



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**



In season:



Summer

**Preserve it
to enjoy year
round!**

Apricots

Water Bath Canner

1. Prep:

- Fill canner half full with water and warm it
- Place apricots in boiling water 30-60 seconds
- Dip in cold water and remove skins
- Halve, remove pits and slice apricots

2. Pack

- Cover with water, bring to a boil, and drain
- Heat syrup solution
- Heat 5 ¾ cups water and 1 ½ cups sugar
- Fill jars with apricots, cover with hot syrup, leave ½ inch headspace
- Remove air bubbles
- Wipe jar rims
- Tighten rings fingertip tight

3. Processing

Fill canner, ensure water is 2 inches above tops of jars

- » Pint: 20 minutes
- » Quart: 25 minutes
- » Altitudes above 1,000 feet require adjustment in processing time

Feet Above Sea Level	Increase in Processing Time
1,001-3,000	5 minutes
3,001-6,000	10 minutes
6,001-8,000	15 minutes
8,001-10,000	20 minutes

Freezing

Process: Syrup packed

- Select firm, ripe apricots
- Sort, wash, halve and pit
- Slice if desired
- Use cold 40% syrup
 - » Dissolve 2 ¾ cup sugar + 5 cups of water.
 - Heavier syrup results in higher quality thawed product
- Pack apricots directly into containers
- Cover with syrup
- Place a small piece of crumpled water-resistant paper on top to hold fruit down
- Seal and freeze

Drying

Process: Dehydrator

- Wash apricots
- Cut in half, remove pit
- Treat with anti-browning method
- Set dehydrator to 140 degrees F
- Arrange in a single layer on trays
- Dry until soft and pliable
- Dry 24-36 hours, depending on variety and thickness



Sips/Tricks:

An average of 16 pounds is needed per canner load of 7 quarts;
an average of 10 pounds is needed per canner load of 9 pints.

Source: National Center for Home Food Preservation

Canned Apricots

Ingredients

- 10 pounds apricots
- Optional: juice or syrup (see [Choosing a Liquid for Home-Canned Fruit](#) for syrup recipes)

Directions

1. Wash fruit and remove skins if desired. Cut apricots in half, remove pits and slice if desired. To prevent darkening keep peeled fruit in ascorbic acid solution.
2. In a large saucepan, place drained fruit in syrup, juice or water and bring to a boil.
3. Fill hot jars with hot apricots and cooking liquid, leaving ¼ inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened, clean paper towel.
4. Secure lids and process in a boiling water bath for 20 minutes (altitudes above 1,000 feet require increased processing time, see [Altitude Adjustments for Home Canning](#) on the SDSU Extension website).

Yield: Makes about 9 pints

Sources: nchfp.uga.edu/how/can_07/plum_conserve.html

Apricot Jam

Ingredients

- 2 quarts crushed and peeled apricots
- ¼ cup lemon juice
- 6 cups sugar

Directions

1. Combine all ingredients in a saucepan and slowly bring to a boil, stirring occasionally until the sugar dissolves.
2. Once the sugar is dissolved, cook rapidly for 25 minutes, stirring frequently.
3. Remove from heat and pour jam into hot and sterilized jars, leaving ¼ inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened, clean paper towel.
4. Secure lids and process in a water bath canner for 5 minutes (altitudes above 1,000 feet require increased processing time, see [Altitude Adjustments for Home Canning](#) on the SDSU Extension website).

Yield: Makes about 10 half-pint jars

Sources: nchfp.uga.edu/how/can_07/apricot_jam.html

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and videos at
extension.sdstate.edu**