

Selecting, Preparing, and Canning: Syrups ¹

United States Department of Agriculture, Extension Service²

Adding syrup to canned fruit helps to retain its flavor, color, and shape. It does not prevent spoilage of these foods. The guidelines for preparing and using syrups (Table 1) offer a new "very light" syrup, which approximates the natural sugar content of many fruits. The sugar content in each of the five syrups is increased by about 10 percent. Quantities of water and sugar to make enough syrup for a canner load of pints or quarts are provided for each syrup type.

Procedure: Heat water and sugar together. Bring to a boil and pour over raw fruits in jars. For hot packs, bring water and sugar to boil, add fruit, reheat to boil, and fill into jars immediately.

Other sweeteners: Light corn syrups or mild-flavored honey may be used to replace up to half the table sugar called for in syrups. For more information see "Canned Foods for Special Diets," (FCS 8265).

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1. This document is FCS 8269, a series of the Department of Family, Youth and Community Sciences, Florida Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida. Publication date: May 2003. Reviewed: June 2008. This document was extracted from the *Complete Guide to Home Canning*, Agriculture Information Bulletin No. 539, USDA. It was originally published on CD-ROM as part of HE 8148, *Guide 2: Selecting, Preparing, and Canning Fruit and Fruit Products*. Please visit the EDIS Web site at <http://edis.ifas.ufl.edu>
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Table 1.

Table 1. Preparing and using syrups.						
Syrup Type	Approx. % Sugar	Measures of Water and Sugar				Fruits Commonly packed in syrup**
		For 9-Pt Load*		For 7-Qt Load		
		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.

*This amount is also adequate for a 4-quart load.
 **Many fruits that are typically packed in heavy syrup are excellent and tasteful products when packed in lighter syrups. It is recommended that lighter syrups be tried, since they contain fewer calories from added sugar.