



Lewis County

## Master Food Preservers

WASHINGTON STATE UNIVERSITY  
EXTENSION

## Food Safety and Preservation



Lewis County  
17 SW Cascade Ave  
Chehalis, WA 98532.

Julie Pirtle 360-740-1212

julie.pirtle@wsu.edu

<https://extension.wsu.edu/lewis/mfpmaterials/>

### PRESERVING FRUIT JUICES

With the abundance of berries and fruits in this area, consumers should take advantage of making their own fruit juice. It is easy and economical.

Home preserved fruit juices can add variety to breakfast, be used in commercial soft drinks, used as punch bases, or used to make fresh jelly all year around.

There are two kinds of juices: those that are strained and clear like grape, berry, and cherry juice; and the nectars, which are whole fruit juices usually made from peaches, apricots, and pears. The nectars are juices that are thickened with finely sieved pulp.

There are several commercial juice extractors on the market. The steam juicer is probably the most popular. This type of juicer extracts juice from the whole fruit which is placed in a steamer basket. The juice drips into a reservoir while the fruit steams. The juice is removed from the holding reservoir through a tube outlet.

Other commercial juicers are electrically or manually run. They crush the fresh fruit and squeeze out the juice automatically. These types of juicers are great for making nectars and tomato juice.

Juices can be made at home without the use of a juicer. The washed fruit is ground or crushed. The fruit pulp is then brought to a boil and simmered for 1-2 minutes to release the juice from the fruit cells. The hot pulp is placed in a jelly bag and juice allowed to drip from the bag.

The home method can be speeded up by heating a cellulose pulp with the crushed fruit. The cellulose pulp serves as a filter so the juice can be squeezed from a jelly bag. To make the cellulose pulp, combine approximately 30 white unscented toilet tissue paper with 2 quarts boiling water. Break up the pulp with a fork. Pour the cellulose pulp into a strainer, shake to remove excess water and allow to drain, but do not squeeze. You'll need about 1 cup cellulose pulp for each 3 cups of crushed fruit you plan to use. For high quality juice, low temperature is recommended. Boiling temperatures decrease the flavor.

As an added margin of safety against spoilage, it is recommended that all fruit juices be processed in a boiling water bath for 5 minutes. Home canned fruit juices should be stored in a cool, dark place so the color will not change or fade.

WSU Extension programs and employment are available to all without discrimination. Evidence of noncompliance may be reported through your local WSU Extension office.