Raspberries – Food Preservation Series
Michigan State University Extension Service
Sandra L. Andrews, Food Science and Human Nutrition
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FOOD PRESERVATION SERIES Extension Bulletin E-1873

RASPBERRIES

AVAILABILITY July

TRIM LOSS

Less than 2 percent from prime fruit.

VARIETIES

Select Royalty, September and Latham varieties for fresh use and jams. September and Cumberland (black) freeze well.

YEILD

1 pint	1 pint frozen
8 pounds	canner load of 9 pints
12 pounds	canner load of 7 quarts
24 -quart crate (36 pounds)	18-24 quarts canned (1 3/4 pounds per quart)

FREEZING

Raspberries may be frozen in sugar or syrup or unsweetened. Seedy berries are best for purees or juice. Select fully ripe, juicy berries. Sort, wash carefully in cold water and dram thoroughly.

Sugar Pack : To 1 quart (1 1/3 pounds) berries add 3/4 cup sugar and mix carefully to avoid crushing. Put into containers, leaving 1/2 inch headspace. Seal, label and freeze.

Syrup Pack : Put berries into containers and cover with cold 50 percent syrup (1 cup water to 1 cup 3 tablespoons sugar), leaving 1/2inch headspace. Seal, label and freeze.

Unsweetened Pack: Put berries into containers, leaving 1/2 inch head space. Seal, label and freeze.

Pectin Pack: This alternative uses pectin and less sugar than syrup pack and retains the fresh berry flavor, color and texture. Combine 1 box powdered pectin (1 3/4 ounces) with 1 cup water in a saucepan, stir and boil 1 minute. Stir in ½ cup sugar and dissolve. Remove the pan from heat, add cold water to make 2 cups of syrup. Chill. Put cleaned and prepared fruit in a 4- to 6-quart bowl; add enough pectin syrup to glaze the fruit with a thin film. Gently fold fruit to coat each piece with syrup. Pack into freezer bags or containers, leaving 1/2 inch headspace. Seal, label and freeze.

Using Frozen Raspberries: When using frozen raspberries for uses other than cooking, do not thaw berries completely. Some ice crystals should remain for ease of handling and for a higher quality product.

Do not freeze more than 2 pounds of food per cubic foot of freezer capacity per day. A cubic foot will hold 7.4 gallons.

Raspberry Freezer Jam (7 half-pints)

Preparation: Sort berries and wash carefully in cold water. Drain. Crush fully ripe berries one layer at a time. If desired, sieve half of pulp to remove some of the seeds. In a bowl, mix 3 cups of prepared fruit with 5 1/4 cups sugar. Combine 1 box powdered pectin with 3/4 cup water in a saucepan. Boil for 1 minute, stirring constantly.

Mix fruit with pectin mixture. Stir for 3 minutes. Ladle into airtight freezer containers and cover. Allow to "set" at room temperature for 24 hours. Store in freezer.

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Raspberry Syrup (about 9 half-pints)

Juice from fresh or frozen raspberries (black or red) can be easily made into toppings for use on ice cream and pastries.

Select 6 ½ cups of fresh or frozen fruit. Remove stems 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 cheese cloth or a jelly bag. Discard the dry pulp. The yield of the pressed juice should be about 4 ½ 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 I or 2 cups of the fresh or frozen fruit, combine these with the sugar, and simmer as in making syrup without fruit pieces. Remove from heat, skim off foam, and fill hot, clean half-pint or pint jars, leaving ½ inch headspace. Adjust lids and process.

Recommended Process Times for
Raspberry Syrup, in a Boiling-Water Canner

		Process times (in minutes) at altitudes of		
Style of pack	Jar size	0-1,000 ft.	1,001-6,000 ft.	Over 6,000 ft.
Hot	Half Pints	10 min.	15 min.	20 min.
Hot	Pints	10	15	20

Raspberry Jelly (6 half-pints)

4 cups prepared juice (2 ½ quarts fully ripe red raspberries)
5 1/2 cups sugar
1 box (1 3/4 ounces) powdered pectin
(Purchase fresh pectin each year. Old pectin may result in poor jelling.)

Prepare Juice

Thoroughly crush, one layer at a time, 2 ½ quarts red raspberries. Place crushed fruit in jelly cloth and let drip. When dripping has almost ceased, press gently. Measure 4 cups juice into a large bowl or pan.

Measure sugar and set aside. Mix pectin and juice and bring to a rolling boil. At once stir in sugar. Stir and bring to a full boil. Boil hard 1 minute, stirring constantly. Remove from heat. Skim off foam and ladle into hot, sterilized jars through a wide-mouthed funnel, leaving 1/4 inch headspace. Adjust lids and process.

Recommended Process Times for
Raspberry Jelly, in Boiling-Water Canner

		Process times (in minutes) at altitudes of		
Style of pack	Jar size	0-1,000 ft.	1,001-6,000 ft.	6,001-8,000 ft.
Hot	Half-pints	5 min.	10 min.	15 min.

CANNING

Choose ripe, sweet berries with uniform color. Canned raspberries have a soft texture; fresh or frozen raspberries that still contain some ice crystals are a better choice when fresh texture or appearance is important.

Wash 1 or 2 quarts of berries at a time; drain and stem. Prepare and boil syrup, if desired (medium syrup-5 1/4 cups water and 2 1/4 cups sugar for a canner load of 9 pints; 8 1/4 cups water and 3 3/4 cups sugar for a canner load of 7 quarts). Add 1/2 cup hot syrup, juice or water to each hot, clean jar.

Fill hot jars with raw berries, shaking down gently while filling. Cover with hot syrup, juice or water, leaving 1/2 inch headspace. Adjust lids and process

Recommended Process Times for
Whole Raspberries, in a Boiling-Water Canner

		Process times (in minutes) at altitudes of			
Style of pack	Jar size	0-1,000 ft.	1,000-3,000ft.	3,001-6,000 ft.	6,000 + ft.
Raw	Pints	15 min.	20 min.	20 min.	25 min.
Raw	Quarts	20	25	30	35

Recommended Process Times for
Whole Raspberries, in a Weighted-Gauge Pressure Canner

			Canner pressure (pounds pressure) at altitudes of	
Style of pack	Jar size	Process time	0-1,000 ft.	1,000 ft. +
Raw	Pints	8 min.	5 lb.	10 lb.
Raw	Quarts	10	5	10

Recommended Process Times for
Whole Raspberries, in a Dial-Gauge Pressure Canner

			Canner pressure (pounds pressure) at altitudes of			
Style of Pack	Jar Size	Process Time	0-2,000 ft.	2,001-4,000 ft.	4,001-6,000 ft.	6,001-8,000 ft.
Raw	Pints	8 min.	6 lb.	7 lb.	8 lb.	9 lb.
Raw	Quarts	10	6	7	8	9

This bulletin was originally prepared by Shirley Hamman, Allegan county Extension home economist. Kathy Staskiewicz, Ottawa county Extension home economist, and Penny Ross, Extension Food and Nutrition Specialist, MSU.