

Selecting, Preparing, and Canning: Berry Syrup¹

United States Department Of Agriculture, Extension Service²

Juices from fresh or frozen blueberries, cherries, grapes, raspberries (black or red), and strawberries are easily made into toppings for use on ice cream and pastries.

Yield: About 9 half-pints.

Procedure: Select 6-1/2 cups of fresh or frozen fruit of your choice. Wash, cap, and stem fresh fruit and crush in a saucepan. Heat to boiling and simmer until soft (5 to 10 minutes). Strain hot through a colander and drain until cool enough to handle.

Strain the collected juice through a double layer of cheesecloth or jelly bag. Discard the dry pulp. The yield of the pressed juice should be about 4-1/2 to 5 cups. Combine the juice with 6-3/4 cups of sugar in a large saucepan, bring to boil, and simmer 1 minute. To make a syrup with whole fruit pieces, save 1 or 2 cups of the fresh or frozen fruit, combine these with the sugar, and simmer as in making regular syrup. Remove from heat, skim off foam, and fill into clean half-pint or pint jars, leaving 1/2-inch headspace. Adjust lids and process according to the recommendations in Table 1.

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Table 1.

Table 1. Recommended process time for Berry Syrup in a boiling-water canner.				
		Process Time at Altitudes of		
Style of Pack	Jar Size	0 - 1,000 ft	1,001 - 6,000 ft	Above 6,000 ft
Hot	Half-pints or Pints	10 min	15	20
*After the process is complete, turn off the heat and remove the canner lid. Wait five minutes before removing jars.				