

PRESERVING

CANNING TIPS For acidic foods like fruit, tomatoes or pickles, can use any large pot with rack.

- * Use Water Bath (boiling water over jars) or Steam Canning (Boiling water under rack).
- * Clean jars with modern canning lids no longer need to be sterilized. Room temp best. Not cold.
- * Use wide-mouth funnel to fill jars & a “jar grabber” to move hot jars. Lids - not too tight.
- * Fill jars with heated fruit, or sometimes with cold fruit, covered by boiling water. Sugar optional.
- * Processing: Start timing at max boil, For steam canner, when steady steam escapes from lid.
- * Elevation: Add 5 min above 1000 ft. Add 10 min above 3000 ft. Add 15 min above 6000 ft.



FLASH FREEZING FRUIT for smoothies or any later use. Rinse. Remove pits. Cut up if desired. For fruit that browns, place in a bowl of lemon water (1 Qt water with 1 Tbs lemon juice or Fruit Fresh). Drain & set on trays to freeze in single layers. When frozen, put in freezer ziplock bags, rolling to remove air.



SOUR CHERRY FREEZER JAM Pick cherries with stems on, so they will stay fresh. No need to sterilize, just set out 5 clean 1 cup jars & lids. Stem & pit cherries. Finely chop until you have 2 cups. Pour into a large bowl. Stir in 4 C sugar. Let stand 10 min, stirring occasionally. In a small saucepan, mix 3/4 C water & 1 box Sure-Jell pectin. Bring to boil on high heat, stirring constantly. Cook & stir 1 min. Add to fruit mixture; stir 3 min. Fill containers immediately to within 1/2 inch of tops for plastic containers, or 1 inch for glass. Wipe top edges of containers & cover with lids. Let stand at room temperature 24 hrs. Refrigerate 3 weeks or freeze 1 year.



PEAR BUTTER For fruit butters, you get more fruit & less sugar. Our favorite! Chop pears & put in lemon water (no need to peel). When you have 10 cups, drain & put in a slow cooker with 1 star anise, 2 T C chopped fresh ginger (1 T dry), 2 C water & 1 C lemon juice. When soft, use an immersion blender or masher to make more smooth. Add 1/2 tsp ground cardamom, 1/2 tsp nutmeg, 1 tsp lemon zest & sugar only if needed. Stir occasionally, cooking on low until thick & darkening. Use a screen to prevent splatters. Put into clean jars & process in hot water bath for 10 min, more for elevation. **PLUM BUTTER** Our dark plums need no sugar. Cinnamon & cloves optional. We used a strong blender, then strained plums through a food mill & into the pot. **APRICOT BUTTER** Throw in a chunk of ginger (or pureed ginger from a jar), honey & a pinch of salt. Or try Allspice, ginger and turmeric. To prevent browning, add 1/4 tsp citric acid or 1 Tbs lemon juice per pint.



RAW FRUIT JAM Buy instant pectin (I like the kind without sugar, then add your own). Follow directions on label: Peel & cut pears, place in lemon water to retain color. Smash fruit, then add mixture of sugar & pectin. Stir 3 minutes. Place in jars with 1 inch space on top. Set on counter for 30 min, then in the freezer. No cooking! Works great with fruits that are easy to smash. We love **Raw Pear Freezer Jam!**

For Ball Freezer Pectin: 3 1/3 C smashed fruit. Add 1 1/3 C sugar + 1/4 C pectin



PLUM JELLY Wash 5 1/2 pounds plums. Cut in half, remove pits, then add to pot. Add 4 cups water & boil for 30 min. Use an immersion blender until smooth. (The plums can also be put in a blender before adding to the pot). Add 1 box pectin & stir well. Add 7 C sugar & bring to a rolling boil. Boil 1 min, stirring constantly. Remove from heat & skim off foam. Ladle into hot, sterilized jars, leaving 1/4 inch on top. Seal with clean & dry lids, & process in a water bath canner for 5 or 10 minutes. Or, try a steam canner. Makes about 5 pints.

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REFRIGERATOR PICKLES If you have fresh dill heads, put 5 or 6 in the bottom of a gallon jar, or use 2 Tbs dill seed. Thickly slice cucumbers to fill the jar. Pour over the top, 1/2 C kosher salt, 3 C sugar, 2-4 cups apple cider vinegar, 6-8 cloves minced garlic. Optional to add 1/2 Tbs mustard seeds & 1/3 C dry minced onion. Stir until dissolved & add water to top. Let set on counter for 24 hrs, then store in the fridge. If you add more cucumbers then dig down to the bottom to get some to eat.



PLUM SAUCE & APRICOT SYRUP We like to freeze syrups in plastic bottles to squeeze onto French Toast! For **Plum Sauce**, simply pit & half the plums & puree in a blender. Add water if necessary. Strain into a pot, through a food mill, if necessary. Freeze in squeeze bottles. Or to process, add 2 Tbs lemon juice for every 4 C fruit (to prevent bacteria). Can add cinnamon, cloves, honey or sugar. Boil 1 min or until sugar dissolves. Pour into jars & process for 10+ minutes.

Apricot Syrup, For every 2 C of Apricots in the blender, add up to 1/2 C water to blend. Pour into pan. Add 1/2 tsp Allspice or ginger & 1/4 C brown sugar. Boil & stir for 1 min. Remove from heat & add 1 tsp lemon juice. Pour into clean bottles for processing, or freeze in squeeze bottles.



SPICED APRICOT JAM Have clean jars & lids next to the stove, to fill 4 1/2 pints. Wash & chop 6 C apricots. Pour into large pot. Add 1/2 tsp allspice, 1/4 tsp ginger, 1/4 tsp turmeric, 1 T butter, zest of 1 lime & 1 Tbs lime juice (more mild than lemon juice). In a small bowl, mix 1/4 C sugar & 1 (pink) box Low Sugar Sure-Jell. Sprinkle over fruit & mix well. To the small bowl, add 4 1/4 C sugar & set aside. Heat pot on high, stirring constantly until Full Boil. Add the sugar & keep stirring until Full Boil again. Use a timer to boil & stir for **exactly 1 minute**. Remove from heat. Pour into jars. While hot, process in water bath canner or steam canner for 10+ min, using pointers above.



SWEET BAVARIAN SAUERKRAUT Slice or shred 2 large heads of cabbage into a large bowl. Add 3-4 Tbs raw salt, turn on the TV & smash with your hands for 10 min to release juice. Cover an hour or so, then smash a bit more. Add 1 diced onion, 2 diced apples & 3-4 T honey. Fill 3 qt jars 2/3 full. Smash down so cabbage is under juice. Add some water if needed. Add glass weight or boiled river rock on top of cabbage to keep it under liquid. To avoid dehydration in a dry climate, use a fermentation lid or a loose plastic lid to allow burping. Store in a cool place (50-70 degrees). Ready in 2-4 weeks. Fermentation preserves food naturally, so keep in fridge for up to 6 months. **Tips:** If cabbage is floating, best to stir (not with metal) & push down every other day to prevent cabbage on top from drying or molding. If this happens, scrape off the top. Avoid cloth lids that allow the smell to stink up your pantry & attract fruit flies.



CANNING FRUIT WITH NO SUGAR Wash fruit. Peeling is optional. To skip it, go to step 2.
#1 Peeling: To peel fruit like peaches, prepare a lrg. pot of boiling water, a lrg. pot of ice water & a bowl of lemon water (see step 2). To peel, cut an X on the bottom, then set in a steaming basket. Dip basket of fruit in boiling water for 30 seconds, then in ice water. Peel from the X.
#2 Slice Fruit into a large bowl of lemon water (for each quart water - T lemon juice or Fruit Fresh)
#3 Boil Water: Start heating your water bath canner (or steam canner). Also re-heat the pot of boiling water to fill jars. If desired, add honey. Pack clean jars with fruit. Pack down firmly, then pour boiling water over. Leave 1/2 inch head space. Attach lid, not too tight, then set in canner. When at a heavy boil, set timer 25 min for pints & 30 min for quarts.



PRESSURE COOKER CHERRY JAM To make 2 pints: Pit & roughly chop 2 lb cherries. Set instant pot on sauté. Add 1 C honey & allow to melt. Turn off pot. Add the cherries, the juice of 2 lemons & 2 package of pectin. Stir well, lock lid on pot & cook on high pressure for 5 min. Natural pressure release for 10 min. Release remaining pressure. Seal jam in jars & set upside down until cool. Then store in the fridge or in a cool place.

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APPLE PIE JAM I love Melissa K. Norris' low sugar recipes using Pamona Pectin. You will need 8 C peeled & chopped apples in a stainless pot. Add 2 tsp citric acid & 1 C water. Cook until apples are soft. Add 4 tsp calcium water (comes with pectin) & boil for 1 min. In a small bowl, mix 2 C sugar, 4 tsp Pomona Pectin, 1 tsp cinnamon & 1/2 tsp nutmeg. Add to pot, return to boil & stir constantly for 2 min until it starts to thicken. Remove from heat. Pour into clean canning jar until 1/4" head space. Process with water bath or steam



APPLESAUCE Pick sweet apples off the tree & you won't need any sugar. Chop apples to fill a pot. Put enough water in the bottom so the apples don't burn & heat until soft. Mash with a potato masher, blend with an immersion blender or strain through a good sturdy food mill like this one. Add cinnamon if desired. Fill to bottom ring on neck of jars & wipe rims clean. Process with steam canner or water bath canner for 20 + min.



APPLE CIDER Though you can find yummy "cider" recipes that say to simmer apples, water & spices, true apple cider is fresh squeezed, not heated, diluted or processed. Apple Presses have been around for a long time. If you have a lot of apples, may be a good investment.



PUMPKIN PUREE Bake until soft in a 350 oven. Or, pierce the top, then put on a rack in a pressure cooker, with 1 C water underneath. High pressure 15 min, then natural pressure release. When it's cooler, spoon out the seeds, then spoon out the pumpkin & blend. Add a little water if needed. Can be frozen or dehydrated & ground into a powder.