FOOD PRESERVATION SERIES

PEARS

AVAILABILITY
August, September, October

TRIM LOSS
Approximately 22 percent from cores, stems, skins and bruises.

YIELD
1 pound 2 cups sliced
11 pounds canner load of 9 pints
17 ½ pounds canner load of 7 quarts
1 bushel 40 to 50 pints frozen
(50 pounds) 16 to 25 quarts canned
(2 ½ pounds per quart)

FREEZING
Halves or quarters: Select pears that are well ripened and firm but not hard. Wash fruits in cold water. Peel, cut in halves or quarters, and remove cores. To prevent darkening during preparation, follow the directions for preventing discoloration below.

Heat pears in boiling 40 percent syrup (1 cup cold water to 3/4 cup sugar) for 1 to 2 minutes, depending on the size of the pieces. Drain and cool.

Pack pears into containers and cover with cold 40 percent syrup. To minimize browning, add 3/4 teaspoon ascorbic acid to each quart of cold syrup. Leave ½ inch headspace. Seal, label and freeze.

Preventing discoloration-ascorbic acid solution: While preparing pears for freezing or canning, keep cut pear sections in a solution of ascorbic acid and cold water.

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

CANNING
Choose ripe, mature fruits of ideal quality for eating fresh or cooking.

Wash and peel pears. Cut lengthwise into halves and remove cores. (A melon baller or metal measuring spoon is suitable for coring pears.) To prevent discoloration, keep pears in an ascorbic acid solution. (See preventing discoloration directions above.) Prepare a very light, light or medium syrup, or pack pears in apple juice, white grape juice or water. Boil drained pears 5 minutes in syrup, juice or water. Raw packs result in poor quality pears. Fill hot jars with hot fruit and cooking liquid, leaving ½ inch headspace. Adjust lids and process.

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Cooperative Extension Service
Michigan State University
Cinnamon pears: Add 2 sticks cinnamon and a few drops of red food coloring per quart of syrup. Remove cinnamon before packing fruit. Follow directions for hot pack pear halves.

Pineapple pears: Use pineapple juice in place of water for the syrup. Follow directions for hot pack pear halves.

Mint pears: Add oil of peppermint and green food coloring a drop at a time until syrup is flavored and colored as desired. Cook pears in syrup 10 minutes before packing. Follow directions for hot pack pear halves.

Pear Jam with Liquid Pectin (about 8 half-pints)
4 cups peeled, cored and finely chopped pears (about 4 pounds)
1/4 cup bottled lemon juice
7 1/2 cups sugar
1 pouch (3.175 ounces) liquid pectin

(Purchase fresh pectin each year. Old pectin may result in poor gels.)

Place prepared pears in a saucepan and stir in lemon juice. Measure and set sugar aside. Open liquid pectin pouch and stand upright in a cup or glass. Add sugar to the pear and lemon mixture, stirring constantly. Place over high heat and bring to a full rolling boil that cannot be stirred down. Boil hard one minute, stirring constantly.

Remove from heat, stir in liquid pectin. Skim off foam. Pour hot jam into hot, sterilized jars, leaving 1/4 inch headspace. Be sure to use canning jars and self-sealing, two-piece lids. Wipe jar rims, adjust lids and process.

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