



Lewis County

Master Food Preserver

WASHINGTON STATE UNIVERSITY
EXTENSION

Food Safety and
Preservation



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Using Cellulose Pulp to Extract Fruit Juice

Cellulose pulp can be used to extract juice from fruits.

To prepare filtering tissues:

Soak 10 double (two-ply) tissues (white, unscented) in two quarts boiling water for one minute. Beat pulp with fork until shredded, pour into a strainer to drain. Shake out excess water. Do not press. This amount equals one batch or one cup pulp. Make one batch at a time.

Extract Juice:

Stir 6 cups crushed fruit with 2 cups filtering pulp. Pour into moistened jelly bag. Allow juice to drain through bag. When cool enough to handle, twist bag and press to extract juice. Pulp will collect seeds.

Fruit Preparation:

Note: For maximum juice extraction, crush fruit finely before adding the filtering pulp, and mix this pulp thoroughly with the crushed fruit.

Apples – Wash, remove blossoms and stems from apples. Do not peel or core. Cut in small pieces or grind. Add water. Bring to a boil. Cover and simmer 10 minutes. Crush with a masher; stir in filtering pulp and simmer an additional 5 minutes.

Berries – Wash and stem. Crush thoroughly. Stir in filtering pulp. Bring mixture to a boil.

Cherries – Wash and stem, but do not pit. Add water. Bring to a boil. Cover and simmer 10 minutes. Stir in filtering pulp.

Crab Apples – Follow directions for apples but increase water to 4 cups.

Red or Black Currants – Wash and crush. Add water. Bring to a boil. Cover and simmer 10 minutes. Crush again. Stir in filtering pulp.

Concord Grapes – Wash, stem and crush grapes. Add water. Bring to a boil. Cover and simmer 10-20 minutes (until grape pulp is softened.) Stir in filtering pulp.

All Other Grapes – Wash and stem. Add water. Bring to a boil. Cover and simmer 25 minutes. Crush thoroughly and stir in filtering pulp.

Guavas – Wash and slice thin. Add boiling water. Crush thoroughly. Stir in filtering pulp and bring to a boil.

Loquats - Wash, stem and remove seeds. Add water. Bring to a boil. Cover and simmer 15 minutes. Stir in filtering pulp.

Plums – Do not peel. Wash and slice or crush thoroughly. Add water. Bring to a boil. Cover and simmer 10 minutes. Crush or mash again and stir in filtering pulp.

Amounts of Fruit, Prepared Pulp and Water to Use in Juicing			
Type of Fruit	Amount	Prepared Filtering Pulp (Batches)	Water (Cups)
Apples Tart Sweet	5 lbs. 5 lbs.	2 2	3 2 1/2
All Berries	3 quarts	1	*None
Cherries	2 ½ lbs.	1	1/2
Crab Apples	5 lbs.	2	4
Red or Black Currants	4 qts.	2	1 ½
Concord Grapes	3 ½ lbs.	2	1
All Other Grapes	3 ½ lbs.	2	1
All Guavas	3 lbs.	2	3
Loquats	5 lbs.	2	1
All Plums	4 lbs.	2	1
<ul style="list-style-type: none"> • For low-juice berries, such as blueberries and raspberries, add ½ cup water. 			