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Pears – Food Preservation Series
Michigan State University Extension Service
Sandra L. Andrews, Food Science and Human Nutrition
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PEARS

AVAILABILITY

August, September, October

TRIM LOSS

Approximately 22 percent from cores, stems, skins and bruises.

YIELD

1 pound	2 cups sliced
11 pounds	canner load of 9 pints
17½ pounds	canner load of 7 quarts
1 bushel (50 pounds)	40 to 50 pints frozen 16 to 25 quarts canned (2½ pounds per quart)

RECOMMENDED VARIETIES

Clapp's Favorite, Moonglow and Bartlett all are excellent for canning.

FREEZING

Halves or quarters: Select pears that are well ripened and firm but not hard. Wash fruits in cold water. Peel, cut in halves or quarters, and remove cores. To prevent darkening during preparation, follow the directions for preventing discoloration below.

Heat pears in boiling 40 percent syrup (1 cup cold water to ¾ cup sugar) for 1 to 2 minutes, depending on the size of the pieces. Drain and cool.

Pack pears into containers and cover with cold 40 percent syrup. To minimize browning, add ¾ teaspoon ascorbic acid to each quart of cold syrup. Leave ½ inch headspace. Seal, label and freeze.

Preventing discoloration—ascorbic acid solution: While preparing pears for freezing or canning, keep cut pear sections in a solution of ascorbic acid and cold water.

Ascorbic acid can be purchased in several forms:

Pure powdered form—seasonally available among canning supplies in supermarkets. Use 1 teaspoon per gallon of water as a treatment solution.

Vitamin C tablets—Buy 500-milligram tablets; crush and dissolve six tablets per gallon of water as a treatment solution. Also try commercially prepared mixes of ascorbic and citric acid, which are seasonally available among canning supplies in supermarkets. Sometimes citric acid powder is sold in supermarkets, but it is less effective in controlling discoloration. Be sure to follow the manufacturer's directions. Drain pears before packing.

Freeze no more than 2 pounds of food per cubic foot of freezer capacity per day. One cubic foot will hold 7.4 gallons.

CANNING

Choose ripe, mature fruits of ideal quality for eating fresh or cooking.

Wash and peel pears. Cut lengthwise into halves and remove cores. (A melon baller or metal measuring spoon is suitable for coring pears.) To prevent discoloration, keep pears in an ascorbic acid solution. (See preventing

discoloration directions above.) Prepare a very light, light or medium syrup, or pack pears in apple juice, white grape juice or water. Boil drained pears 5 minutes in syrup, juice or water. Raw packs result in poor quality pears. Fill hot jars with hot fruit and cooking liquid, leaving ½ inch headspace. Adjust lids and process.

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Syrup type	Approx. % sugar	Measures of water and sugar			
		For 9-pint load*		For 7-quart load	
		Cups water	Cups sugar	Cups water	Cups sugar
Very light	10	6½	¾	10½	1¼
Light	20	5¾	1½	9	2¼
Medium	30	5¼	2¼	8¼	3¾

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

Pear Halves, in a Boiling-Water Canner

Recommended Process Times

Style of pack	Jar size	Process times (in minutes) at altitudes of			
		0-1,000 ft.	1,001-3,000 ft.	3,001-6,000 ft.	Over 6,000 ft.
Hot	Pints	20 min.	25 min.	30 min.	35 min.
Hot	Quarts	25	30	35	40

Pear Halves, in a Weighted-Gauge Pressure Canner

Recommended Process Times

Style of pack	Jar size	Process time	Canner pressure (PSI) at altitudes of	
			0-1,000 ft.	Above 1,000 ft.
Hot	Pints	10 min.	5 lb.	10 lb.
Hot	Quarts	10	5	10

Pear Halves, in a Dial-Gauge Pressure Canner

Recommended Process Times

Style of pack	Jar size	Process time	Canner pressure (PSI) at altitudes of			
			0-2,000 ft.	2,001-4,000 ft.	4,001-6,000 ft.	6,001-8,000 ft.
Hot	Pints	10 min.	6 lb.	7 lb.	8 lb.	9 lb.
Hot	Quarts	10	6	7	8	9

Cinnamon pears: Add 2 sticks cinnamon and a few drops of red food coloring per quart of syrup. Remove cinnamon before packing fruit. Follow directions for hot pack pear halves.

Pineapple pears: Use pineapple juice in place of water for the syrup. Follow directions for hot pack pear halves.

Mint pears: Add oil of peppermint and green food coloring a drop at a time until syrup is flavored and colored as desired. Cook pears in syrup 10 minutes before packing. Follow directions for hot pack pear halves.

Pear Jam with Liquid Pectin (about 8 half-pints)

- 4 cups peeled, cored and finely chopped pears (about 4 pounds)
- ¼ cup bottled lemon juice
- 7½ cups sugar
- 1 pouch (3.175 ounces) liquid pectin
(Purchase fresh pectin each year. Old pectin may result in poor gels.)

Place prepared pears in a saucepan and stir in lemon juice. Measure and set sugar aside. Open liquid pectin pouch and stand upright in a cup or glass. Add sugar to the pear and lemon mixture, stirring constantly. Place over high heat and bring to a

full rolling boil that cannot be stirred down. Boil hard one minute, stirring constantly.

Remove from heat, stir in liquid pectin. Skim off foam. Pour hot jam into hot, sterilized jars, leaving ¼ inch headspace. Be sure to use canning jars and self-sealing, two-piece lids. Wipe jar rims, adjust lids and process.

Pear Jam

Recommended Process Times in a Boiling-Water Canner

Style of pack	Jar size	Process times (in minutes) at altitudes of		
		0-1,000 ft.	1,001-6,000 ft.	6,001-8,000 ft.
Hot	Half-pints	5 min.	10 min.	15 min.

Pear-Apple Jam (about 7 to 8 half-pints)

- 2 cups peeled, cored and finely chopped pears (about 2 pounds)
- 1 cup peeled, cored and finely chopped apples (about 1 pound)
- 6½ cups sugar
- ¼ teaspoon ground cinnamon
- ⅓ cup bottled lemon juice
- 2 pouches (6.35 ounces) liquid pectin

Crush apples and pears in a large saucepan and stir in cinnamon. Thoroughly mix sugar and lemon juice with fruits and bring to a boil over high heat, stirring constantly. Immediately stir in pectin. Bring to a full rolling boil and boil hard 1 minute, stirring constantly. Remove from heat, quickly skim off foam, and fill hot sterilized jars, leaving ¼-inch headspace. Adjust lids and process.

Pear-Apple Jam

Recommended Process Times in a Boiling-Water Canner

Style of pack	Jar size	Process times (in minutes) at altitudes of		
		0-1,000 ft.	1,001-6,000 ft.	6,001-8,000 ft.
Hot	Half-pints	5 min.	10 min.	15 min.

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