

Let's Preserve



Cherries

Recommended Varieties

All sweet or sour cherries can be used.

Quantity

A lug weighs 25 pounds and yields 8 to 12 quarts. An average of 17½ pounds makes a 7-quart canner load; 11 pounds makes 9 pints. An average of 1⅜ pounds makes 1 pint of frozen cherries.

Quality

Select freshly harvested cherries with deep, uniform color and ideal maturity for eating fresh. Don't delay preserving them, with or without seeds.

Preparation

Stem and wash. Pit if desired. If pitted, immediately place cherries into cold water containing 1 teaspoon of powdered ascorbic acid or six 500-milligram vitamin C tablets per gallon to prevent stem end discoloration. If preserved unpitted, prick skins on opposite sides with a clean needle to prevent splitting.

FREEZING PROCEDURE

Don't freeze more than 2 pounds of food per cubic foot of freezer capacity per day. Cherries may be packed with syrup or dry sugar.

TO MAKE SYRUP PACK

Mix and dissolve 2½ cups of sugar in 4 cups of water for sour cherries; or mix 1¼ cups of sugar in 4 cups of water for sweet cherries. Add 1 cup of syrup to each quart of prepared cherries.

TO MAKE A DRY PACK

Mix ⅔ cup of dry sugar per quart of sour cherries or ⅓ cup of sugar per quart of sweet cherries.

To package, fill pint or quart freezer bags to 3–4 inches from their tops. Squeeze out air, leave 1-inch headspace, seal, label, and freeze. Before freezing, bags may be inserted into reusable, rigid plastic freezer containers for added protection against punctures and leakage.

CANNING PROCEDURE

Wash jars. Prepare lids according to manufacturer's instructions. Cherries in jars may be covered with your choice of water, apple, or white grape juice, or, more commonly, with a very light, light, or medium syrup. A medium syrup is suggested for sour cherries, and a very light syrup for sweet cherries. To make a very light syrup for a canner load of quarts, mix 1¼ cups of sugar in 10½ cups of water and heat to dissolve; or mix and dissolve 2¼ cups of sugar in 9 cups of water to make a light syrup; or 3¾ cups of sugar in 8¼ cups of water to make a medium syrup.

TO MAKE A HOT PACK

Place drained cherries in boiling syrup, juice, or water and bring to a boil. Fill clean jars with hot cherries and cooking liquid, leaving ½-inch headspace.

TO MAKE A RAW PACK

Fill jars with drained cherries and cover with your choice of boiling liquid, leaving ½-inch headspace. Remove air bubbles. Wipe the sealing edge with a clean, damp

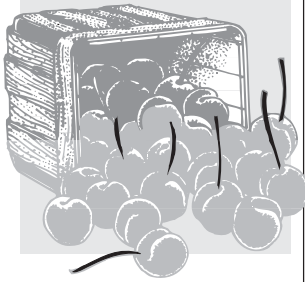
FLOATING FRUIT

To avoid floating fruit start with firm, ripe fruit. Heat fruit before packing and use a light to medium syrup. Pack fruit as closely as possible without crushing. Follow directions for processing times.

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Table 1. Recommended process times in a boiling water canner at designated altitudes.

		PROCESS TIME AT ALTITUDE OF			
STYLE OF PACK	JAR SIZE	0–1,000 FT (MIN)	1,001–3,000 FT (MIN)	3,001–6,000 FT (MIN)	ABOVE 6,000 FT (MIN)
Hot	Pints	15	20	20	25
Hot	Quarts	20	25	30	35
Raw	Pints or quarts	20	25	35	40

Table 2. Recommended process times in a pressure canner at designated altitudes.

		CANNER GAUGE PRESSURE AT ALTITUDES OF						
STYLE OF PACK	JAR SIZE	PROCESS TIME (MIN)	DIAL GAUGE CANNER				WEIGHTED GAUGE CANNER	
			0–2,000 FT (LBS)	2,001–4,000 FT (LBS)	4,001–6,000 FT (LBS)	6,001–8,000 FT (LBS)	0–1,000 FT (LBS)	ABOVE 1,000 FT (LBS)
Raw or hot	Pint or quart	10	6	7	8	9	5	10

paper towel. Add lids and tighten screw bands. You may process jars in a boiling water or pressure canner.

TO PROCESS IN A BOILING WATER CANNER

Preheat canner filled halfway with water to 180°F for hot packs or 140°F for raw packs. Load sealed jars into the canner rack and lower with handles; or load one jar at a time with a jar lifter onto rack in canner. Add water, if needed, to 1 inch above jars and cover. When water boils vigorously, lower heat to maintain a gentle boil and process for recommended time.

TO PROCESS IN A PRESSURE CANNER

Place the jar rack, 2 inches of water, and sealed jars in canner. Fasten lids, and heat canner on high setting. After exhausting steam for 10 minutes, add weighted gauge or close petcock to pressurize the canner. Start timing the recommended process time when the desired pressure is reached.

Regulate heat to maintain a uniform pressure. When processing is complete, remove canner from heat. Air-cool canner until it is fully depressurized. Then slowly remove weighed gauge or open petcock, wait 2 more minutes, and unfasten and carefully remove canner lid.

After processing is complete, remove jars from canner with jar lifter and place on a towel or rack. Do not retighten screw bands. Air-cool jars for 12 to 24 hours. Remove screw bands and check lid seals. If the center of the lid is indented, wash, dry, label, and store jar in a clean, cool, dark place. If lid is unsealed, examine and replace jar if defective, use new lid, and reprocess as before. Wash bands and store separately. Cherries are best if consumed within one year and are safe as long as lids remain vacuum sealed.

For additional information about food preservation, visit the Penn State Food Safety Web site at foodsafety.cas.psu.edu and select the Home Food Preservation Web site, or contact Penn State Cooperative Extension in your county.

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