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Michigan Fresh

Using, Storing and Preserving

Raspberries

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Michigan Fresh: Using, Storing and Preserving Raspberries was first published in March 2015 and revised in July 2023. The original replaced *WO1044 Food Preservation Series – Raspberries* (MSU Extension, 2006).

Michigan-grown raspberries are usually available in July, but some everbearing varieties are available in September and October.

Food Safety and Storage

- Avoid choosing bruised and damaged fruit.
- Wash hands before and after handling fresh produce.
- Wash fruit thoroughly under cool running water. Do not use soap.
- Store fruit in the refrigerator at or below 41 °F.
- Keep raspberries in a box with holes and cover with plastic wrap, or put in a plastic bag with holes.
- Keep fruit away from raw meats and meat juices to prevent cross-contamination.
- Use fresh berries within 1 to 2 days.
- Store canned berries in a cool dry area for up to one year.
- For best quality and nutritive value, preserve only what your family can consume in 12 months.

Yield

1 pint fresh	=	1¾ cups
1 quart	=	1¾ pounds
12 pounds	=	7 quarts canned
8 pounds	=	9 pints canned

How to Preserve

Freezing

Select fully ripe, juicy berries. Sort, wash in cold water and drain thoroughly. You may freeze raspberries following any of these procedures:

- ***Sugar pack method:*** Place berries in containers and cover with cold, heavy syrup (4 cups water to 2¾ cup sugar), leaving ½- to 1½-inch headspace depending on container type Seal, label, date and freeze.
- ***Syrup pack***: Put berries into containers and cover with cold syrup, mixed according to preference in the "Syrups for Use in Freezing Fruits" table that follows. Leave ½- to 1½-inch headspace depending on container type. Seal, label, date and freeze.
- ***Unsweetened pack method:*** Put berries into containers, leaving ½-inch headspace. Seal, label, date and freeze.
- ***Dry pack***: You can also freeze on a tray and then pack into containers as soon as they are frozen. Seal, label, date and freeze.
- ***Pectin pack method:*** (This alternative uses pectin and less sugar than the sugar pack method and retains fresh berry flavor, color and texture.) In a saucepan, combine one 1¾-ounce box of powdered pectin with 1 cup water. Stir and boil 1 minute. Stir in ½ cup of sugar and dissolve. Remove the pan from the heat; add cold water to make 2 cups of syrup. Chill. Put prepared fruit in a 4- to 6-quart bowl; add enough pectin syrup to glaze the fruit with a thin film. Gently fold fruit to coat each piece with syrup. Pack into freezer containers ½- to 1½-inch headspace depending on container type. Seal, label, date and freeze.

Syrups for Use in Freezing Fruits

Type of syrup	Percent syrup*	Cups of sugar**	Cups of water	Yield of syrup (cups)
Very light	10	½	4	4½ cups
Light	20	1	4	4¾ cups
Medium	30	1¾	4	5 cups
Heavy	40	2¾	4	5⅓ cups
Very heavy	50	4	4	6 cups

*Approximate

**In general, up to one-fourth of the sugar may be replaced by corn syrup or mild-flavored honey. A larger proportion of corn syrup may be used if a very bland, light-colored type is selected.

Canning

Choose ripe but firm berries with uniform color. After canning, raspberries will have a soft texture. Wash 1 to 2 quarts of berries at a time; drain. You may can berries in water, apple or white grape juice, or syrup. Prepare syrup if desired (see the "Preparing and Using Syrups" table that follows). Measure and mix the necessary amounts of sugar and water to make the desired syrup.

All fruits can be safely canned or frozen without sugar. But be aware that some home-canned foods lose color, flavor and texture when canned without the usual sugar and you may then end up with a less plump and flavorful product. Sucralose will allow you to use the same measurement as sugar, which in turn will produce the same amount of syrup to cover the fruit in the jars. Saccharin and aspartame-based sweeteners turn bitter when processed and USDA(2015) does not recommend them for heat-treated products. If you are making jams or jellies without sugar, always use a commercial sugarless gelatin mixture or a special pectin designated for sugar-free or lower sugar jams and jellies. (Andress, 2014: USDA, 2015).

Raw pack method: Add ½ cup of hot liquid to hot jar. Fill jars with raw berries, shaking down gently while filling. Cover with hot liquid, leaving ½-inch headspace. Remove air bubbles; adjust headspace if needed. Wipe jar rims with clean paper towel, adjust lids and process (see table that follows for recommended processing times).

Preparing and Using Syrups

		Measures of water and sugar				
Syrup type	**Approx. % sugar**	**For 9-pt load (1)**		**For 7-qt load**		**Fruits commonly packed in syrup (2)**
		Cups water	**Cups sugar**	**Cups water**	**Cups sugar**	
Very light	10	6½	¾	10½	1¼	Approximates natural sugar levels in most fruits and adds the fewest calories.
Light	20	5¾	1½	9	2¼	Very sweet fruit. Try a small amount the first time to see if your family likes it.
Medium	30	5¼	2¼	8¼	3¾	Sweet apples, sweet cherries, berries, grapes.
Heavy	40	5	3¼	7¾	5¼	Tart apples, apricots, sour cherries, gooseberries, nectarines, peaches, pears, plums.
Very heavy	50	4¼	4¼	6½	6¾	Very sour fruit. Try a small amount the first time to see if your family likes it.

(1) This amount is also adequate for a 4-quart load.

(2) Many fruits that are typically packed in heavy syrup are excellent and tasteful products when packed in lighter syrups. The USDA recommends that lighter syrups be tried, since they contain fewer calories from added sugar.

This table is adapted from "Table 1. Preparing and Using Syrups" from *Selecting, Preparing and Canning Fruit* on the National Center for Home Food Preservation website at **https://nchfp.uga.edu/how/can_02/syrups.html**. That table was adapted from the USDA's *Complete Guide to Home Canning* (Agriculture Information Bulletin No. 539). Revised 2015.

Recommended process time **(in minutes) for raspberries** in a boiling-water canner.

		Process time at altitudes of			
Style of pack	**Jar size**	**1 – 1,000 ft**	**1,001 – 3,000 ft**	**3,001 – 6,000 ft**	**Above 6,000 ft**
Raw	Pints	15	20	20	25
	Quarts	20	25	30	35

Raspberry Syrup

Yield: 9 half-pints

- 6½ cups of fresh or frozen berries
- 6¾ cups of sugar

You may also use this procedure with fresh juices from fresh or frozen strawberries, and with fresh or frozen blueberries, cherries or grapes.

Select fresh or frozen fruit. Wash, cap and stem fresh fruit and crush in a saucepan. Heat to boiling and simmer until soft, 5 to 10 minutes. Strain hot berries through a colander, and drain until cool enough to handle. Strain the collected juice through a double layer of cheesecloth or a jelly bag. Discard the dry pulp. The yield of the pressed juice should be about 4½ to 5 cups. In a large saucepan, combine the juice with sugar. Bring to a boil, and simmer 1 minute. To make syrup with whole fruit pieces, save 1 or 2 cups of the fresh or frozen fruit, combine these with the sugar, and simmer as in making regular syrup. Remove from heat, skim off foam, and fill clean, hot, half-pint or pint jars, leaving ½-inch headspace. Wipe jar rims, adjust lids and process (see table that follows for recommended processing times).

Recommended process time **(in minutes) for raspberry syrup** in a boiling-water canner.

		Process time at altitudes of		
Style of pack	**Jar size**	**0 – 1,000 ft**	**1,001 – 6,000 ft**	**Above 6,000 ft**
Hot	Half-pints or pints	10	15	20

"Raspberry Syrup" recipe is adapted from the recipe "Berry Syrup" from the National Center for Home Food Preservation (NCHFP) *Selecting, Preparing and Canning Fruit*, reviewed February 2018 (**https://nchfp.uga.edu/how/can_02/berry_syrup.html**). The NCHFP adapted it from the *Complete Guide to Home Canning* (Agriculture Information Bulletin, No. 539). USDA, 2015.

Uncooked Raspberry Jam From Fresh Fruit

Yield: About 7 half-pint jars

- 3 cups prepared fruit
- 3 cups crushed raspberries (about 1½ quarts)
- 5¼ cups sugar
- 1 box regular powdered pectin
- ¾ cup water

Wash berries. Measure 3 cups of prepared berries. Place in an extra large mixing bowl. Add sugar, mix well and let stand for 10 minutes, stirring occasionally. Dissolve the powdered pectin in the water, bring to a boil and boil for one minute. Add pectin to berries and sugar and stir for 3 minutes. Pour the jam into clean, dry freezer containers or half-pint canning jars leaving ½-inch headspace. Cover container. Let stand at room temperature until set (up to 24 hours). Freeze or refrigerate.

"Uncooked Raspberry Jam From Fresh Fruit" is based on "Uncooked Blackberry or Raspberry Jam From Fresh Fruit" in *Preserving Food: Uncooked Jams and Jellies*, from the University of Georgia Extension, edited by E. L. Andress and J. A Harrison, Revised, May 2015. **https://nchfp.uga.edu/publications/uga/uga_uncooked_j_j.pdf**

Raspberry Jam
without added pectin
Yield: About 7 or 8 half-pint jars

- 9 cups crushed raspberries
- 6 cups sugar

Procedure: Sterilize canning jars. Wash berries before crushing. Combine berries and sugar. Bring slowly to a boil, stirring occasionally until sugar dissolves. Once sugar is dissolved, cook rapidly to, or almost to, the jellying point, depending upon whether a firm or soft jam is desired. As mixture thickens, stir frequently to prevent sticking. Remove from heat and fill hot jam into hot, sterile jars, leaving ¼-inch headspace. Wipe rims of jars with a dampened clean paper towel; adjust two-piece metal canning lids. Process in a boiling-water canner (see table that follows for recommended processing times).

Note: If seedless jam is preferred, crushed berries may be heated until soft and pressed through a sieve or food mill; then add sugar and proceed as previously instructed.

Recommended process time **(in minutes) for raspberry jam** in a boiling-water canner.

		Process time at altitudes of		
Style of pack	**Jar size**	**0 – 1,000 ft**	**1,001 – 6,000 ft**	**Above 6,000 ft**
Hot	Half-pints or pints	5	10	15

"Raspberry Jam Without Added Pectin" recipe is adapted from the National Center for Home Food Preservation recipe "Berry Jams Without Added Pectin" at https://nchfp.uga.edu/how/can_07/berry_jams.html. That recipe was adapted from Andress, E., & Harrison, J. A. (2014). So easy to preserve (Bulletin 989). (6th ed.). University of Georgia Cooperative Extension.

References

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