



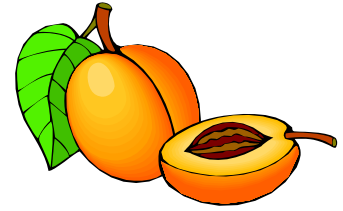
University of California

Agriculture and Natural Resources

UCCE Master Food Preserver Program

"Teaching research-based practices of safe home food preservation to the residents of Solano and Yolo Counties."

Apricot Avenues to Good Taste



Apricots originally came from China. Cuttings were carried across the Persian Empire and into the Mediterranean countryside where they flourished. The Spanish explorers get credit for bringing the apricot to California where they were planted in the gardens at California missions. And in 1792, a bit south of the present city of San Francisco, the first major production of Apricots was recorded. The California Apricot industry has celebrated over two hundred birthdays.

Today growers produce apricots on over 22,000 acres throughout the greater Sacramento and San Joaquin valleys including pockets of Solano & Yolo Counties. Besides the production acres, many backyards and small acreages will also display the small golden globes of fruit between late May through mid-July.

When selecting fresh Apricots, look for plump, well-formed, firm fruit with yellow to yellow-orange color. Avoid fruit with a yellow-green tinge.

TO PREPARE: Wash and cut in half to remove the seed; peel if desired. To prevent browning, sprinkle with lemon juice or use an ascorbic/citric acid mixture for fruit color retention.

FLAVOR PLUS NUTRITION: Along with sweet-tangy flavor, apricots are an excellent source of Vitamin A, Potassium and fiber. They also contain Vitamin C and iron--all for only 18 calories per fruit.

DRYING OR FREEZING: For directions on drying or freezing apricots, refer to the National Center for Home Food Preservation's website: <https://nchfp.uga.edu/>



The following recipes provide directions for preserving these gems safely.

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CANNING APRICOTS—HALVED OR SLICED

Quantity: An average of 16 pounds is needed per canner load of 7 quarts; an average of 10 pounds is needed per canner load of 9 pints. A bushel weighs 50 pounds and yields 20 to 25 quarts—an average of 2-1/4 pounds per quart.

Quality: Select firm, well-colored mature fruit of ideal quality for eating fresh.

Procedure: Follow directions for peaches. The boiling water dip and removal of skin process is optional. Wash fruit well if skins are not removed; use either hot or raw pack and use the same process time.

Apricots need not be peeled but if you wish to peel, dip fruit in boiling water for 30 to 60 seconds until skins loosen. Dip quickly in cold water and slip off skins. Cut in half, remove pits and slice if desired. To prevent darkening, keep peeled fruit in ascorbic acid solution (see below). Prepare and boil a very light, light, or medium syrup (look later in this document) or pack apricots or peaches in water, apple, pineapple or white grape juice. Raw packed apricots or peaches are of poorer quality.

Hot pack—In a large saucepan place drained fruit in syrup, water, or juice and bring to boil. Fill hot jars with hot fruit and cooking liquid, leaving 1/2-inch headspace. Place halves in layers, cut side down.

Raw pack—Fill hot jars with raw fruit, cut side down, and add hot water, juice, or syrup, leaving 1/2-inch headspace.

Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened clean paper towel. Adjust lids and process according to the table below.

Recommended process time for Peaches, halved or sliced in a boiling-water canner

Style of Pack	Jar Size	Process Time at Altitudes of			
		0–1,000 ft	1,001–3,000 ft	3,001–6,000 ft	Above 6,000 ft
Hot	Pints	20 min	25	30	35
	Quarts	25	30	35	40
Raw	Pints	25	30	35	40
	Quarts	30	35	40	45

At the end of the processing time, remove canner lid, leave the jars in the hot water in the canner for another 5 minutes. Lift jars out of the canner and place in a draft-free location on a heat resistance surface padded with a towel preferably. Let cool for 12-24 hours. Test seals. After the cooling period, remove the ring bands and gently wash under them and the jars. Rinse and dry well. Label jars with product, process used, canning liquid and date. Store in a cool, dark location. Canned products are of best quality if used within 12 months.

LESS SUGAR APRICOT-PINEAPPLE JAM



INGREDIENTS:

- 3 pounds fresh apricots
- 1 can (20 ounces) crushed pineapple, canned in its own juice
- 4 cups sugar
- 1 box SURE-JELL for Low or No Sugar® fruit pectin
- 1 Tablespoon lemon juice

Prepare jars: Wash 9 (8-ounce size) canning jars and rings and lids. Prepare canning lids and rings following the instructions that come with them. The lids and rings are often placed in simmering water and kept warm prior to their use. Jars may be washed in the dishwasher and left there until ready to use.

Prepare fruit: Pit apricots; do not peel and chop finely. Let chopped apricots sit in a bowl with a solution of 2 Tablespoons lemon juice to 1 quart of water. This will prevent fruit from browning during the preparation step.

Drain fruit and measure 4 cups of chopped apricots into a large Dutch Oven (8-quart size). Crush the chopped apricots with a potato masher. Add the can of crushed pineapple, including the juice. Add 1 Tablespoon of lemon juice to the fruit mixture.

Measure sugar into a large bowl. Mix 1/4 cup of the sugar with the box of fruit pectin in another small bowl. Stir well to blend the sugar into the pectin. Gradually stir pectin-sugar mixture into the saucepan with the fruit. Add 1/2 teaspoon margarine to prevent foaming, if desired. Mix ingredients until the pectin is well mixed with the fruit.

Place over HIGH heat; bring to a full rolling boil, stirring constantly. (A full rolling boil is a boil that cannot be stirred away.) Add the remaining pre-measured sugar when the mixture reaches a Rolling Boil; continue cooking and stirring for exactly 2 minutes. Remove from the heat; skim off the foam with a metal spoon.

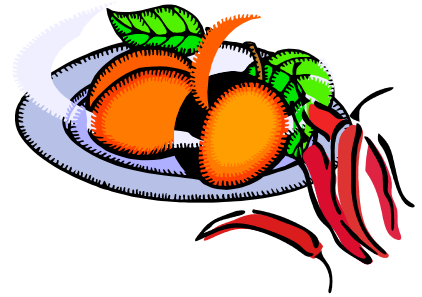
Ladle quickly into the prepared jars, filling to 1/4 inch from the top. Wipe the glass rims of the jars. Cover with canning lids that have been pre-treated per directions on box. Then firmly screw on the ring bands.

Place jars in the canner to high heat and bring the water to boiling. Process the jam for 10 minutes in gently boiling water. After processing, remove canner lid and leave jars in the hot water for another five minutes. Follow directions for cooling and storing in the canning instructions.

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APRICOT PEPPER JELLY

Makes about 7 cups.



- 1 cup red or green bell pepper strips
- 2 cups apple cider vinegar
- $\frac{1}{3}$ cup fresh or canned jalapeno peppers*, with seeds and stems removed
- $1\frac{1}{4}$ cups dried apricot halves, finely slivered
- 6 cups sugar
- 1 pouch (3 ounces) liquid pectin such as Certo®
- 5 drops red or green food color, optional (use color appropriate to color of pepper)

1. Combine pepper strips, vinegar, and jalapeno peppers in an electric blender or food processor. Pulse until the peppers are somewhat minced but still in small pieces.
2. Combine mixture with dried apricot slivers and sugar in a large 8-quart Dutch oven.
3. Bring mixture to a boil. Boil for 5 minutes. Remove from the heat. Skim off any foam.
4. Cool for 2 minutes; then add liquid pectin and food color, stirring gently.
5. Pour into clean 8-ounce jars. Wipe rims and place prepared canning lids on the jars as described in canning apricots instructions.
6. Place jars in canner. When water boils, begin process timing for 10 minutes.
7. Turn off the heat, remove canner lid and let jars sit in hot water for 5 more minutes.
8. Follow the directions for cooling and storing in the Canning Apricots instructions. Store unsealed jars in the refrigerator or freezer.

*can use hotter peppers if desired; do not vary the amount.

Ball® RealFruit Freezer Jam Pectin Jam Recipes

For 2 (1-cup size containers):

- 1 $\frac{2}{3}$ cups crushed fruit (with stems, pits, peels, etc. removed as appropriate-look at Pectin package)
- $\frac{2}{3}$ cup sweetener (granulated sugar or Splenda®)
- 2 Tablespoons Ball® RealFruit Freezer Pectin
- 1 tablespoon lemon Juice (only if using peaches)

Directions:

1. Stir sugar and pectin together in a bowl.
2. Add crushed fruit. Stir the mixture together for 3 minutes
3. Ladle jam into clean freezer jars and let sit for 30 minutes.
4. Enjoy now or freeze for later use.
5. Keep the product in the refrigerator between uses.
6. When ready to use the freezer jam, allow it to that before serving



For 4 (1-cup size containers):

3 ½ cups crushed fruit with stems, pits, peels, etc. removed as appropriate—look at Pectin package)

1 ⅓ cup sweetener (granulated sugar or Splenda®)

4 Tablespoons Ball® RealFruit Freezer Pectin

2 Tablespoon lemon Juice (only if using peaches)

Directions: follow directions above

For 6 (1-cup size containers):

5 cups crushed fruit with stems, pits, peels, etc. removed as appropriate—look at Pectin package)

2 cups sweetener (granulated sugar or Splenda®)

6 Tablespoons Ball® RealFruit Freezer Pectin

3 Tablespoon lemon Juice (only if using peaches)

Directions: follow directions above.

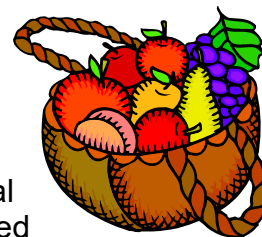
NOTE: Apricot or Apricot Pineapple Freezer jam can be made using this recipe. For Apricot-Pineapple Freezer Jam, use half apricots and half crushed, canned pineapple in pineapple juice that has been drained well.

STORE: In refrigerator for up to three weeks.

FREEZER JAM: Can be stored in the freezer for one year. The product should be stored no longer than 3 weeks in the refrigerator.

Preparing Syrup for Canning Fruit

Adding syrup to canned fruit helps to retain its flavor, color, and shape. It does not prevent spoilage of these foods. The guidelines for preparing and using syrups ([Table 1 on next page](#)) 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. **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.



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Other sweeteners: Light corn syrups or mild-flavored honey may be used to replace up to half the table sugar called for in syrups. **Do not honey in syrups for children under one year of age. Table 1.** Preparing and using syrups.

		Measures of Water and Sugar				
Syrup Type	Approx. % Sugar	For 7-Pt Load		For 7-Qt Load		Fruits Commonly packed in syrup
		Cups Water	Cups Sugar	Cups Water	Cups Sugar	
Very Light	10	6-1/2	3/4	10-1/2	1-1/4	Approximates natural sugar levels 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.

1. This amount is also adequate for a 4-quart load.
2. 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.

Source: USDA Complete Guide to Home Canning, Chapter 2. Page 5 2015 Edition

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