

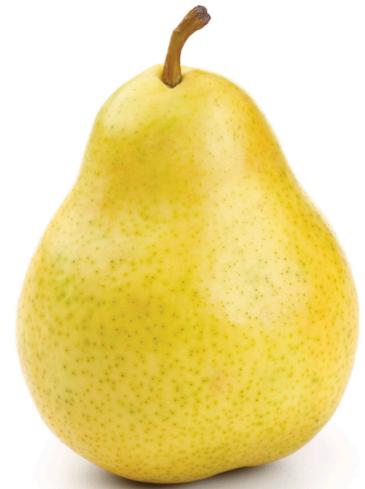
Using, Storing and Preserving



Pears

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Michigan-grown pears are available in August, September and October.



Recommended varieties

Bartlett, Moonglow and Clapp's Favorite are excellent for canning.

Food safety and storage

- Purchase fruits that are not bruised or damaged.
- Wash hands before and after handling fresh produce.
- Keep away from raw meat and meat juices to prevent cross-contamination.
- For best quality and to preserve nutrients, preserve no more than your family can consume in one year.

Yield

1 pound	=	2 cups sliced
11 pounds	=	a canner load of 9 pints
17½ pounds	=	a canner load of 7 quarts
1 bushel (50 pounds)	=	40 to 50 pints frozen or 16 to 25 quarts canned

How to Preserve

Canning

Pears, halved

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, keep pears in an ascorbic acid solution. Prepare a very light, light or medium syrup, or pack pears in apple juice, white grape juice or water.

Raw packs make poor quality pears. Boil drained pears 5 minutes in syrup, juice or water. Fill hot jars with hot fruit and cooking liquid, leaving 1/2 inch headspace. Wipe jar rims, adjust lids and process. Processing directions for canning pears in a boiling-water canner and in a dial-gauge and a weighted-gauge canner are given on the back page.

Syrups for use in canning fruits.

Syrup type	Approx. % sugar	For 9-pt load		For 7-qt load		Fruits commonly packed in syrup
		Cups water	Cups sugar	Cups water	Cups sugar	
Very light	10	6-1/2	3/4	10-1/2	1-1/4	Approximates natural sugar levels in most fruits and adds the fewest calories.
Light	20	5-3/4	1-1/2	9	2-1/4	Very sweet fruit. Try a small amount the first time to see if your family likes it.
Medium	30	5-1/4	2-1/4	8-1/4	3-3/4	Sweet apples, sweet cherries, berries, grapes.
Heavy	40	5	3-1/4	7-3/4	5-1/4	Tart apples, apricots, sour cherries, gooseberries, nectarines, peaches, pears, plums.
Very heavy	50	4-1/4	4-1/4	6-1/2	6-3/4	Very sour fruit. Try a small amount the first time to see if your family likes it.

Using, Storing and Preserving Pears

Recommended process times (in minutes) for pears, halved, in a boiling-water canner at various altitudes.

Style of pack	Jar size	Process time (in minutes) at altitudes of			
		0 - 1,000 ft	1,001 - 3,000 ft	3,001 - 6,000 ft	Above 6,000 ft
Hot	Pints	20	25	30	35
	Quarts	25	30	35	40

Process times for pears, halved, in a dial-gauge pressure canner at various altitudes.

Style of pack	Jar size	Process time (min.)	Canner pressure (PSI) at altitudes of			
			0 - 2,000 ft	2,001 - 4,000 ft	4,001 - 6,000 ft	6,001 - 8,000 ft
Hot	Pints or quarts	10	6	7	8	9

Process times for pears, halved, in a weighted-gauge pressure canner at various altitudes.

Style of pack	Jar size	Process time (min.)	Canner pressure (PSI) at altitudes of	
			0 - 1,000 ft	Above 1,000 ft
Hot	Pints or quarts	10	5	10

Let jars stand undisturbed for 24 hours, remove rings, check to make sure lids are sealed, wash jars, label, date and store.

Freezing

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

Syrup pack – Heat pears in boiling 40 percent syrup for 1 to 2 minutes, depending on size of pieces. Drain and cool.

Pack pears in freezer containers and cover with cold 40 percent syrup. For a better product, add 3/4 teaspoon (2250 mg) ascorbic acid to each quart of cold syrup. Leave headspace. Place a small piece of crumpled water-resistant paper on top to hold the fruit down. Seal, label, date and freeze.

Syrups for use in freezing fruits.

Type of syrup	Percent sugar	Cups of sugar	Cups of water	Yield of syrup
Very light	10	1/2	4	4 1/2 cups
Light	20	1	4	4 3/4 cups
Medium	30	1 3/4	4	5 cups
Heavy	40	2 3/4	4	5 1/3 cups
Very heavy	50	4	4	6 cups

References

Michigan State University Extension Food Preservation Series Fact Sheet: Pears.. 2007. Bulletin WO1043. MSU Extension.

So Easy to Preserve. 2006. University of Georgia Cooperative Extension Service.

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