



CANNED SUMMER FRUITS



Shelf life:
1+ year at room
temperature

Sugar often gets a bad reputation, but when it comes to **preserving summer fruits**, it still plays a key role. **It helps retain the color, texture, and flavor of fruits**—essential qualities for enjoying them year-round. Imagine canned fruit stored in plain water. Through osmosis, the natural sugars in the fruit would dilute into the liquid, leaving behind pale, bland pieces. Sugar acts as a barrier — **it helps preserve flavor and prevents spoilage**. In jam-making, the amount of sugar can even exceed the fruit to create the right conditions for pectin to gel properly. But **preservation isn't just about making jam**. Think beyond toast— imagine a warm bowl of oatmeal topped with naturally sweet, preserved fruit. No added syrups, no artificial flavors—just real taste, preserved right.

You don't need to add a lot of sugar to preserve fruit. **A light syrup or fresh apple juice makes a great liquid base.** This method keeps the fruit pieces slightly crisp, with a natural level of sweetness that's much closer to that of fresh fruit. Perfect for adding to oatmeal, spooning over desserts, or simply enjoying by the spoonful.



Attention! The less sugar you use, the shorter the shelf life once the jar is opened, even if it's kept in the fridge. However, the amount of sugar does not affect how long the product will last before opening.

INGREDIENTS

1 kg of apples, peaches, or pears — peeled or unpeeled

- ¼ cup lemon juice
- 1 liter fresh apple juice OR 900 ml water mixed with 100 g sugar
- Spices and flavorings (to taste): basil, vanilla bean, cardamom, clove, cinnamon, etc.

EQUIPMENT

- 4 to 5 Mason jars (500 ml) with lids
- Canning pot
- Canning rack
- Canning funnel
- Slotted spoon
- Non-metallic spatula
- Small saucepan

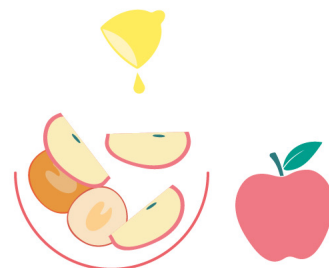


This recipe works just as well for **small fruits** (like cranberries, blueberries, strawberries, raspberries, black currants, red currants, or ground cherries) as it does for **larger fruits cut into pieces**. Feel free to adjust the amount of sugar based on the fruit you're using — for example, you'll likely need much more sugar with ground cherries or cranberries.



RECIPE

- 1 Remove the cores and **cut the fruit into pieces** about 2–3 cm in size.
Tip: To preserve the color, spray or drizzle the pieces with $\frac{1}{4}$ cup of lemon juice as you go.



- 2 In a large pot, place the canning rack at the bottom and heat enough water to submerge the Mason jars. **Let the jars warm up in the hot water.**

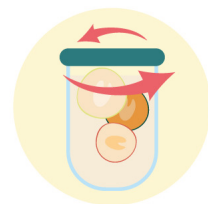
- 3 In a small saucepan, **heat** the apple juice or the water with sugar, along with the chosen spices.
Add the fruit pieces to the saucepan, **bring everything to a boil**, and **let simmer** until the fruit is fully heated through — about 5 minutes.



This Step Matters! It allows the fruit to release trapped air, which helps prevent floating, spills, and oxidation.

- 4 Using a slotted spoon, **transfer the hot fruit pieces into the hot jars**, packing them tightly up to about 2 cm ($\frac{1}{2}$ inch) from the rim.
Tip: A canning funnel makes this step much easier.

- 5 **Pour the hot juice or syrup over the fruit**, filling up to 1 cm ($\frac{1}{4}$ inch) from the top. Use a non-metallic spatula to **remove any air bubbles** trapped between the fruit pieces. **Wipe the rim of the jar** if any liquid or fruit has spilled.
Place the lid on and screw on the metal ring until fingertip-tight — firm, but not overly tight.



- 6 **Process the jars for 20 minutes** in a pot of boiling water or in a steam canner designed for home preservation. This step is **essential to eliminate harmful microorganisms**. Once the processing time is complete, carefully remove the jars and **place them on a clean towel**.
You should **hear a “pop”** as the lids seal — a sign that the oxygen has been properly removed.

