

Preserving Spring Fruits

The quality of food is judged by wholesomeness, its nutritional value, and our expectations of its color, flavor, odor, and texture. The quality of preserved food varies greatly and depends mostly on the quality of the fresh food and preservation methods. High quality preserved foods are free from microbial spoilage and toxins, are pleasing to eat, and are reasonably nutritious.



Food Safety Basics

Wash Hands Frequently

- Personal cleanliness is a must. Wash your hands thoroughly and frequently. *E. Coli* resides in the human nose and intestines. Wash your hands if you rub your nose, or if you wipe your face or skin.
- Bandage any cuts or burns on hands before handling food, or use disposable gloves.



Avoid Cross Contamination

- Rinse all fresh fruits and vegetables well under running water before preparing or eating them.
- ALWAYS wash your hands, knives, cutting boards, and food preparation surfaces well with soapy water before and after any contact with raw meat, fish, or poultry.
- Run sponges through the dishwasher several times a week. Change dishcloths daily.
- Use paper towels to mop up spilled juices from meat, fish or poultry.
- Use a disinfecting solution of 1½ teaspoon of chlorine bleach to 1 pint of water. Dispense with a spray bottle to disinfect countertops, cutting surfaces, sinks, etc. Make a new solution weekly.

When in doubt, throw it out!

- Never taste food that looks or smells strange to see if it can still be used.
- Most bacteria that cause food borne illness are odorless, colorless, and tasteless.

Prevent botulism by following a reputable recipe

- There must be a minimum, uniform level of acid throughout the mixed product to prevent the growth of botulinum bacteria.
- Use a current recipe from one of the sources listed at the end of this publication. Grandma's recipe may not use the correct proportions of water and vinegar or may have assumed a higher level of acidity in the vinegar.

Canning Basics

Canning Processes

- Use an **atmospheric steam canner** or a **boiling water canner** for high acid foods: fruits, pickled and fermented products, jams and jellies.
- Use a **pressure canner** for low acid foods: meats, vegetables, beans and seafood.

Why two different processes? Low acid foods must be pressure canned because *Clostridium botulinum*, the bacteria that causes botulism, is a spore former. When conditions are not favorable for the organism to grow (high acidity, oxygen, dryness, and low/high heat.), the bacterial cell forms a protective structure called a spore. It takes a higher temperature than boiling to destroy the spores: 240° - 250°F. If you do not destroy the spores in low acid canned foods they will germinate and produce fatal toxins in the food when it is stored on the shelf. High acid foods have enough acidity to destroy spores.

The USDA does not recommend the open kettle method of canning because it does not prevent all risks of spoilage. (Open kettle canning is putting hot food in hot jars, sealing it with a lid and then not processing it in a canner.)

Raw-Pack vs. Hot-Pack Methods

Filling jars with raw, unheated food prior to heat processing is called the raw-pack method. The preferred method, filling jars with preheated, hot food prior to heat processing, is called the hot-pack method. Benefits include a tighter pack and, because food expels air when heated, less float.

Jars

Check jars, lids and bands for high quality. Wash jars, lids and bands in hot, soapy water. Rinse well. Dry bands.

Heat home canning jars in hot water, not boiling, until ready for use. Fill a large saucepan or stockpot half-way with water. You may also place them in your canner. Place jars in water (filling jars with water from the saucepan will prevent flotation). Bring to a simmer over medium heat. Keep jars hot until ready for use. You may also use a dishwasher to wash and heat jars. Keeping jars hot prevents them from breaking when hot food is added. Leave lids and bands at room temperature for easy handling.

Headspace

Headspace is the completely empty space left in the jar underneath the lid and above the food. Headspace allows for food to expand during canning without being forced out from under the lid during processing. Recommended amounts also allow for good vacuums to be formed for holding lids in place and good food quality to be maintained during storage.

Recipes

Strawberry Vinegar*Yield: About 12 4-ounce or 6 8-ounce jars*

4 cups whole strawberries, washed and stemmed.

5 cups white distilled vinegar

1. Place strawberries in a large glass bowl. Add enough vinegar to cover the strawberries (about 1 cup).
2. Using a potato masher, lightly crush strawberries. Add remaining vinegar, stirring to combine.
3. Cover tightly with plastic wrap and let stand in a dark, cool place (70°F to 75°F) for 1 to 4 weeks, stirring every 2 to 3 days. Taste weekly until desired strength is achieved.
4. Strain liquid from strawberries by layering several layers of cheesecloth over a large stainless steel saucepan. Strain without squeezing cheesecloth. Discard cheesecloth and residue. Liquid should be red and clear (no pulp).
5. Place strawberry vinegar in a clean, large stainless steel saucepan over medium heat and heat vinegar until it reaches 180 degrees F.
6. Ladle hot vinegar into hot jars leaving 1/4-inch headspace. Wipe rim and apply two-piece metal canning lids.
7. Process in a steam or boiling water canner for 10 minutes at 0-1000', 15 minutes at 1,001 -3,000', 20 minutes at 3,001 – 6,000', 25 minutes above 6,000' elevation.

Source: Adapted from: Ball "Complete Book of Home Preserving"

Fruit Shrub*Yield: About 1 pint*

1 cup crushed fruit (such as strawberries, peaches, apricots, grapes, plums, berries, or cherries)

1 cup sugar

1 cup vinegar (such as unfiltered apple cider, balsamic, sherry, or red wine vinegar)

1-quart canning jar

1-pint canning jar

1. Combine crushed fruit and sugar in a 1-quart canning jar.
2. Cover and shake to combine.
3. Chill 1 to 3 days or until sugar dissolves and fruit releases its juice.
4. After 1 to 3 days, pour fruit mixture through a wire-mesh strainer into a 2-cup glass measuring cup, pressing with the back of a spoon to release as much juice as possible (about 3/4 cup); discard solids. Stir in vinegar. Transfer mixture to a 1-pint jar. Cover with lid and chill 2 weeks before serving.

Source: ballmasonjars.com

Note: Serve over ice with seltzer with one part shrub and 3 parts seltzer

Strawberry Banana Freezer Jam*Yield: about 5 (8 oz) half-pints*

- 3 large bananas
- 3 cups crushed strawberries (about 1-1/2 quarts)
- 1-1/2 cups sugar
- 1 pouch freezer Instant Pectin (5 tablespoons)

1. Preheat oven to 400 degrees F.
2. Cover a baking sheet with aluminum foil. Place bananas on baking sheet; do not peel.
3. Bake for 15 minutes at 400 degrees F.
4. Cool, peel and crush bananas. Measure 1 cup of crushed bananas.
5. Combine bananas and strawberries in a medium bowl; set aside.
6. Stir sugar and pectin together in a large bowl until well blended.
7. Add fruit mixture to sugar mixture and stir 3 minutes.
8. Ladle jam into plastic freezer jars, leaving 1/2-inch headspace. Adjust caps.
9. Let jam stand for 30 minutes to thicken. Label and freeze.

Source: Ball Blue Book

Dried Strawberry Slices

1. Wash and hull firm, fresh berries and drain well.
2. Slice berries 1/4-inch to 3/8-inch thick and place on fine-mesh drying trays.
3. Set dehydrator to 135 degrees F. Approximate Drying Time: 7-15 hours
4. Conditioning – 4-10 days after drying
 - Place cooled, dry fruit loosely in plastic or glass containers, about two-thirds full
 - Stir or shake containers daily to keep pieces separated
5. Package dried fruits in tightly sealed containers and store in a cool, dry place

Source: www.excalibur.com

Strawberry Fruit Leather*Yield: 2 Leathers*

- 4 cups strawberries, hulled
- 1/2 to 1 cup water, as needed
- 1 tablespoon corn syrup
- 1 tablespoon lemon juice
- 1 teaspoon cornstarch

1. In a blender, combine the ingredients, starting with 1/2 cup water and blend until smooth; add more water if needed to get the proper applesauce-like consistency.
2. Pour puree into a small saucepan, bring to a boil, reduce the heat to medium and let simmer for 2 minutes.
3. Let cool, then pour 1 cup puree per leather in strips on a drying sheet set in a dehydrator tray. Slap the tray on the counter a couple times to level the liquid.
4. Dehydrate at 125 degrees F. until the leathers easily peel off the drying sheet; about 10 to 12 hours.
5. Peel the leathers off the drying sheet and place them on the mesh rack of the dehydrator tray itself and then back into the dehydrator for another 2 to 3 hours.

Source: The Ultimate Dehydrator Cookbook

Storing Leathers

Leather can be rolled up in plastic wrap or parchment paper (this is best done while the leather is still warm) or can be placed flat in an individual zip top plastic bag. Or you can stack multiple leathers in a large zip top bag or airtight container, with sheets of parchment paper inserted between them to keep them from sticking. Store in a cool, dry place; they will keep for up to a year.

Strawberry Rosé Leather

2-1/2 cups sliced strawberries
1/3 cup applesauce
1/4 cup rosé wine
1/2 teaspoon lemon juice

1. Blend all ingredients in a blender until smooth.
2. Line your dehydrator tray with a fruit leather tray or plastic wrap.
3. Spread the puree evenly onto trays keeping it approximately 1/8"-1/4" thick throughout. If using a leather tray without sides, keep fruit leather puree about 2-inches from the edges to avoid any run-off.
4. Dry at 135°F for 5-9 hours until dry but flexible. It should peel up from your tray easily.

Source: www.excaliburdehydrator-recipes.com/recipe/strawberry-rose-leather/

Strawberry Lemonade Concentrate

Yield: about 7 (16 oz) pints

6 cups hulled strawberries
4 cups freshly squeezed lemon juice
6 cups granulated sugar

1. Puree strawberries in a blender or food processor fitted with a metal blade, working in batches, until smooth. Transfer to a large stainless steel saucepan as completed.
2. Add lemon juice and sugar to strawberry puree, stirring to combine. Heat to 190° F. over medium-high heat, stirring occasionally. Do not boil. Remove from heat and skim off foam.
3. Ladle hot concentrate into hot jars leaving 1/4-inch headspace. Wipe rim. Center lid on jar. Apply band until it is fingertip tight. Place jar in boiling water canner. Repeat until all jars are filled.
4. Process in a steam or boiling water canner for 15 minutes at 0-1000', 20 minutes at 1,001 -3,000', 25 minutes at 3,001 – 6,000', 30 minutes above 6,000' elevation.

Quick tip: To reconstitute, mix one part concentrate with three parts water, tonic water or ginger ale. Adjust concentrate to suit your taste.

Source: Ball Complete Book of Home Preserving

Strawberry Margarita Preserves*Yield: about 6 (8oz) half-pint jars*

6 cups halved hulled strawberries
2 cups chopped cored peeled tart apples
1/4 cup lemon juice
4 cups granulated sugar
1/2 cup tequila
1/2 cup orange-flavored liqueur
2 tablespoons strawberry schnapps (optional)

1. In a large, deep stainless-steel saucepan, combine strawberries, apples, and lemon juice. Bring to a boil over high heat, stirring constantly. Add sugar stirring until dissolved. Reduce heat and boil gently, stirring frequently, until mixture thickens, about 25 minutes.
2. Remove from heat and test gel. If gel stage has been reached, stir in tequila, orange-flavored liqueur and strawberry schnapps, if using. Return to medium-high heat and bring to a boil, stirring constantly. Boil hard, stirring constantly, for 5 minutes. Remove from heat and skim off foam.
3. Ladle hot preserves into hot jars, leaving 1/4-inch headspace. Remove air bubbles and adjust headspace if necessary. Wipe rims with a dampened clean paper towel; adjust two-piece metal canning lids until fit is fingertip tight.
4. Process jars in either boiling water or steam canner for 10 minutes at 0-1,000 feet elevation, 15 minutes between 1,001-3,000 feet, 20 minutes between 3,001-6,000 feet, 25 minutes between 6,001-8,000 feet, and 30 minutes between 8,001-10,000 feet.

Source: Ball Complete Book of Home Preserving, 2020

Sweet and Sour Pineapple Jam*Yield: About 4 1/2 pints*

4 cups chopped fresh pineapple from 1 to 2 large pineapple
1/2 cup orange juice
1/2 cup water
1/2 cup apple cider vinegar
1/2 teaspoon salt
1/2 teaspoon chili powder or a pinch of cayenne (optional)
3 tablespoons low or no sugar added pectin
1 cup sugar substitute (erythritol and stevia blend)

1. Combine pineapple, orange juice, water, (8 oz) and vinegar in a medium saucepan. Blend, using an immersion blender, until pineapple is crushed (you can also do this step in the bowl of a food processor). Add salt, chili powder and pectin; bring mixture to a full rolling boil that cannot be stirred down, stirring constantly.
2. Add sugar substitute all at once, stirring to dissolve. Return mixture to a full rolling boil that cannot be stirred down. Boil hard 1 minute, stirring constantly. Remove from heat.
3. Ladle hot jam into a hot jar leaving a 1/4-inch headspace. Remove air bubbles. Wipe jar rim. Center lid on jar and apply band, adjust to fingertip tight. Place jar in boiling water canner. Repeat until all jars are filled.
4. Process jars in either boiling water or steam canner for 10 minutes at 0-1,000 feet elevation, 15 minutes between 1,001-3,000 feet, 20 minutes between 3,001-6,000 feet, 25 minutes between 6,001-8,000 feet, and 30 minutes between 8,001-10,000 feet.

Source: ballmasonjars.com

Sweet & Sour Pineapple Chicken Sheet Bake
Using Sweet and Sour Pineapple Jam

Yield: 4 servings

For the Marinade:

1 8oz jar *Sweet and Sour Pineapple Jam*
1/3 cup soy sauce or tamari
1/4 cup rice vinegar
3 tablespoons brown sugar (or sugar substitute)

2 teaspoons gochujang, chili paste or chili crisp
2 cloves of garlic, minced
1 tablespoon grated fresh ginger

For the Chicken:

8 boneless chicken thighs
1 lb. pearl onions, peeled
1 bunch of broccolini, stems trimmed and peeled
12 mini red peppers, halved or 1 large red pepper cut into chunks

1-1/2 cups fresh pineapple chunks, or chunks, drained, from 1 can of pineapple
2 tablespoons vegetable oil
2 teaspoons sesame oil
1 teaspoon salt

1. Whisk marinade ingredients together in a small bowl.
2. Lay chicken thighs in a single layer in a non-reactive dish, pour ½ the marinade over, rubbing it into thighs, cover dish. Place in refrigerator to marinate for at least 1 hour. Set aside other half of marinade for basting.
3. Pre-heat oven to 425 degrees F.. Line a large rimmed baking sheet with foil.
4. Bring a small saucepan of water to a boil, add peeled onions and boil for 5 minutes. Drain and set onions aside.
5. Toss onions, peppers, broccolini and pineapple in a large bowl with both oils, sprinkle with salt.
6. Place chicken thighs, skin side up, on baking sheet leaving room between them. Surround thighs with vegetables and pineapple; thighs will shrink down during cooking leaving plenty of room. Place in the pre-heated oven and roast for 15 minutes.
7. Remove tray and carefully drain off any accumulated liquid, using the foil to create a spout in the corner helps. Baste chicken and vegetables with marinade, turning broccoli over, and return to oven. Roast another 15-20 minutes, until vegetables and thighs begin to brown (a thermometer inserted into a thigh should read 165 degrees F. Remove and serve. Best served over white rice.

Source: ballmasonjars.com

Apricot and Chile Pepper Leather

Yield: 2 leathers

2 cups chopped fresh apricots
1/4 cup water, or as needed
1/2 fresh chile pepper, seeded

2 tablespoons lemon juice
1 teaspoon cornstarch

1. In a blender, combine all ingredients and blend until smooth, with an applesauce like consistency.
2. Pour the puree into a small saucepan, bring to a boil, reduce the heat to medium, and simmer for 2 minutes.
3. Let cool, then pour 1 cup of puree per leather into strips on a drying sheet set on a dehydrator tray. Slap the tray on the counter a couple times to level the liquid.
4. Dehydrate at 125 degrees F. until the leathers easily peel off the drying sheet, 10-12 hours.
5. Peel the leathers off the sheet and place them on the mesh rack of the dehydrator tray, then place back into the dehydrator for another 2 to 3 hours.

Storing Leathers

Leather can be rolled up in plastic wrap or parchment paper (this is best done while the leather is still warm) or can be placed flat in an individual zip top plastic bag. Or you can stack multiple leathers in a large zip top bag or airtight container, with sheets of parchment paper inserted between them to keep them from sticking. Store in a cool, dry place; they will keep for up to a year.

Source: The Ultimate Dehydrator Cookbook

Apricot-Orange Conserve

Yield: 6 8 oz jars

3-1/2 cups, chopped, pitted and peeled apricots
(about 12 medium) 2 tablespoons lemon juice
2 tablespoons finely grated orange peel 3-1/2 cups sugar
1-1/2 cups orange juice (about 3 medium) 1/2 cup chopped walnuts

1. Combine apricots, orange peel, orange juice and lemon juice in a large saucepot.
2. Add sugar, stirring until dissolved.
3. Cook rapidly almost to a gelling point.
4. As the mixture thickens, stir frequently to prevent sticking.
5. Add nuts during the last 5 minutes of cooking; stir well.
6. Remove from heat and ladle hot conserve into hot jars leaving 1/4-inch headspace.
7. Remove air bubbles, Adjust two piece lids and rings
8. Process jars in either boiling water or steam canner for 10 minutes at 0-1,000 feet elevation, 15 minutes between 1,001-3,000 feet, 20 minutes between 3,001-6,000 feet, 25 minutes between 6,001-8,000 feet, and 30 minutes between 8,001-10,000 feet.

Source: Ball Blue Book.

Apricot Jam

Yield: approx. 6 8 oz jars

An easy way to enjoy the flavor of fresh apricots throughout the year.

3-1/2 cups finely chopped apricots (about 30 medium)
1/3 cup bottled lemon juice
1, 3-oz pouch Ball® Liquid Pectin
1/2 teaspoon butter or margarine, optional
5-3/4 cups sugar

1. Combine prepared apricots with lemon juice and sugar in a 6- or 8-quart saucepan. Add up to 1/2 teaspoon butter or margarine to reduce foaming, if desired. Bring mixture to a full rolling boil that cannot be stirred down, over high heat, stirring frequently.
2. Add pectin, immediately squeezing entire contents from pouch. Continue hard boil for 1 minute, stirring constantly. Remove from heat.
3. Ladle hot jam into hot jars leaving 1/4-inch headspace. Wipe rim. Center lid on jar. Apply band and adjust until fit is fingertip tight. Place jar in boiling water canner or atmospheric steam canner.
4. Process jars in either boiling water or steam canner for 10 minutes at 0-1,000 feet elevation, 15 minutes between 1,001-3,000 feet, 20 minutes between 3,001-6,000 feet, 25 minutes between 6,001-8,000 feet, and 30 minutes between 8,001-10,000 feet.

Source: adapted from www.ballmasonjars.com

Mango Chutney*Yield: about 6 8 oz jars*

- | | |
|--|---|
| 4 cups chopped, peeled, pitted mangoes (5-6 medium) | 1 cup apple cider vinegar |
| 1 cup coarsely chopped yellow onions | 1/2 cup grated gingerroot, |
| 3/4 cup golden raisins | 1/2 cup molasses |
| 1/2 cup each: peeled, seeded and chopped lime and orange | 1 tablespoon mustard seed |
| 1/4 cup peeled, seeded and chopped lemon | 2 teaspoons finely chopped cilantro |
| 3 cloves garlic, minced | 1 teaspoon each: dried red pepper flakes, ground cinnamon |
| 1 cup dark brown sugar | 1/4 teaspoon each: ground cloves, ground allspice |

1. In a large stainless steel saucepan, combine mangoes, onions, raisins, lime, orange, lemon, garlic, brown sugar, vinegar, gingerroot and molasses in a large, deep stainless steel saucepan. Bring to a boil over medium-high heat, stirring constantly.
2. Reduce heat and boil gently, stirring frequently for 20 minutes. Add cilantro, mustard seeds, hot pepper flakes, cinnamon, cloves and allspice. Boil gently, stirring frequently, until thick enough to mound on a spoon, about 10 more minutes.
3. Ladle hot chutney into a hot jar to within 1/2-inch of top of jar. Using nonmetallic utensil, remove air bubbles and adjust headspace, if required, by adding more chutney. Wipe jar rim removing any food residue. Wipe rims of jars with a dampened, clean paper towel; apply two-piece metal canning lid
4. Process jars in either boiling water or steam canner for 10 minutes at 0-1,000 feet elevation, 15 minutes between 1,001-3,000 feet, 20 minutes between 3,001-6,000 feet, 25 minutes between 6,001-8,000 feet, and 30 minutes between 8,001-10,000 feet.

*Source: adapted from Ball Complete Book of Home Canning***Mango Salsa***Yield: About 6 half-pint jars*

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|--|-----------------------------------|
| 6 cups diced unripe mango (about 3 to 4 large, hard green mangoes) | 2 teaspoons finely chopped garlic |
| 1-1/2 cups diced red bell pepper | 2 teaspoons finely chopped ginger |
| 1/2 cup finely chopped yellow onion | 1 cup light brown sugar |
| 1/2 teaspoon crushed red pepper flakes | 1-1/4 cups cider vinegar (5%) |
| | 1/2 cup water |

Caution: Handling green mangoes may irritate the skin of some people in the same way as poison ivy. (They belong to the same plant family.) To avoid this reaction, wear plastic or rubber gloves while working with raw green mango. Do not touch your face, lips or eyes after touching or cutting raw green mangoes until all traces are washed away.

1. Wash all produce well. Peel and chop mango into 1/2-inch cubes. Dice bell pepper into 1/2-inch pieces. Finely chop yellow onions.
2. Combine all ingredients in an 8-quart Dutch oven or stockpot. Bring to a boil over high heat, stirring to dissolve sugar. Reduce to simmering, and simmer 5 minutes.
3. Fill hot solids into clean, hot half-pint jars, leaving 1/2-inch headspace. Cover with hot liquid, leaving 1/2-inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened, clean paper towel; apply two-piece metal canning lids.
4. Process jars in either boiling water or steam canner for 10 minutes at 0-1,000 feet elevation, 15 minutes between 1,001-6,000 feet, 20 minutes over 6,000 feet.

Source: So Easy to Preserve

Spring Conserve*Yield: 7 half-pint jars*

1-1/2 cups crushed pineapple, including juice (canned or fresh)
1-1/2 cups crushed hulled strawberries
1-1/4 cups chopped rhubarb
1/2 cup raisins
Grated zest and juice of 1 lemon
1 package regular powdered fruit pectin (1.75 oz)
6-1/2 cups sugar
1/2 cup chopped pecans

1. In a large saucepan, combine pineapple, strawberries, rhubarb, raisins and lemon juice.
2. Whisk in the pectin until it has dissolved. Bring to a boil over high heat, stirring frequently.
3. Add the sugar all at once and return to a full rolling boil, stirring constantly. Boil hard, stirring constantly for 1 minute. Remove from heat and stir in pecans.
4. Ladle hot conserve into hot jars, leaving 1/4-inch headspace. Remove air bubbles and adjust headspace if needed. Wipe the rims of the jars and center on the lid. Screw on the band to fingertip tight.
5. Process jars in either boiling water or steam canner for 10 minutes at 0-1,000 feet elevation, 15 minutes between 1,001-3,000 feet, 20 minutes between 3,001-6,000 feet, 25 minutes between 6,001-8,000 feet, and 30 minutes between 8,001-10,000 feet..

Source: adapted from The Ball Complete Book of Home Preserving

Danish Cherry Sauce*Yield: 3 pints*

1-1/2 cups granulated sugar
3 cinnamon sticks (each about 4 inches)
1-1/2 teaspoons almond extract
1 cup water
3/4 cup corn syrup
7-1/2 cups pitted sweet or sour cherries

1. Prepare canner, jars, and lids.
2. In a large stainless steel saucepan, combine sugar, cinnamon sticks, almond extract, water, and corn syrup. Bring to a boil over medium-high heat, stirring constantly. Reduce heat to a gentle boil. Add cherries and boil gently, stirring until heated thoroughly. Discard cinnamon sticks.
3. Ladle hot cherries and syrup into hot jars, leaving 1/2-inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot syrup. Wipe rim. Center lid on jar. Screw band down until resistance is met, then increase to fingertip tight.
4. Process in a boiling water or atmospheric steam canner for 10 minutes at 0-1,000 feet elevation, 15 minutes at 1,001-3,000 feet, 20 minutes at 3,001-6,000 feet, 25 minutes at 6,001-8,000
5. Let cool undisturbed 12-24 hours. Clean, label and store sealed jars in a cool, dry location.

Source: Ball Complete Book of Home Preserving, 2012 page 186

Cherry Pie Filling (quantities for 1 quart or 7 quarts)

	<i>Quantities of Ingredients Needed for</i>	
	<u>1 Quart</u>	<u>7 quarts</u>
Fresh or thawed sour cherries	3-1/2 cups	6 quarts
Granulated sugar	1 cup	7 cups
Clear Jel	1/4 cup + 1 tablespoon	1-3/4 cups
Cold water	1-1/3 cups	9-1/3 cups
Bottled lemon juice	1 tablespoon + 1 teaspoon	1/2 cup
Cinnamon (optional)	1/8 teaspoon	1 teaspoon
Almond extract (optional)	1/4 teaspoon	2 teaspoons
Red food coloring (optional)	6 drops	1/4 teaspoon

1. Select fresh, very ripe, and firm cherries. Unsweetened frozen cherries may be used. If sugar has been added, rinse it off while the fruit is still frozen. Rinse and pit fresh cherries and hold in cold water. To prevent stem end browning, use ascorbic acid solution.
2. Prepare canner, jars, and lids.
3. For fresh fruit, place 6 cups at a time in 1 gallon boiling water. Boil each batch 1 minute after the water returns to a boil. Drain but keep heated fruit in a covered bowl or pot.
4. Combine sugar and Clear Jel in a large saucepan and add water. If desired, add cinnamon, almond extract, and food coloring. Stir mixture and cook over medium high heat until mixture thickens and begins to bubble. Add lemon juice and boil 1 minute, stirring constantly.
5. Fold in drained cherries immediately and fill jars with mixture without delay, leaving 1-inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims jars with a dampened clean paper towel. Wipe rim. Center lid on jar. Screw band down until resistance is met, then increase to fingertip tight.
6. Process in a boiling water or atmospheric steam canner for 30 minutes at 0-1,000 feet elevation, 35 minutes at 1,001-3,000 feet, 40 minutes at 3,001-6,000 feet, 45 minutes above 6,001 feet.
7. Let cool undisturbed 12-24 hours. Clean, label and store sealed jars in a cool, dry location.

Source: adapted from the "Complete Guide to Home Canning," Agriculture Information Bulletin No. 539, USDA, revised 2015

Freezer Cherry Jam

Yield: 2 half pints

1-2/3 cups cherries, stems and pits removed, finely chopped
 2/3 cup sugar
 2 tablespoons Ball Instant Pectin

1. Stir together sugar and pectin in a bowl. Add cherries.
2. Stir 3 minutes.
3. Ladle jam into clean freezer jars. Leave 1/2-inch headspace to allow for food expansion.
4. Let stand 30 minutes.
5. Refrigerate up to three weeks. Freeze up to 1 year.

Source: Ball leaflet, Real Fruit Instant Pectin

Pickled Sweet Cherries*Yield: 3 pints*

1-1/4 cups white vinegar
1-1/4 cups granulated sugar
1/4 cups water
2 cinnamon sticks
2 teaspoons whole cloves
1 teaspoon whole allspice
2 lbs. dark, sweet cherries, with stems

1. Combine all ingredients except cherries in a non-reactive sauce pan.
2. Bring to a boil, reduce heat and boil gently, uncovered, for 20 minutes.
3. Remove hot jars from the canner and pack cherries into jars.
4. Pour hot syrup over cherries to within 1/2-inch of jar rim (headspace).
5. Process jars in either boiling water or steam canner for 15 minutes at 0-1,000 feet elevation, 20 minutes between 1,001-3,000 feet, 25 minutes between 3,001-6,000 feet, 30 minutes between 6,001-8,000 feet, and 35 minutes between 8,001-10,000 feet.

Variations: If you want a more savory syrup simple replace the spices in the above recipe with the following: 20 black peppercorns 2 bay leaves If you like a Thai influence try replacing the spice with this mixture: 1 teaspoon Szechuan peppercorns 3 cinnamon sticks 3 bay leaves 3 pieces of star anise 2 teaspoons whole cloves 1 teaspoon whole fennel seeds

Rhubarb Strawberry Pie Filling*Yield: 5 pints*

3 large apples, peeled and finely chopped
1 tablespoon grated orange zest
1/4 cup freshly squeezed orange juice
7 cups sliced rhubarb (1-inch slices)
2 cups granulated sugar
4 cups halved hulled strawberries

1. In a large stainless steel saucepan, combine apples and orange zest and juice. Stir to coat apples thoroughly. Stir in rhubarb and sugar. Bring to a boil over medium-high heat, stirring constantly. Reduce heat and boil gently, stirring frequently, until rhubarb is tender, about 12 minutes. Add strawberries and return to a boil. Remove from heat.
2. Ladle hot pie filling into hot jars, leaving 1-inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot filling. Wipe rim. Center lid on jar. Screw band down until resistance is met, then increase to fingertip tight.
3. Process: 15 minutes in a boiling water canner or atmospheric steam canner for altitudes under 1,000 feet 20 minutes for 1,000-3,000 feet 25 minutes for 3,001-6,000 feet 30 minutes above 6000 feet.

TIPS:

- To ensure they maintain their shape and texture, select a variety of apples suitable for cooking, such as Golden Delicious, Granny Smith, Jonathan-gold, Lady or Rome Beauty.
- If using fresh strawberries, wash and drain thoroughly.
- If using frozen strawberries, measure whole berries, thaw, drain and reserve liquid. Measure liquid and substitute for an equal quantity of the liquid called for in the recipe.

Source: Ball Complete Book of Home Preserving, 2012

Apricots-Halved or Sliced

Quantity: 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. A bushel weighs 50 pounds and yields 20 to 25 quarts-an average of 2¼ pounds per quart.

Quality: Select firm, well-colored mature fruit of ideal quality for eating fresh.

1. Wash fruit well if skins are not removed. (Optional procedure for removal of skins - Dip washed fruit in boiling water for 30 to 60 seconds until skins loosen. Dip quickly in cold water and slip off skins.)
2. Cut prepared apricots in half, remove pits and slice if desired. To prevent darkening, keep peeled fruit in ascorbic acid solution.
3. Prepare and boil a very light, light, or medium syrup or pack apricots in water, apple juice, or white grape juice.

Hot pack – In a large saucepan place drained fruit in syrup, water, or juice and bring to boil. Fill jars with hot fruit and cooking liquid, leaving ½-inch headspace. Place halves in layers, cut side down.

Raw pack – Fill jars with raw fruit, cut side down, and add hot water, juice, or syrup, leaving ½-inch headspace. Note: Raw packs make poor quality apricots.

4. Adjust lids and process.
5. Processing directions for canning apricots in a boiling-water canner or atmospheric steam canner are:

Process Time at Altitudes of					
Style of Pack	Jar Size	0 - 1,000 ft	1,001 - 3,000 ft	3,001 - 6,000 ft	Above 6,000 ft
Hot	Pints	20 min	25	30	35
	Quarts	25	30	35	40
Raw	Pints	25	30	35	40
	Quarts	30	35	40	45

Source: adapted from National Center for Home Food Preservation

Syrups for Canning Fruit

Adding syrup to canned fruit helps to retain its flavor, color, and shape. It does not prevent spoilage of these foods. The guidelines for preparing and using syrups (Table 1) offer a new "very light" syrup, which approximates the natural sugar content of many fruits. The sugar content in each of the five syrups is increased by about 10 percent. Quantities of water and sugar to make enough syrup for a canner load of pints or quarts are provided for each syrup type.

Procedure: Heat water and sugar together. Bring to a boil and pour over raw fruits in jars. For hot packs, bring water and sugar to boil, add fruit, reheat to boil, and fill into jars immediately.

Other sweeteners: Light corn syrups or mild-flavored honey may be used to replace up to half the table sugar called for in syrups.

Table 1. Preparing and using syrups.

		Measures of Water and Sugar				
Syrup Type	Approx. % Sugar	For 9-Pt Load (1)		For 7-Qt Load		Fruits Commonly packed in syrup (2)
		Cups Water	Cups Sugar	Cups Water	Cups Sugar	
Very Light	10	6-1/2	3/4	10-1/2	1-1/4	Approximates natural sugar levels in most fruits and adds the fewest calories.
Light	20	5-3/4	1-1/2	9	2-1/4	Very sweet fruit. Try a small amount the first time to see if your family likes it.
Medium	30	5-1/4	2-1/4	8-1/4	3-3/4	Sweet apples, sweet cherries, berries, grapes.
Heavy	40	5	3-1/4	7-3/4	5-1/4	Tart apples, apricots, sour cherries, gooseberries, nectarines, peaches, pears, plums.
Very Heavy	50	4-1/4	4-1/4	6-1/2	6-3/4	Very sour fruit. Try a small amount the first time to see if your family likes it.

1. This amount is also adequate for a 4-quart load.
2. Many fruits that are typically packed in heavy syrup are excellent and tasteful products when packed in lighter syrups. It is recommended that lighter syrups be tried, since they contain fewer calories from added sugar.

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