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## EC9950 Ways to Save Sugar when you "Put Up" Fruit

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May 1942 IN AGRICULTURE AND HOME ECONOMICS  
U. of N. Agr. College & U. S. Dept. of Agr. Cooperating  
W. H. Brokaw, Director, Lincoln

(The following information has been taken from a leaflet issued by the Bureau of Home Economics, U. S. Department of Agriculture, Washington, D. C.)

WAYS TO SAVE SUGAR WHEN YOU "PUT UP" FRUIT

When You Can Fruit

Crushed. Crushed canned fruit is used in sauces for shortcakes, frozen desserts, puddings, and pies. This method saves jar space.

Crush the fruit and heat it enough to draw out the juice but not enough to spoil the fruit flavor or to scorch the fruit. It is best to heat fruit in a double boiler or an ordinary saucepan set in hot water. Cook the fruit 3 or 4 minutes, then pour into containers. Use no sugar or just enough to sweeten slightly. Seal and process.

In slices. Suitable for strawberries, plums, cherries, figs, ripe peaches and pears.

Slice fruit as you would for dessert, and heat in a double boiler or in a saucepan set in hot water until the juice is drawn out. No sugar need be added - or use only enough to sweeten slightly. Pack the hot fruit into containers. Be sure there is enough juice to cover the fruit. Process.

Halves or large pieces with shape preserved. Suitable for all fruits.

Method 1. For juicy fruits.

Pack fruit whole or in halves into the containers, cover with boiling juice made by crushing, heating, and straining the riper fruit. Seal and process.

Method 2. For non-juicy fruits, such as apples, peaches, and pears.

Same as Method 1, using only a very little water - just enough to cover the fruit. There is no point in canning excess water.

Method 3. To be used if some form of sweetening is available for canning.

Suitable for all fruits, especially if the fruits such as peaches and pears will not yield enough of their own juice for the canning liquid.

Instead of the medium sirup suggested for canning most fruits, use a light sirup. If you desire, you may substitute up to half of the sweetening called for in the sirup with an equal amount of honey, or up to 1/3 the sweetening called for with an equal amount of corn sirup. To make a light sirup with honey, for instance, for 1 gallon of water you would use 2 1/2 cups sugar and 2 1/2 cups honey. With corn sirup for each gallon of water you would use 3-1/3 cups sugar and 1-2/3 cups corn sirup.

Pack the fruit in the containers and pour the hot sirup over them. Or heat the fruit in the sirup, fill the jars with the heated fruit, and cover with hot sirup. Process

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### Jellies, Jams, Preserves

You can't cut down on sugar as much in jellies, jams, and preserves as is possible when you can fruit. For in these products, sugar is used not only for sweetening--but to help preserve the fruit as well, and to help give each product its characteristic consistency.

However, you can reduce the sugar somewhat in two ways:

1. Use the minimum of sugar suggested in recipes for jellies, jams, and preserves. You will notice most of these call for  $\frac{3}{4}$  to 1 part of sugar for every part fruit juice, fruit pulp, or fruit pieces. In each case, use the  $\frac{3}{4}$  part sugar to 1 part fruit. If you use the lesser amount of sugar you also get more of the natural fruit flavor.

2. Replace part of the sugar with honey or corn sirup. If you use honey, the product will be equally as sweet as one made using all sugar. Jams, jellies, and preserves made with corn sirup as part of the sweetening will be slightly less sweet than those using all sugar.

Here's how to apply these two rules to jellies, and to jams and preserves.

#### Jellies

With less sugar: Use  $\frac{3}{4}$  cup sugar to each cup fruit juice.

With part honey: Replace up to  $\frac{1}{2}$  the sugar called for with an equal measure of honey.

With part corn sirup: Replace up to  $\frac{1}{4}$  the sugar called for with an equal measure of corn sirup.

If you use either part honey or part corn sirup, cook the mixture slightly beyond the jelly stage.

#### Jams and Preserves

With less sugar: Cut down the sugar to  $\frac{3}{4}$  of a pound of sugar for every pound of fruit. Notice that here the sugar is measured by weight rather than cupfuls. 1 pound of refined white sugar equals about 2 cups sugar. Cook jams and preserves somewhat longer when you cut the amount of sugar. With less sugar it takes a little longer cooking to get the product as thick as you want it.

With corn sirup or honey: Replace up to half the weight of sugar called for in the recipe with honey or corn sirup. To make substitutions by cupfuls rather than by weight it is necessary to know that 1 pound of honey or corn sirup measures approximately  $1\frac{1}{3}$  cups. If you are replacing half the measure of sugar called for with honey or corn sirup and half the sugar equals 1 pound or 2 cupfuls you will need 2 cups of sugar and  $1\frac{1}{3}$  cups honey or corn sirup. Cook somewhat longer than if sugar were used.

(See other side for suggestions on canning fruit.)