



Raspberries

NUTRITION:	Red raspberries are a good source of vitamin A, vitamin C, and fiber. One cup contains 70 calories.
HOW TO SELECT:	Raspberries are ready when they separate easily from the stem. When buying berries already picked, select firm, plump, full-colored berries which are free of the hull. Because of fragility, buy only those you can use or preserve immediately.
STORAGE:	Handle gently and refrigerate quickly. Optimum storage conditions are 32 degrees F with 90 percent relative humidity. Wash raspberries just before using and be careful not to soak them.
DRYING:	<p><u>Preparation:</u></p> <ul style="list-style-type: none">• Sort, wash, and leave whole. <p><u>Pretreatment:</u></p> <ul style="list-style-type: none">• None necessary. <p><u>Drying Procedure:</u></p> <ul style="list-style-type: none">• Spread in layer, 1 or 2 berries deep.• Drying time up to 4 hours at 140-160 degrees F.• Dry until berries are hard and rattle. No moisture when crushed between fingers.• Store in dry, air tight container.
FREEZING:	<p>Sort, wash, and thoroughly drain. Then freeze on a cookie sheet for 1-1/2 hours and pack in freezer containers. Berries may be packed dry, with or without sugar, or in syrup. Keep frozen optimally at 0 degrees F or below.</p> <p>Frozen berries may be used at a later date to make jelly, jam, juice, etc. Berry juice works well in combination fruit drinks.</p>
CANNING:	<p><u>WATER BATH CAN</u></p> <p><u>Hot Pack.</u> Wash berries, drain well, and add 1/2 cup sugar to each quart of fruit. Cover pan and bring berry and sugar mix to a boil; shake pan to keep berries from sticking. Pack hot into hot clean jars leaving 1/2 inch headspace. Process pints and quarts in boiling water bath for 15 minutes.</p> <p><u>Raw Pack.</u> Wash berries and drain well. Fill clean, hot jars to 1/2 inch of top. For a full pack, shake berries down while filling jars. Cover with boiling syrup, leaving 1/2 inch headspace. Adjust lids according to directions. Process pints in boiling water bath for 15 minutes. Process quarts in boiling water bath for 20 minutes.</p> <p>(for light syrup use 1 cup sugar to 2 cups water)</p> <p><u>Fruit Juice.</u> Wash, crush fruit. Heat to simmering, then strain through cloth bag. Add sugar, if desired, about 1 cup sugar to 1 gallon of juice. Reheat to simmering. Fill hot, clean jars to 1/2 inch of top with hot juice. Adjust jar lids. Process pints or quarts in a boiling water bath for 10 minutes.</p>

Raspberries, page two

Syrup is made by mixing 4 cups of juice with 4 cups of sugar and adding 1/4 cup lemon juice and 1/2 package or less of powdered pectin. Heat to boiling and boil 2 minutes, skim off foam and pour into pint or 1/2 pint canning jars leaving 1/2 inch headspace. Adjust lids and process in boiling water bath canner for 10 minutes.

For jam and jelly:

Follow instructions on pectin package. To ensure a safe product process for 5 minutes in a boiling water bath.

For additional information call WSU Skagit County Extension
(360) 428-4270

<http://skagit.wsu.edu/FAM/MFP.htm>

HANDOUT DEVELOPED BY:
Joanne Austin, Skagit County Extension Faculty
WSU Skagit County Extension