

# Fruit production chart

Unless you have lots of grateful neighbours or a large freezer it can be frustrating to experience the gluts and dearths of a fruit garden's harvest. Careful planning at the outset and use of various storage methods can, however, keep these peaks and troughs to a minimum.

Crop	J	F	M	A	M	J	J	A	S	O	N	D	Freeze	Jam & Jelly	Dry	Yield
Apples	*	*	*	*				*	*	**	*	*	☼ <sup>1</sup>	☼ <sup>2</sup>	☼	9–13.5kg <sup>i</sup>
Pears	*	*	*	*				*	*	**	*	*	☼ <sup>1</sup>		☼	9–13.5kg <sup>i</sup>
Quinces	*	*							**	*	*	*	☼ <sup>1</sup>	☼	☼	9–13.5kg <sup>i</sup>
Medlars										*	*	*		☼		13.5–18kg <sup>t</sup>
Plums								*	*				☼	☼	☼	9–27kg <sup>i</sup>
Damsons								*	*				☼	☼		9–13.5kg <sup>i</sup>
Gages								*	*				☼	☼	☼	9–22.5kg <sup>i</sup>
Bullaces									*	*			☼	☼		9–13.5kg <sup>i</sup>
Peaches							*	*	*					☼	☼	9–22.5kg <sup>i</sup>
Nectarines							*	*	*					☼	☼	9–22.5kg <sup>i</sup>
Apricots							*	*	*					☼	☼	9–18kg <sup>i</sup>
Cherries						*	*	*						☼	☼	9–22.5kg <sup>i</sup>
Citrus	*	**	*								*	*	☼	☼	☼	2–7kg <sup>i</sup>
Figs								*	*					☼	☼	4.5–9kg <sup>i</sup>
Strawberries					*	*	*	*	*	*			☼	☼	☼	0.5–1kg <sup>p</sup>
Raspberries						*	*	*	*	*	*		☼	☼		1–1.5kg <sup>p</sup>
Blackberries							*	*	*				☼	☼		2kg <sup>p</sup>
Hybrid berries							*	*					☼	☼		2kg <sup>p</sup>
Mulberries							*	*					☼	☼		4.5kg <sup>i</sup>
Blueberries							*	*	*				☼	☼	☼	2–4.5kg <sup>b</sup>
Cranberries									*	*			☼	☼	☼	0.5kg <sup>p</sup>
Ligonberries									*	*			☼	☼	☼	0.5kg <sup>p</sup>
Kiwifruit									*	**	*			☼	☼	2kg <sup>v</sup>
Blackcurrants							*	*					☼	☼		4.5kg <sup>p</sup>
Red currants							*	*					☼	☼		4.5kg <sup>p</sup>
White currants							*	*					☼	☼		4.5kg <sup>p</sup>
Gooseberries						*	*	*					☼	☼		3.5kg <sup>b</sup>
Grapes								*	*	*					☼	2–3.5kg <sup>v</sup>
Melons							*	*	*	*						2–3.5kg <sup>v</sup>
Almonds	*								*	**	*	*				4.5–7kg <sup>i</sup>
Cobnuts	*								*	**	*	*				4.5–7kg <sup>i</sup>
Filberts	*								*	**	*	*				4.5–7kg <sup>i</sup>

\* fresh from plant \* from storage <sup>1</sup> best when cooked first <sup>2</sup> use as a bulking/setting agent <sup>i</sup> per tree <sup>p</sup> per plant <sup>b</sup> per bush <sup>v</sup> per vine

**Freezing** Many fruits such as raspberries and currants freeze very well, and can be defrosted then used in their fresh state. Lay such fruits on a tray so they're not touching, then freeze them; once frozen, bag them up. Others fruits such as plums and gages can be frozen raw but are best cooked before eating, while yet others such as apples and pears are best frozen in their cooked state.

**Preserves** The majority of fruits make excellent jams and jellies. If doing this to use up a glut, don't wait until the fruits are over-ripe because this can impair their setting ability. However, adding fruits with a naturally high pectin content such as apples can assist setting, especially for fruits such as strawberries that contain low levels of this carbohydrate.

**Drying** Drying fruits is a very useful way to preserve them. The fruits once dehydrated can be used in cakes, breads, or similar foodstuffs, or eaten on their own as naturally sweet snack. A food dehydrator is ideal piece for this job – the slatted trays having warm air blown over them for a set period. Alternatively, use a domestic oven on its lowest setting, leaving the door slightly ajar.

**Yield** The expected yield given is for a mature, healthy plant. For tree fruits in particular the yield can be extremely variable depending on the training method chosen – for example, an apple bush will yield much more fruit than an apple cordon. Fruit yield is also very dependent on the year's weather. Consequently a figure has been provided only as a rough guide.