

Canning

By: Erin Cejka

This is my third year in the canning project. My club selected preserve making, as one of our lesson to learn and make at our monthly meeting. When the strawberries are ready we transform, them into a tasty treat for the county fair.

Once you have learned the technique in preserve making its fun to try other fruits. Last year I made cherry, apricot, and strawberry jam and won the purple ribbon. My left over jars became gifts for my teachers and friends at Christmas.

To get started my club had to learn a lot about ingredients and preparation.

Jam is made by cooking crushed or chopped fruit with sugar and pectin.

Jelly is juice strained from fruit with sugar and pectin.

Pectin – my club used powdered pectin. The box contains two pouches. The recipes we used were made with one pre measured pouch. Each pectin type comes with complete instructions and recipes.

Equipment and utensils needed. Jelly jars, canning lids and band, saucepot, boiling-water canning, jar lifter, jar funnel, lid wand, and cooking timer.

Once you have selected your fruit, follow the recipe in the pectin box. Prepare all soft spreads in small batches. Measure all ingredients accurately. Do not reduce or increase the measurement for any of the ingredients. Measure everything before begin. Fruit, sugar, and one pouch of pectin.

Heat the fruit and sugar in large saucepot. Bring fruit to a boil over high heat, stirring until sugar dissolves. Stir in pectin. Return to a rolling boil. Boil hard for 1 minute, stirring constantly. Remove from heat.

Our hardest part was the rolling boil. If you don't boil it long enough the jam or jelly won't set.

Rolling boil- when liquid reaches a point in temperature that it's boiling very fast and cannot be disrupted or stopped by stirring.

Remove from heat. Skim foam if necessary. We love the foam.

Ladle hot jam into jars, leaving ¼ inch headspace. Adjust two piece caps. Place jars of jam in boiling water canner, process time for Sarpy County 15 minute, attitude 1100 ft.

Remove from canner and let cool. I keep my jellies and jam in my basement where it is cool.

After a day check your jam or jelly, if the preserve is moving in the jar, the preserve didn't set, but is still good to eat.

To help receive a top ribbon, you need to use jelly jar, rings and lids that are by the same company, ex: Ball, or Kerr. If you are entering three of a kind exhibit, make sure the jars are all the same, and most of all that the preserve are set.

Don't forget to label your exhibit on the bottom for County Fair.

Type of Jelly or Jam

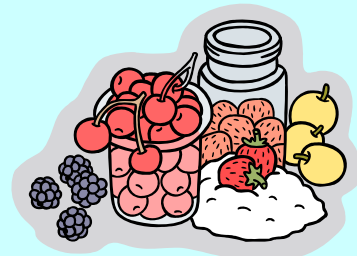
Hot Pack

Process 15 minute

Attitude 1100 ft

Name

County



If you have any questions on canning, please feel free to contact my leader Melody Cejka through the 4-H office.

Enjoy