

Acid Levels in Fruit

Each fruit has a certain pH level. Overripe fruit tends to have a lower pH level. If you are using more overripe, try adding some under ripened fruit to help increase the acidity levels.

- **Remember: If you want to safely water bath can fruit, it must have a pH level of 4.6 or LOWER. If the fruit has a higher pH level, you need to increase the acidity level to use a water bath canner.**

Fruit – If Ripe	pH Level	Fruit – If Ripe	pH Level
Apple*	3.2 to 4	Apricot	3.3 to 4.8
Blackberry	3.85 to 4.5	Blueberry	3.12 to 3.33
Cherries	3.2 to 4.54	Chokeberries	3.30 to 3.70
Cranberries	2.30 to 2.50	Curant	2.90
Elderberries	3.80 to 4.50	Figs	5.05 to 5.98
Fruit Cocktail	3.60 to 4.00	Grapes – Based on Type	2.80 to 3.82
Gooseberries	2.80 to 3.10	Grapefruit	3.00 to 3.75
Guava	3.37 to 4.10	Huckleberries – with sugar	3.38 to 3.43
Kiwi	3.61 to 3.75	Kumquat	3.64 to 4.25
Lemons	2.20 to 2.40	Limes	2 to 2.80
Lingonberries	2.95 to 3.18	Loganberries	2.70 to 3.50
Mango	3.40 to 4.80	Mulberries	5.60
Nectarines	3.92 to 4.18	Oranges	3.69 to 4.34
Papaya	5.2 to 6.0	Peaches	3.30 to 4.05
Pears	3.50 to 4.60	Persimmon	4.42 to 4.70
Plums	2.80 to 4.30	Pomegranate	2.93 to 3.2
Pineapple	3.20 to 4.00	Quince	3.12 to 3.40
Raspberries	3.22 to 3.95	Rhubarb	3.1 to 3.40
Strawberries	3.0 to 3.9	Watermelon	5.18 to 5.60

*Apples have varying pH levels, based on the type of apple you pick. [Here is a great website](#) that lists most apple varieties and their specific pH level.

Other Resources:

http://www.pickyourown.org/ph_of_fruits_and_vegetables_list.htm

http://pickyourown.org/food_acidity_ph_list.htm