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FRUIT AND VEGETABLE YIELDS FOR HOME CANNING

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How much produce to buy or what type of yields to expect can be a problem when canning. The information in the following table is based on average values; therefore should serve as approximations only, since variations in size and quality will affect yields.

Product	Pounds per Canner Load of 7 Quarts	Pounds Per Canner Load of 9 Pints	Unit Weight (lbs.)	Yield Per Unit	Pounds Needed Per Bottle
FRUITS					
Apples	19 lbs.	12.25 lbs.	48 lbs./bushel	16-19 quarts	2.75 lbs./quart
Applesauce	21 lbs.	13.5 lbs.	48 lbs./bushel	14-19 quarts	3 lbs./quart
Apricots	16 lbs.	10 lbs.	50 lbs./bushel	20-25 quarts	2.25 lbs./quart
Berries	12 lbs.	8 lbs.	36 lbs./crate	18-24 quarts	1.75 lbs./quart
Cherries	17.5 lbs.	11 lbs.	25 lbs./lug	8-12 quarts	2.5 lbs./quart
Grape Juice	24.5 lbs.	16 lbs.	26 lbs./lug	7-9 quarts	3.5 lbs./quart
Grapes, Whole	14 lbs.	9 lbs.	26 lbs./lug	12-14 quarts	2 lbs./quart
Peaches & Nectarines	17.5 lbs.	11 lbs.	48 lbs./bushel	16-24 quarts	2.5 lbs./quart
Pears	17.5 lbs.	11 lbs.	50 lbs./bushel	16-25 quarts	2.5 lbs./quart
Plums	14 lbs.	9 lbs.	56 lbs./bushel	22-36 quarts	2 lbs./quart
TOMATOES					
Crushed	22 lbs.	14 lbs.	53 lbs./bushel	17-20 quarts	2.75 lbs./quart
Whole or Halved	21 lbs.	13 lbs.	53 lbs./bushel	15-21 quarts	3 lbs./quart
Juice	23 lbs.	14 lbs.	53 lbs./bushel	15-18 quarts	3.25 lbs./quart
Sauce, Thin	35 lbs.	21 lbs.	53 lbs./bushel	10-12 quarts	5 lbs./quart
Sauce, Thick	46 lbs.	28 lbs.	53 lbs./bushel	7-9 quarts	6.5 lbs./quart

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Product	Pounds per Canner Load of 7 Quarts	Pounds Per Canner Load of 9 Pints	Unit Weight (lbs.)	Yield Per Unit	Pounds Needed Per Bottle
VEGETABLES					
Asparagus	24.5 lbs.	16 lbs.	31 lbs./crate	7-12 quarts	3.5 lbs./quart
Beans, Lima	28 lbs.	18 lbs.	32 lbs./bushel	6-10 quarts	4 lbs./quart
Beans, Snap & Italian	14 lbs.	9 lbs.	30 lbs./bushel	12-20 quarts	2 lbs./quart
Beets	21 lbs.	13.5 lbs.	52 lbs./bushel	15-20 quarts	3 lbs./quart
Carrots	17.5 lbs.	11 lbs.	50 lbs./bushel	17-25 quarts	2.5 lbs. quart
Corn, Cream Style	not recommended	20 lbs.	35 lbs./bushel	12-20 pints	2.25 lbs./pint
Corn, Whole Kernel	31.5 lbs.	20 lbs.	35 lbs./bushel	6-11 quarts	4.5 lbs./quart
Peas	31.5 lbs.	20 lbs.	30 lbs./bushel	5-10 quarts	4.5 lbs./quart
Peppers	not recommended	9 lbs.	25 lbs./bushel	20-30 pints	1 lb./quart
Potatoes, Sweet	17.5 lbs.	11 lbs.	50 lbs./bushel	17-25 quarts	2.5 lbs/quart
Potatoes, White	35 lbs.	22.5 lbs.	50 lbs./bag	8-12 quarts	5 lbs./quart
Pumpkin	16 lbs.	10 lbs.			2.25 lbs./quart
Squash, Winter	16 lbs.	10 lbs.			2.25 lbs./quart
Spinach & Greens	28 lbs.	18 lbs.	18 lbs./bushel	3-9 quarts	4 lbs./quart

LIQUIDS FOR CANNING FRUIT

Fruit may be safely canned in water, juice or syrup. If using juice, the juice made from the fruit being canned is best. Blends of unsweetened apple , pineapple, and white grape juice are also good.

Adding syrup to canned fruit helps to retain its flavor, color and shape. It does not prevent spoilage of these foods.

MEASURES OF WATER AND SUGAR						
SYRUP TYPE	APPROX. % SUGAR	FOR 9 PINT LOAD		FOR 7 QUART LOAD		FRUITS COMMONLY PACKED IN SYRUP**
		CUPS WATER	CUPS SUGAR	CUPS WATER	CUPS SUGAR	
Very light	10	6 1/2	3/4	10 1/2	1 1/4	Approximates natural sugar level in most fruits and adds the fewest calories.
Light	20	5 3/4	1/2	9	2 1/4	Very sweet fruit. Try a small amount the first time to see if your family likes it.
Medium	30	5 1/4	2 1/4	8 1/4	3 3/4	Sweet apples, sweet cherries, berries, grapes.
Heavy	40	5	3 1/4	7 3/4	5 1/4	Tart apples, apricots, sour cherries, gooseberries, nectarines, peaches, pears, plums.
Very Heavy	50	4 1/4	4 1/4	6 1/2	6 3/4	Very sour fruit. Try a small amount the first

						time to see if your family likes it.
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* This amount is also adequate for a 4-quart load.

** Many fruits that are typically packed in heavy syrup are excellent and tasteful products when packed in lighter syrups. It is recommended that lighter syrups be tried, since they contain fewer calories from added sugar.

SOURCE: Complete Guide to Home Canning, USDA, 1988