



## Food Safety & Preservation:

# Making Berry Syrups at Home

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A variety of syrups can easily be made at home. Juices from fresh or frozen berries, cherries, and grapes all make great syrups which can be used for toppings on ice cream and pastries.

### Preparation and Selection

Select 6-7 cups of fresh or frozen fruit of your choice. A combination of fruits can be used. Wash, cap, stem and sort fresh fruits. Crush the fruit using a potato masher, food mill or food processor. Follow this method for extracting the juice:

### Drip Method

Place crushed fruit in a saucepan. Heat to boiling and simmer until soft (5-10 minutes). Strain hot pulp through a colander and drain until cool enough to handle. Strain the collected juice through a double layer of cheese cloth or jelly bag. Do not squeeze the bag. Discard the dry pulp. Measure strained juice.

*The yield should be about 4½ to 5 cups.*

**Making the syrup** - Measure 5 cups of strained fruit juice into a large saucepan and combine with 7 cups of sugar. Bring to a boil and simmer for three minutes. Remove from heat, skim off foam, and fill into clean half-pint or pint jars, leaving ½ inch headspace. Adjust lids and process in a boiling water canner.

*Yield: About 9 half-pints.*

**Note:** To make syrup with whole fruit pieces, save 1-2 cups of fresh or frozen fruit. Replace 1-2 cups of juice with the fruit before combining with sugar and simmer as in making regular syrup.

**Processing time** - See recommended process times for berry syrups in a boiling water canner (below). Start timing as soon as water returns to a boil.

| Style of pack | Jar Size            | Process Times at Altitudes of: |                 |                 |
|---------------|---------------------|--------------------------------|-----------------|-----------------|
|               |                     | 0-1,000 ft.                    | 1,001-6,000 ft. | Above 6,000 ft. |
| Hot           | Half-pints or pints | 10 minutes                     | 15 minutes      | 20 minutes      |

**Storing Syrups** - Syrups must be processed before storing at room temperature. Once opened, the syrups should be stored in the refrigerator. If freezer space is available, the syrups may be frozen instead of canned. Be sure to leave 1-inch headspace to allow room for expansion during freezing.

Source: Family Food Education Program