

Fruits for Canning	Recommendations
Apple Juice	Good quality apple juice is made from a blend of varieties.
Apple Butter	Use Jonathan, Winesap, Stayman, Golden Delicious, MacIntosh, or other tasty apple varieties for good results.
Apples, sliced (canned)	Select apples that are juicy, crispy, and preferably both sweet and tart.
Applesauce	Select apples that are sweet, juicy and crisp. For a tart flavor, add 1 to 2 pounds of tart apples to each 3 pounds of sweeter fruit. Make sure you use a good cooking apple like Golden Delicious, Jonagold, Granny Smith, Fuji, Jonathan, McIntosh, or Gravenstein
Apple Pie Filling	Use firm, crisp apples. Stayman, Golden Delicious, Rome, and other varieties of similar quality are suitable. If apples lack tartness, use an additional 1/4 cup of lemon juice for each 6 quarts of slices. Any of these will make a very good apple pie: If you want something sweet with a little tartness, try: Winesap Jonathan Pippin Jonagold Sweeter (to my taste buds) would be: Braeburn Fuji Rome Beauty Golden Delicious My favorite apple for apple pie is, of course, Granny Smith The sweeter apples won't hold their crispness as well as those that are less sweet but as long as you carefully control the liquid (you don't want apple syrup running all over the plate when you serve it) you should end up with something quite delicious.
Apple Rings, spiced	firm tart apples (maximum diameter 2-1/2 inches)
Apricots, halved or sliced	Select firm, well-colored mature fruit of ideal quality for eating fresh.
Berries, whole (all varieties)	Choose ripe, sweet berries with uniform color.
Cherries, (sweet or sour)	Select bright, uniformly colored cherries that are mature (of ideal quality for eating fresh or cooking).
Cherry Pie Filling	Select fresh, very ripe, and firm cherries. Unsweetened frozen cherries may be used. If sugar has been added, rinse it off while the fruit is still frozen.
Figs	Select firm, ripe, uncracked figs. The mature color depends on the variety. Avoid overripe figs with very soft flesh.
Grape juice	Select sweet, well-colored, firm, mature fruit of ideal quality for eating fresh or cooking.
Grapes, whole	Choose unripe, tight-skinned, preferably green seedless grapes harvested 2 weeks before they reach optimum eating quality.
Grapefruit and Orange	Select firm, mature, sweet fruit of ideal quality for eating fresh. The flavor of

Sections	orange sections is best if the sections are canned with equal parts of grapefruit. Grapefruit may be canned without oranges. Sections may be packed in your choice of water, citrus juice or syrup .
Mango Sauce	use slightly under-ripe to just-ripe non-fibrous mangoes. Caution: Handling green mangoes may irritate the skin of some people in the same way as poison ivy. (They belong to the same plant family.) To avoid this reaction, wear plastic or rubber gloves while working with raw green mango. Do not touch your face, lips or eyes after touching or cutting raw green mangoes until all traces are washed away.
Nectarines	Choose ripe, mature fruit of ideal quality for eating fresh or cooking.
Peaches	Choose ripe, mature fruit of ideal quality for eating fresh or cooking. Red Haven: Excellent for canning, freezing, and fresh eating Glohaven: Superior for canning and freezing. Red Globe: Excellent for fresh eating, canning, or freezing Canadian Harmony: Used fresh and for freezing Early Elberta: Excellent for fresh eating and canning. Elberta: Excellent for fresh eating and canning. J.H. Hale: Great for shipping and canning Harken: Dessert/cooking/freezing Ranger: Fresh/can/freeze
Peach Pie Filling	Select ripe, but firm fresh peaches. Red Haven, Redskin, Sun High, and other varieties of similar quality are suitable.
Pears, Asian	All home canned Asian Pears must be acidified before canning in a boiling water canner to make them safe from the microorganism that causes botulism. Choose ripe, mature fruit of ideal quality for eating fresh or cooking.
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Plums, Halved or whole	Select deep-colored, mature fruit of ideal quality for eating fresh or cooking. Plums may be packed in water or syrup .
Rhubarb	Select young, tender, well-colored stalks from the spring or late fall crop.

See National Center for Home Food Preservation for more information:

<http://www.uga.edu/nchfp/index.html>

<http://www.pickyourown.org/index.htm>