



Lewis County

# Master Food Preserver

WASHINGTON STATE UNIVERSITY  
EXTENSION



## SYRUPS FROM WASHINGTON FRUITS

### Extension Bulletin 0976

Syrups made from blackberries, huckleberries, raspberries, boysenberries, loganberries, sour cherries, and Island Belle grapes as well as mixtures of berries are of good flavor, color, and consistency (thin like maple syrup, medium-thick like corn syrup, or slightly jelled).

Syrups can be made with or without pectin and lemon juice. Lemon juice may improve color. Use of pectin will vary the consistency.

#### To Prepare Fruit Puree

Sort, stem, and wash ripe fruit or thaw frozen, unsweetened fruit. Crush fruit thoroughly; measure crushed fruit.

Add 1 cup boiling water to each 4 cups crushed fruit and bring to a boil. Reduce heat and simmer to soften about 5 minutes for soft fruits, about 10 minutes for firm fruits like cherries and grapes. Press through sieve.

#### Syrups Made with Puree

- 4 cups puree
- 4 cups sugar
- 1/2 package or less powdered pectin (if desired)
- 3 – 4 Tablespoons lemon juice (if desired)

1. Mix puree, sugar, pectin, and lemon juice.
2. Bring to boil and stir for 2 minutes (or until jelly thermometer registers 218°F).
3. Remove from heat, skim off foam, and pour into ½ pint jars to within ½ inch of top.
4. Adjust lids and process in boiling water bath canner for 10 minutes.
5. Remove from canner and cool.
6. Check lids, label, and store in cool, dry place.

#### To Prepare Fruit Juice

**Standard method:** Sort, stem, and wash ripe fruit or thaw frozen, unsweetened fruit: crush fruit thoroughly. Place crushed fruit in dampened jelly bag and drain. For clearest juice, do not press bag to extract juice.

For firm fruits, heat is needed to start flow of juice. Add about ½ cup water to each 3 cups crushed fruit. Bring to a boil. Reduce heat and simmer 10 minutes. Place hot fruit in dampened jelly bag, drain.

#### Syrups Made with Juice

- 4 cups juice
  - 4 cups sugar
  - 1/4 cup lemon juice (if desired)
  - ½ package or less powdered pectin (if desired)
1. Mix juice, sugar, lemon juice, and pectin.
  2. Bring to boil and boil 2 minutes.
  3. Remove from heat, skim off foam, and pour into ½ pint or 1-pint canning jars to within ½ inch of top.
  4. Adjust lids and process in boiling water bath canner for 10 minutes.
  5. Remove from canner and let cool.
  6. Check lids, label, and store in cool, dry place.

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