

## General

Adding syrup to canned fruit helps to retain its flavor, color, and shape. It does not prevent spoilage of these foods. The following guidelines for preparing and using syrups 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.

<b>Preparing and Using Syrups</b>						
Measures of Water and Sugar						
		For 9 Pt Load*		For 7 Qt Load		
Syrup Type	Approx. % Sugar	Cups Water	Cups Sugar	Cups Water	Cups Sugar	Fruits commonly packed in syrup**
Very Light	10	6-1/2	3/4	10-1/2	1-1/4	Approximates natural sugar level 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.

**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. See the section, "Canned foods for special diets," page 1-24 for further discussion.