



Plums

NUTRITION:	One fresh plum two inches in diameter has 27 calories.
HOW TO SELECT:	Choose tree-ripened fruit or slightly under-ripe. 1-1/2 to 2-1/2 pounds are needed per quart for canning.
STORAGE:	Plums and prunes will ripen in a cool, dry place and will keep well in the refrigerator for up to two weeks or more.
DRYING:	Choose fully ripe sweet fruit. Wash, slice or cut in half. If cut in half, split the backs or prick with a fork to quicken the drying time. Spread on racks and dry at 140-160 degrees F until pliable with no moisture pockets. Drying time is 24-36 hours for halves.
FREEZING:	Select fully ripe fruit that is not soft or mushy. Most fruit has the best flavor, color and food value if tree-ripened. Carefully wash and sort fruit. Discard bruised, shriveled or over-ripe fruit. Cut in halves, quarters, or leave whole. Pack in syrup or freeze without sugar. Use ascorbic acid to retard browning. Freeze in moisture vapor proof containers.
CANNING:	<p><u>WATER BATH CAN</u> Remove stems and wash. To can whole, prick skins on two sides of plums with fork to prevent splitting. Freestone varieties may be halved and pitted.</p> <p><u>Hot Pack.</u> Add plums to hot syrup and boil two minutes. Cover saucepan and let stand 20-30 minutes. Fill jars with hot plums, cover with hot syrup or water. A light syrup is made by combining 9 cups water and 2-1/4 cups sugar. Processing time for pints: 20 minutes, for quarts: 25 minutes at 0-1000 feet in a boiling water bath canner.</p> <p><u>Raw Pack.</u> Fill jars with raw plums, packing firmly. Cover with hot syrup (see above). Processing time for pints: 20 minutes, for quarts: 25 minutes at 0-1000 feet in a boiling water bath canner.</p>
JAMS/JELLIES/ PRESERVES:	<p><u>PLUM JAM WITH POWDERED PECTIN</u> 6 cups crushed plums (about 3-1/2 pounds) 1 package powdered pectin 8 cups sugar</p> <p>To prepare fruit, sort fully ripe plums, wash, cut into pieces, and remove pits. If flesh clings tightly to pits, cook plums slowly in a small amount of water for a few minutes until they are softened, then remove pits. Crush fruit.</p> <p><u>To Can Jam:</u> Measure crushed plums into a kettle. Add pectin and stir well. Place on high heat, stirring constantly, bring quickly to a full boil with bubbles over the entire surface.</p>

Add sugar, continuing to stir, and heat again to a full bubbling boil. Boil hard for one minute. Remove from heat; skim; fill sterile jars and seal containers.

Process five minutes in boiling water bath canner. Makes about nine half-pint jars.

For more information call WSU Skagit County Extension:

360-428-4270

Or visit:

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

**HANDOUT DEVELOPED BY: WSU Master Food Preservers
Under the direction of
Joanne Austin, Skagit County Extension Faculty
WSU Skagit County Extension**