



Preserve Today, Relish Tomorrow

UCCE Master Food Preservers of El Dorado County

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Fruit Honey



Waste not, want not! Use peels and cores from your other preserving projects such as apple, pear, or peach pie filling. If your projects are small, freeze your peels and cores until you have a gallon freezer bag stuffed full then use them to make fruit honey.

General method:

Use washed, sound pieces and peelings from fruit used for preserves, pickles, etc. Keep refrigerated (or frozen) until ready to use. Cover with water and cook slowly in a covered saucepot until soft. Then put in a cheesecloth bag and presto remove all juice. Drip the juice through a jelly bag (or another cheesecloth) and measure. Place in a saucepot and heat. When it boils vigorously, add sugar at the rate of $\frac{1}{2}$ as much sugar as juice. Boil rapidly until it is the consistency of honey. Process using the directions below.

Pear Honey

Yield: About 8 half-pint jars

- 8 cups extracted pear juice
- 4 cups sugar
- Juice of 1 lemon (if desired)

Peach Honey

Yield: About 8 half-pint jars

- 8 cups extracted peach juice
- 4 cups sugar

Strawberry Honey

Yield: About 8 half-pint jars

- 8 cups extracted strawberry juice
- 4 cups sugar

Measure juice, bring to a boil. When it boils vigorously, add sugar and lemon juice. Boil rapidly until it is the consistency of honey.

Fill hot jars, leaving ¼" headspace. Wipe the rims clean. Place lids and rings on jars, tightening rings finger-tip tight.

Process half-pint jars in a boiling water bath or atmospheric steam canner for:
0-1000ft. = 10 minutes, 1001-6000 ft. = 15 minutes, above 6000 ft. = 20 minutes.

Before removing canner lid, wait 5 minutes for both boiling water and steam canner, then remove jars, cool, and store. Cool jars for 12-24 hours, wash, label, and store in a cool dark.

Source: So Easy To Preserve, 6th edition



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