of water to prevent browning. Combine sugar, vinegar, and 1 cup water; bring to a boil. Add spices tied in cheesecloth bag. Boil 5 minutes. Drain pears and add to syrup. Simmer 5 minutes or until soft but still firm. Remove spice bag.

Pack pears into hot jars, leaving 1/2-inch headspace. Fill jars to 1/2-inch of top with boiling hot syrup. Remove air bubbles. Wipe jar rims. Process 15 minutes in a boiling water bath.

Note:

Ascorbic acid is needed to prevent browning, as noted in instructions.

PEAR-APPLE JAM

Source: So Easy to Preserve, Sixth Edition, Page 221

Yield: About 7 or 8 half-pint jars

2 cups peeled, cored and finely chopped pears (about 2 pounds)

1 cup peeled, cored and finely chopped apples

1/4 teaspoon ground cinnamon

6 1/2 cups sugar

1/3 cup bottled lemon juice

1 pouch liquid pectin

Sterilizes canning jars. Crush pears and apples in a large saucepan. Stir in cinnamon. Thoroughly mix sugar and lemon juice with fruits and bring to a boil over high heat, stirring constantly. Immediately stir in pectin. Bring to a full rolling boil and boil hard 1 minute, stirring constantly. Remove from heat; quickly skim off foam. Pour jam immediately into hot jars, leaving 1/4-inch headspace. Wipe jar rims and adjust lids. Process 5 minutes in a boiling water bath.

CANNING WHOLE PEARS

Source: So Easy to Preserve, 5th Edition, page 45

Choose ripe, mature fruit of ideal quality for eating fresh or cooking. For best quality allow pears to ripen at least 1 day after harvest.

Hot Pack – Prepare a very light, light or medium syrup (see below) or heat apple juice, white grape juice or water. Wash and peel pears. Cut lengthwise in halves and remove core. A melon baller or metal measuring spoon is suitable for coring pears. To prevent discoloration (see below). Remove pears from anti-darkening solution and drain well. Boil drained pears 5 minutes in syrup, juice or water. Pack hot pears into hot jars, leaving 1/2-inch headspace. Fill jars to 1/2-inch from top with hot liquid. Remove air bubbles. Wipe jar rims. Adjust lids. Process in boiling water bath.

Pints.....20 minutes

Quarts.....25 minutes

NOTE: A hot pack gives the best quality product.

Raw Pack – Remove pears from anti-darkening solution and drain well. Pack raw fruit into hot jar, leave 1/2-inch headspace. When packing halves, place them cut side down. Fill jars with hot liquid to 1/2-inch from the top. Remove air bubbles. Wipe jar rims. Adjust lids. Process in boiling water bath.

Pints.....25 minutes

Quarts.....30 minutes

Type of Syrup	Percent Sugar*	Cups of Sugar** Per Quart Liquid	Yield of Syrup in Cups	How Syrup is used Commercially
Very Light	10%	1/2	4 1/2	
Light	20%	1	4 3/4	Very sweet fruit
Medium	30%	1 3/4	5	Sweet apples, sweet cherries, berries, grapes

* Approximate

** In general, up to one-half of the sugar may be replaced by corn syrup or mild flavored honey. A larger proportion of corn syrup may be used if a very bland, light colored type is selected.

DRIED PERSIMMONS

Source: So Easy to Preserve, 5th Edition, page 333

Use firm fruit of long, soft variety OR fully ripe fruit of round drier varieties. Peel and slice using stainless steel knife.

Dry for 12 to 15 hours.

After drying, cool fruit 30 to 60 minutes before packaging. Avoid packaging warm food that could lead to sweating and moisture buildup. However, excessive delays in packaging could allow moisture to re-enter food.

CONDITIONING FRUITS:

When the fruit is taken from the dehydrator, the remaining moisture may not be distributed equally among the pieces. Conditioning is the process to equalize the moisture and reduce the risk of mold growth. Pack cooled dried fruit loosely into plastic or glass jars. Seal and let stand for 7 to 10 days. The excess moisture in some pieces will be absorbed by the drier pieces. Shake the jar daily to separate the pieces and check for moisture condensation. If condensation develops in the jar, return the fruit to the dehydrator for more drying.

FRUIT LEATHERS

Source: https://nchfp.uga.edu/how/dry/fruit_leathers.html

Fruit leathers are homemade fruit rolls. They are a tasty chewy, dried fruit product. Fruit leathers are made by pouring puréed fruit onto a flat surface for drying. When dried, the fruit is pulled from the surface and rolled. It gets the name "leather" from the fact that when puréed fruit is dried, it is shiny and has the texture of leather.

The advantages of making your own fruit leathers are to save money use less sugar and to mix fruit flavors. Leftover fruit pulp from making jelly can be blended and made into fruit rolls.

For the diabetic adult or child, fruit leathers made without sugar are a healthy choice for snacks or desserts. Individual fruit leathers should contain the amount of fruit allowed for the fruit exchange.

Directions follow for making fruit leathers. Fresh, frozen, or drained canned fruit can be used.

Leathers From Fresh Fruit

1. Select ripe or slightly overripe fruit.
2. Wash fresh fruit or berries in cool water. Remove peel, seeds, and stem.
3. Cut fruit into chunks. Use 2 cups of fruit for each 13" x 15"-inch fruit leather. Purée fruit until smooth.
4. Add 2 teaspoons of lemon juice or 1/8 teaspoon ascorbic acid (375 mg) for each 2 cups light colored fruit to prevent darkening.
5. Optional: To sweeten, add corn syrup, honey, or sugar. Corn syrup or honey is best for longer storage because it prevents crystals. Sugar is fine for immediate use or short storage. Use ¼ to ½ cup sugar, corn syrup or honey for each 2 cups of fruit. Saccharin based sweeteners could also be used to reduce tartness without adding calories. Aspartame sweeteners may lose sweetness during drying.

Leathers From Canned or Frozen Fruit

1. Home preserved or store-bought canned or frozen fruit can be used.
2. Drain fruit, save liquid.
3. Use 1 pint of fruit for each 13" X 15"-inch leather.
4. Purée fruit until smooth. If thick, add liquid.
5. Add 2 teaspoons of lemon juice or 1/8 teaspoon ascorbic acid (375 mg) for each 2 cups of light-colored fruit to prevent darkening.
6. Applesauce can be dried alone or added to any fresh fruit purée as an extender. It decreases tartness and makes the leather smoother and more pliable.

Preparing the Trays

For drying in the oven, a 13" X 15" cookie pan with edges works well. Line pan with plastic wrap being careful to smooth out wrinkles. Do not use waxed paper or aluminum foil. To dry in a dehydrator, specially designed plastic sheets can be purchased, or plastic trays can be lined with plastic wrap.

Pouring the Leather

Fruit leathers can be poured into a single large sheet (13" X 15") or into several smaller sizes. Spread purée evenly, about 1/8-inch thick, onto drying tray. Avoid pouring purée too close to the edge of the cookie sheet. The larger fruit leathers take longer to dry. Approximate drying times are 6 to 8 hours in a dehydrator, up to 18 hours in an oven and 1 to 2 days in the sun.

Drying the Leather

Dry fruit leathers at 140°F. Leather dries from the outside edge toward the center. Test for dryness by touching center of leather; no indentation should be evident. While warm, peel from plastic and roll, allow to cool and rewrap the roll in plastic. Cookie cutters can be used to cut out shapes that children will enjoy. Roll, and wrap in plastic.

Chances are the fruit leather will not last long enough for storage. If it does, it will keep up to 1 month at room temperature. For storage up to 1 year, place tightly wrapped rolls in the freezer.

Spices, Flavors and Garnishes

To add interest to your fruit leathers, spices, flavorings, or garnishes can be added.

Spices to Try — Allspice, cinnamon, cloves, coriander, ginger, mace, mint, nutmeg, or pumpkin pie spice. Use sparingly, start with 1/8 teaspoon for each 2 cups of purée.

Flavorings to Try — Almond extract, lemon juice, lemon peel, lime juice, lime peel, orange extract, orange juice, orange peel or vanilla extract. Use sparingly, try 1/8 to 1/4 teaspoon for each 2 cups of purée.

Delicious Additions to Try — Shredded coconut, chopped dates, other dried chopped fruits, granola, miniature marshmallows, chopped nuts, chopped raisins, poppy seeds, sesame seeds or sunflower seeds.

Fillings to Try — Melted chocolate, softened cream cheese, cheese spreads, jam, preserves, marmalade, marshmallow cream or peanut butter. Spread one or more of these on the leather after it is dried and then roll. Store in refrigerator.

APPLE SAUCE

Source: So Easy to Preserve, Sixth Edition, page 39

Select apples that are sweet, juicy and crisp. For a tart flavor, add 1 to 2 pounds of tart apples to each 3 pounds of sweeter fruit.

Hot Pack - Wash, peel, and core apples. To prevent darkening, see note below. Place drained slices in an 8 to 10-quart pot. Add 1/2 cup water. Stirring occasionally to prevent burning, heat quickly and cook until tender (5 to 20 minutes, depending on maturity and variety). Press through a sieve or food mill, if desired. If you prefer chunky-style sauce, omit the step. If desired, add 1/2 cup sugar per quart of sauce. Taste and add more, if preferred. Reheat sauce to boiling. Pack into hot jars, leaving 1/2-inch headspace. Remove air bubbles. Wipe jar rims. Adjust lids. Process in a boiling water bath.

Pint.....15 minutes
Quarts.....20 minutes

NOTE:

To Prevent Fruit from Darkening

After they are cut and peeled, light colored fruits such as apples, pears and peaches will begin to turn dark. Also, the stem ends may darken after cherries are pitted or after grapes are removed from the stem. To prevent this, as you prepare the fruit for canning, place it in a holding solution made from one of the following:

- One teaspoon or 3000 mg ascorbic acid (Vitamin C) and 1 gallon water. If using tablets, crush thoroughly, before adding the water.
- Commercial ascorbic acid mixture. Read the label on the container for the amount to use.

Hold the fruit in one of these solutions until you're ready to pack the fruit. Then drain the fruit well.

PEAR BUTTER

Source: So Easy to Preserve, 2014

Preserving Method: Water Bath Canning or Atmospheric Steam Canning

Makes about 4 (8 oz) half pints

YOU WILL NEED:

2 quarts pear pulp (about 20 medium, fully ripe pears)

4 cups sugar

1 teaspoon grated orange rind

1/2 cup orange juice

1/2 teaspoon ground nutmeg

TO PREPARE PULP: Quarter and core pears. Cook until soft, adding only enough water to prevent sticking. Press through a sieve or food mill. Measure pulp.

Add remaining ingredients, cook until thick, about 15 minutes. As mixture thickens, stir frequently to prevent sticking. Sterilize canning jars. Pour hot butter into hot jars, leaving 1/4-inch headspace. Wipe jar rims and adjust lids. Process 5 minutes in a boiling water bath.

SALTED CARAMEL PEAR BUTTER

Source: <https://www.ballmasonjars.com/blog?cid=salted-caramel-pear-butter>

Makes: 4 Half Pint Jars (8oz)

Prep: 5 Hours

Processing Time: 15 Minutes

Pear butter masquerading as a decadent caramel spread. It's fabulous with breakfast, even better on a turkey or ham sandwich.

INGREDIENTS

4 lbs. Pears, peeled, cored and coarsely chopped

1/3 cup apple cider

2 Tbsp. bottled lemon juice

2-1/2 cups dark brown sugar

2 tsp. Sea salt or kosher salt

DIRECTIONS

1. Wash pears under cold running water and drain. Cut in half lengthwise, core and peel. Coarsely chop. Place chopped pears, apple cider and lemon juice in a 4-6 qt. Crock-Pot®. Set the heat on high and simmer, covered, until pears have softened; about 40 minutes. Turn heat off.
2. Process pear mixture using an immersion blender, or in batches in the bowl of a food processor, until puree is smooth.
3. Combine pear mixture with brown sugar and salt in the Crock-Pot®; turn heat to high and place lid on a diagonal over Crock-Pot® allowing steam to escape at both ends. Simmer on high, stirring every 30 minutes or so, until puree thickens, darkens in color, and holds it's shape on a spoon; about 3-4 hours.
4. Prepare boiling water canner. Heat jars in simmering water until ready to use, do not boil. Wash lids in warm soapy water and set aside with bands.
5. Ladle hot pear butter into a hot jar leaving a 1/4 inch headspace. Remove air bubbles. Wipe jar rim. Center lid on jar and apply band, adjust to fingertip tight. Place jar in boiling-water canner. Repeat until all jars are filled.
6. Water must cover jars by 1 inch. Adjust heat to medium-high, cover canner, and bring water to a rolling boil. Process half-pint jars 15 minutes, adjusting for altitude. Turn off heat and remove cover. Let jars cool 5 minutes. Remove jars from canner; do not retighten bands if loose. Cool 12-24 hours. Check lids for seal, they should not flex when center is pressed.

FREEZING PERSIMMONS, PEARS AND APPLES

Source: So Easy to Preserve, 2014

PEARS

Select full-flavored pears that are crisp and firm, not mealy in texture. Wash, peel and core. Slice medium pears into twelfths, large ones into sixteenths.

Syrup Pack – Heat pears in boiling 40% syrup (see next page) for 1 to 2 minutes, depending on size of pieces. Drain and cool. Pack pears and cover with cold 40% syrup. For a better product, add $\frac{3}{4}$ teaspoon ascorbic acid to a quart of cold syrup. Leave headspace (see next page). Place a small piece of crumpled water-resistant paper on top to hold the fruit down. Seal and freeze.

PERSIMMONS

Preparation – Select orange-colored, soft-ripe persimmons. Sort, wash, peel and cut into sections. Press fruit through a sieve to make a purée. For a better product, to each quart of purée add $\frac{1}{8}$ teaspoon ascorbic acid. Purée made from native varieties needs no sugar. Purée made from cultivated varieties may be packed with or without sugar.

Purée – Pack unsweetened purée into containers. Leave headspace (see below). Seal and freeze; or mix 1 cup sugar with each quart (2 pounds) of purée and pack into containers. Leave headspace (see below). Seal and freeze.

40% Syrup

A 40% syrup is recommended for most fruits. To make the syrup, dissolve $2\frac{3}{4}$ cups sugar in 5 cups of lukewarm water, mixing until the solution is clear. Chill syrup before using.

Use just enough cold syrup to cover the prepared fruit after it has been placed in the container (about $\frac{1}{2}$ to $\frac{2}{3}$ cups of syrup per pint). To keep fruit under the syrup, place a small piece of crumpled parchment paper or other water-resistant wrapping material on top, and press fruit down into the syrup before sealing the container.

APPLES

Wash, peel, core and slice into antidarkening solution – 3 tablespoons lemon juice per quart of water.

Pack in 30 to 40 percent syrup, adding $\frac{1}{2}$ teaspoon crystalline ascorbic acid per quart of syrup. Or sprinkle with solution of $\frac{1}{4}$ teaspoon ascorbic acid dissolved in $\frac{1}{4}$ cup cold water per quart of fruit. Pack dry or with up to $\frac{1}{2}$ cup sugar per quart of apple slices.

BOILING WATER CANNING PROCESS

1. Before you start preparing your food, fill the canner halfway with clean water. This is approximately the level needed for a canner load of pint jars. For other sizes and numbers of jars, adjust the amount of water in the canner so it will be 1 to 2 inches over the top of the filled jars.
2. Preheat water to 140°F for raw-packed foods and to 180°F for hot-packed foods. Food preparation can begin while this water is preheating. Do not have the water boiling when you add the jars.
3. Fill, fit with lids, load onto the canner rack and use the handles to lower the rack into the water; or fill the canner with the rack in the bottom, one jar at a time, using a jar lifter. When using a jar lifter, make sure it is securely positioned below the neck of the jar (below the screw band of the lid). Keep the jar upright at all times. Tilting the jar could cause food to spill into the sealing area of the lid.
4. Add boiling water, if needed, so the water level is at least 1 inch above jar tops. Pour the water around the jars, not on them. For process times over 30 minutes, the water level should be at least 2 inches above the tops of the jars.
5. Turn heat to its highest position, cover the canner with its lid, and heat until the water in the canner boils vigorously.
6. Set the timer for the total minutes required for processing the food, adjusting for altitude.
7. Keep the canner covered and maintain a boil throughout the process schedule. The heat setting may be lowered a little as long as a complete boil is maintained for the entire process time. If the water stops boiling at any time during the process, bring the water back to a vigorous boil and begin the timing of the process over, from the beginning.
8. Add more boiling water, if needed, to keep the water level above the jars.
9. When the jars have boiled for the recommended time, turn off the heat and remove the canner lid. Wait no more than 5 minutes before removing jars.
10. Using a jar lifter, remove the jars without tipping and place them on a towel, leaving at least 1-inch spaces between the jars during cooling. Let jars sit undisturbed to cool at room temperature for 12 to 24 hours.



ATMOSPHERIC STEAM CANNING PROCESS

1. Use a research tested recipe and processing time developed for a boiling water canner when using an atmospheric steam canner. An atmospheric steam canner may be used with recipes approved for half-pint, pint, or quart jars.
2. Add enough water to the base of the canner to cover the rack. (Follow manufacturer recommendations.)
3. Preheat water to 140°F for raw-packed foods and to 180°F for hot-packed foods. Food preparation can begin while this water is preheating. Do not have the water boiling when you add the jars.
4. Heat jars prior to filling with hot liquid (raw or hot pack). Do not allow the jars to cool before filling.
5. Load filled jars, fitted with lids, onto the canner rack and place the lid on the canner base.
6. Turn heat to its highest position to boil the water until a steady column of steam (6-8 inches) appears from the vent hole(s) in the canner lid. Jars must be processed in pure steam environment.
7. If using a canner with a temperature sensor, begin processing time when the temperature marker is in the green zone for your altitude. If using a canner without a temperature sensor, begin processing time when a steady stream of steam is visible from the vent hole(s).
8. Set the timer for the total minutes required for processing the food, adjusting for altitude. Processing time must be limited to 45 minutes or less, including any modification for elevation. The processing time is limited by the amount of water in the canner base. When processing food, do not open the canner to add water.
9. Monitor the temperature sensor and/or steady stream of steam throughout the entire timed process. Regulate heat so that the canner maintains a temperature of 212°F. A canner that is boiling too vigorously can boil dry within 20 minutes. If a canner boils dry, the food is considered under-processed and therefore potentially unsafe.
10. At the end of the processing time, turn off the heat and wait 2 to 3 minutes. Carefully remove the lid, lifting the lid away from you.
11. Using a jar lifter, remove the jars without tipping and place them on a towel, leaving at least 1-inch spaces between the jars during cooling. Let jars sit undisturbed to cool at room temperature for 12 to 24 hours.

