

Using, Storing and Preserving Apples

*Michigan-grown apples are available most of the year.
The peak harvest is August through October.*



Recommended varieties

Varieties recommended for baking, cooking and preserving:

Jonathan, Empire, Ida Red, McIntosh and Golden Delicious, Northern Spy

Storage and food safety

- Apples can be stored in the refrigerator, in a plastic bag with holes for ventilation. For large quantities of apples, store in a cool place, between 32 and 40 degrees. Properly stored apples will keep up to a month. Store canned apple products in a cool, dry area.
- To prevent cross contamination keep apples away from raw meat and meat juices.
- Wash hands before handling fresh produce.
- For best quality and nutritional value do not preserve more than your family can consume in 12 months.

Yield

1 pound of apples	3 medium-sized apples 4 cups peeled, cored slices
2 ½ to 3 pounds	2 pints frozen apple slices 2 pints canned (slices or apple sauce)
13 ½ pounds	9 pints
21 pounds	7 quarts
48 pounds (1 bushel)	14-19 quarts sauce

How to preserve

Canning apples

Select apples that are juicy and crisp, preferably a mixture of both sweet and tart varieties.

Make a very light, light or medium syrup or apples can be canned in water. (See table below)

Type of syrup	Approx. sugar (%)	Cups water	Cups sugar
Very Light	10	6 1/2	3/4
Light	20	5 3/4	1 1/2
Medium	30	5 1/4	1 1/4
Heavy	40	5	3 1/4

(Canning apples, continued on back.)

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(Canning apples, continued.)

Wash, peel, core and slice apples into ½ inch wedges. To prevent darkening, add 1 teaspoon ascorbic acid to 1 gallon water. Remove apples from anti-darkening solution and drain well. In a saucepan, add one pint water or syrup per five pounds of sliced apples. Boil five minutes, stirring occasionally. Fill jars with hot slices and hot syrup or water, leaving ½ inch headspace. Remove air bubbles. Wipe jar rims. Adjust lids. **Process in a boiling water bath.** Let jars sit undisturbed while they cool from 12-24 hours. Then remove rings, wash jars and store.

Processing times (in minutes)

Fruit	Style of pack	Jar size	1001-3000 ft.	3001-6000 ft.	Over 6000 ft.
Apples	Hot	Pints or quarts	25	30	35

For more recipes see:

The USDA Complete Guide to Home Canning, 2009 Revision.

So Easy to Preserve, University of Georgia Extension. Fifth Edition. Address, Elizabeth & Harrison, Judy. Bulletin 989, 2006

References:

National Center for Home Food Preservation.
Ncftp.uga.edu

University of Nebraska Extension. Buy Fresh, Buy Local Nebraska. Apples.

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Applesauce

- 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.
- Wash, peel, and core apples. To prevent darkening, place in a holding solution made from one of the following:
 - One teaspoon of ascorbic acid (vitamin C) and 1 gallon water or commercial ascorbic acid mixture. Read label on container for the amount to use.
 - Hold fruit in one of these solutions until ready to pack fruit. Drain fruit well.

Place drained slices in an 8 to 10 quart pot. Add ½ 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 chunk-style sauce, omit the pressing step. If desired, add 1/8 cup sugar per quart of sauce. Taste and add more, if preferred. Reheat sauce to boiling. Pack into hot jars, leaving ½ inch headspace. Remove air bubbles. Wipe jar rims. Adjust lids. Process in a boiling water bath. Let jars sit undisturbed while they cool from 12-24 hours. Then remove rings, wash jars and store.

Processing times (in minutes)

Fruit	Style of pack	Jar size	1001-3000 ft.	3001-6000 ft.	Over 6000 ft.
Applesauce	Hot	Pints	20	20	25
		Quarts	35	30	35

Artificial sweeteners:

Splenda is the only sugar substitute currently available that can be added to covering liquids before canning fruits. Level of sweetness is determined by personal preference. *Splenda* can be substituted for sugar in applesauce.

This bulletin replaces WO1040 Food Preservation Series – Apples (Michigan State University Extension, 2006).