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## **APPLE BUTTER**

USE JONATHAN, WINESAP, STAYMAN, GOLDEN DELICIOUS, MACINTOSH OR OTHER TASTY APPLE VARIETIES FOR BEST RESULTS.

### **Ingredients:**

8 pounds. apples  
2 cups cider  
2 cups vinegar (5% acidity)  
2-1/4 cups white sugar  
2-1/4 cups packed brown sugar  
2 tablespoons ground cinnamon  
1 tablespoons ground cloves

**Yield:** About 8 to 9 pints

**Procedure:** Wash, remove stems, quarter and core fruit. Cook slowly in cider and vinegar until soft. Press fruit through a colander, food mill or strainer. Cook fruit pulp with sugar and spices, stirring frequently. To test for doneness, remove a spoonful and hold it away from steam for 2 minutes. It is done if the butter remains mounded on the spoon. Another way to determine when the butter is cooked adequately is to spoon a small quantity onto a plate. When a rim of liquid does not separate around the edge of the butter, it is ready for canning. Fill hot into hot sterile half-pint or pint jars (see directions for sterilization of jars), leaving 1/4-inch headspace. Quart jars need not be pre-sterilized, but jars should be hot prior to filling. Adjust lids and process.

**Sterilizing Empty Jars:** To sterilize empty jars, place them right side up on the rack in a boiling water canner. Fill the canner and jars with hot (not boiling) water to 1 inch above the tops of the jars. Boil 10 minutes at altitudes of less than 1,000 feet. At higher elevations, boil 1 additional minute for each additional 1,000 feet of elevation. Remove and drain hot sterilized jars one at a time as filled.

### **Source:**

E.L. Andress and J.A. Harrison. 1999. *So Easy to Preserve*. Cooperative Extension Service/The University of Georgia. 344 pp.

### **Reviewed May 2003 by:**

Angela M. Fraser, Ph.D., Associate Professor/Food Safety Education Specialist  
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## **BERRY FREEZER JAM**

### **Ingredients:**

2 cups crushed strawberries or blackberries (about 1 quart berries)  
4 cups sugar  
1 package powdered pectin  
3/4 cup water

OR

24 ounces sliced, frozen unsweetened strawberries  
1/4 cup lemon juice  
3 cups sugar  
1 packaged powdered pectin  
3/4 cup water

**Yield:** Makes about 6 half-pint jars.

**Procedure:** Combine strawberries, lemon juice (if needed) and sugar. Let stand about 20 minutes, stirring occasionally. Combine pectin and water in a small saucepan. Bring to a boil. Boil 1 minute, stirring constantly. Add pectin to fruit mixture; stir 3 minutes. Ladle jam into can-or-freezing jars, leaving 1/4-inch headspace. Adjust two-piece caps. Let stand at room temperature until set, up to 24 hours. Label and freeze.

### **Source:**

*Ball Blue Book: Guide to Home Canning, Freezing & Dehydration.* 1995. Alltrista Corporation. 120 pp.

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## **BLUEBERRY-SPICE JAM**

### **Ingredients:**

2-1/2 pints ripe blueberries  
1 tablespoon bottled lemon juice  
1/2 teaspoon ground nutmeg or cinnamon  
5-1/2 cups sugar  
3/4 cup water  
1 box powdered pectin

**Yield:** About 5 half-pints

**Procedure:** Wash and thoroughly crush blueberries, one layer at a time, in a saucepan. Add lemon juice, spice and water. Stir in pectin and bring to a full rolling boil over high heat, stirring frequently. Add the sugar and return to a full rolling boil. Boil hard for 1 minute, stirring constantly. Remove from heat, quickly skim off foam, and fill hot, sterilized jars (see directions below for sterilizing jars) leaving 1/4-inch headspace. Wipe jar rims. Adjust lids and process for 5 minutes in a boiling water bath.

**Sterilizing Empty Jars:** To sterilize empty jars, place them right side up on the rack in a boiling water canner. Fill the canner and jars with hot (not boiling) water to 1 inch above the tops of the jars. Boil 10 minutes at altitudes of less than 1,000 feet. At higher elevations, boil 1 additional minute for each additional 1,000 feet elevation. Remove and drain hot sterilized jars one at a time as filled.

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## **DIET APPLE JELLY FROM BOTTLED JUICE**

### **Ingredients:**

2 packages or 2 tablespoons unflavored gelatin  
1 quart unsweetened apple juice  
2 tablespoons unsweetened lemon juice  
2 tablespoons liquid sweetener  
Food coloring, optional

In a saucepan, soften gelatin in apple juice and lemon juice. Bring to a rolling boil, dissolving gelatin; boil 1 minute. Remove from heat. Stir in liquid sweetener and food coloring. Pour into hot sterilized (see directions below) jars leaving 1/4 inch headspace. Seal. Store in refrigerator.

**Yield:** about 2 pints

1 tablespoon = 8 calories

\*This recipe courtesy of Ball Blue Book, Ball Corporation.

**Sterilizing Empty Jars:** To sterilize empty jars, place them right side up on the rack in a boiling water canner. Fill the canner and jars with hot (not boiling) water to 1 inch above the tops of the jars. Boil 10 minutes at altitudes of less than 1,000 feet. At higher elevations, boil 1 additional minute for each additional 1,000 feet of elevation. Remove and drain hot sterilized jars one at a time as filled.

## **DIET GRAPE JELLY WITH GELATIN**

### **Ingredients:**

2 packages or 2 tablespoons unflavored gelatin  
1 bottle (24 ounces) unsweetened grape juice  
2 tablespoons unsweetened lemon juice  
2 tablespoons liquid sweetener

Procedure: In a saucepan, soften gelatin in grape juice and lemon juice. Bring to a rolling boil, dissolving gelatin; boil 1 minute. Remove from heat. Stir in liquid sweetener. Pour into hot, sterilized jars (sterilization directions follow). Seal. Store in refrigerator.

**Yield:** about 1 pint

1 tablespoon = 11 calories

**Sterilizing Empty Jars:** To sterilize empty jars, put them right side up on the rack in a boiling water canner. Fill the canner and jars with hot (not boiling) water to 1 inch above the tops of the jars. Boil 10 minutes at altitudes of less than 1,000 feet. At higher elevations, boil 1 additional minute for each additional 1,000 feet elevation. Remove and drain sterilized jars one at a time as filled.

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## **HONEYDEW JAM**

### **Ingredients:**

3 cups honeydew melon pieces  
3 cups sugar  
3 tablespoons lemon juice  
1 tablespoon chopped candied ginger

**Yield:** 4 half-pints.

**Procedure:** Combine in a pan the melon pieces, sugar, lemon juice and candied ginger. Let stand until a syrup forms (about two hours). Bring to a boil and boil for two minutes, stirring constantly. Reduce heat and simmer, stirring frequently until mixture is thickened and the melon is translucent (about 45 minutes). Pour into hot, sterilized jars (see directions below). Keep in refrigerator for up to four weeks, in freezer for up to six months.

**Sterilizing Empty Jars:** To sterilize empty jars, place them right side up on the rack in a boiling water canner. Fill the canner and jars with hot (not boiling) water to 1 inch above the tops of the jars. Boil 10 minutes at altitudes of less than 1,000 feet. At higher elevations, boil 1 additional minute for each additional 1,000 feet elevation. Remove and drain hot sterilized jars one at a time as filled.

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## **PEACH-PINEAPPLE SPREAD**

### **Ingredients:**

2 cups dried peaches  
3-1/2 cups sugar  
1-1/2 cups unsweetened, crushed pineapple  
2/3 cup chopped orange pulp (about one medium)  
2 tablespoons bottled lemon juice

**Yield:** about 6 half-pints

### **Procedure:**

Cover peaches with cold water and let soak overnight. Simmer peaches, uncovered, in soaking water until tender. Mash peaches with a potato masher or in a food processor. Add sugar, pineapple, orange pulp, and lemon juice. Simmer until sugar has dissolved, stirring frequently. Cook over high heat until thick, about 20 to 30 minutes. As mixture thickens, stir frequently to prevent sticking. Ladle hot spread into hot, sterilized jars, leaving 1/2-inch headspace. Adjust two-piece caps. Process 10 minutes in a boiling water bath.

### **Sterilizing Empty Jars:**

To sterilize empty jars, place them right side up on the rack in a boiling water canner. Fill the canner and jars with hot (not boiling) water to 1 inch above the tops of the jars. Boil 10 minutes at altitudes of less than 1,000 feet. At higher elevations, boil 1 additional minute for each additional 1,000 feet elevation. Remove and drain hot sterilized jars one at a time as filled.

### **Source:**

*Ball Blue Book: Guide to Home Canning, Freezing & Dehydration.* Alltrista Corporation.  
120 pp.

### **Reviewed March 2003 by:**

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## **PEAR-APPLE JAM**

### **Ingredients:**

2 cups peeled, cored and finely chopped pears (about 2 pounds)  
1 cup peeled, cored and finely chopped apples  
6-1/2 cups sugar  
1/4 teaspoon ground cinnamon  
1/3 cup bottled lemon juice  
1 pouch liquid pectin

**Yield:** About 7 to 8 half-pints

**Procedure:** Crush apples and pears in a large saucepan and stir in cinnamon. Thoroughly mix sugar and lemon juice with fruits and bring to a boil over high heat, stirring constantly. Immediately stir in pectin. Bring to a full rolling boil and boil hard 1 minute, stirring constantly. Remove from heat, quickly skim off foam, and fill hot, sterile jars (see directions below for sterilizing empty jars) leaving 1/4-inch headspace. Wipe jar rims. Adjust lids and process.

**Sterilizing Empty Jars:** To sterilize empty jars, place them right side up on the rack in a boiling water canner. Fill the canner and jars with hot (not boiling) water to 1 inch above the tops of the jars. Boil 10 minutes at altitudes of less than 1,000 feet. At higher elevations, boil 1 additional minute for each additional 1,000 feet elevation. Remove and drain hot sterilized jars one at a time as filled.

**Recommended processing time in a boiling water canner:** Process for 5 minutes. Add 1 minute to the processing time for each 1000 feet of additional altitude.

### **Source:**

E.A. Andress and J.A. Harrison. 1999. *So Easy to Preserve*. Fourth Edition. Cooperative Extension Service/University of Georgia. Athens, GA. 344 pp.

### **Reviewed:**

August 2002 by Angela M. Fraser, Ph.D., Associate Professor/Food Safety Education Specialist, North Carolina State University, Raleigh, NC

## **PLUM JELLY**

### **Ingredients:**

Plum juice (1 pound plums and 1/2 cup water)

Sugar (3/4 cup to each cup of juice)

**Yield:** about 8 or 9 half-pints

### **Procedure:**

*To prepare juice* — wash plums. Crush fruit, add water, cover and bring to a boil over high heat. Reduce heat and simmer 15 to 20 minutes or until fruit is soft. Extract juice.

*To make jelly* — Sterilize canning jars (see directions below). Measure juice into a large saucepot. Add sugar and stir well. Boil over high heat at 8° F above the boiling point of water or until the mixture sheets from a spoon. (When preparing jelly at higher elevations, see the record that describes checking the doneness of jelly without added pectin.)

Remove from heat; quickly skim off foam. Pour jelly immediately into hot, sterilized jars, leaving 1/4-inch headspace. Wipe jar rims and adjust lids. Process for 5 minutes in a boiling water bath.

### **Sterilizing Empty Jars:**

To sterilize empty jars, place them right side up on the rack in a boiling water canner. Fill the canner and jars with hot (not boiling) water to 1 inch above the tops of the jars. Boil 10 minutes at altitudes of less than 1,000 feet. at higher elevations, boil 1 additional minute for each additional 1,000 feet elevation. Remove and drain hot sterilized jars one at a time as filled.

### **Source:**

E.L. Andress and J.A. Harrison. 1999. *So Easy to Preserve*. Cooperative Extension Service/The University of Georgia. 344 pp.

### **Reviewed March 2003 by:**

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## **REFRIGERATED APPLE JELLY (MADE WITH GELATIN)**

4 teaspoons unflavored gelatin  
2 cups unsweetened apple juice  
2 tablespoons liquid sweetener  
1-1/2 tablespoons lemon juice  
Food coloring, if desired

**Yield:** about 3 half-pints

**Procedure:** Soften the gelatin in the apple and lemon juices. to dissolve gelatin, bring to a full rolling boil and boil 2 minutes. Remove from heat. Stir in sweetener and food coloring, if desired. Fill hot, sterilized jars, leaving 1/4-inch headspace. Adjust lids. Do not process or freeze. *Store in the refrigerator and use within four weeks.*

**Sterilizing Empty Jars:** To sterilize empty jars, place them right side up on the rack in a boiling water canner. Fill the canner and jars with hot (not boiling) water to 1 inch above the tops of the jars. Boil 10 minutes at altitudes of less than 1,000 feet. At higher elevations, boil 1 additional minute for each additional 1,000 feet of elevation. Remove and drain hot sterilized jars one at a time as filled.

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## **REFRIGERATED GRAPE SPREAD (MADE WITH GELATIN)**

### **Ingredients:**

2 packages or 2 tablespoons unflavored gelatin powder  
2 tablespoons bottled lemon juice  
1 bottle (24 ounces) unsweetened grape juice  
2 tablespoons liquid sweetener

**Yield:** 3 half-pints

**Procedure:** In a saucepan, soften gelatin in lemon juice and grape juice. Bring to a rolling boil, dissolving gelatin; boil 1 minute. Remove from heat. Stir in liquid sweetener. Pour into hot sterilized jars. Seal, cook, and store in the refrigerator for up to four weeks.

**Sterilizing Empty Jars:** To sterilize empty jars, place them right side up on the rack in a boiling water canner. Fill the canner and jars with hot (not boiling) water to 1 inch above the tops of the jars. Boil 10 minutes at altitudes of less than 1,000 feet. At higher elevations, boil 1 additional minute for each additional 1,000 feet of elevation. Remove and drain hot sterilized jars one at a time as filled.

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## **STRAWBERRY FREEZER JAM WITH PECTIN**

### **Ingredients:**

1 quart cleaned strawberries  
3 to 4 teaspoons liquid artificial sweetener  
1 package powdered pectin  
1 tablespoon lemon juice  
Red food coloring as desired

**Yield:** About 2 to 3 half-pints

**Procedure:** Crush strawberries in 1-1/2 quart saucepan. Stir in artificial sweetener, food coloring, powdered pectin and lemon juice. Bring to a boil and boil 1 minute. Remove from heat. Continue to stir for 2 minutes. Pour into freezer containers, cover and freeze. Thaw before serving. Store in refrigerator up to 4 weeks after opening.

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## **STRAWBERRY-RHUBARB JELLY**

### **Ingredients:**

1-1/2 pounds red stalks of rhubarb  
1-1/2 quarts ripe strawberries  
6 cups sugar  
1 pouch liquid pectin

**Yield:** About 7 half-pints

**Procedure:** Wash and cut rhubarb into 1-inch pieces and blend or grind. Wash, stem and crush strawberries, one layer at a time, in a saucepan. Place both fruits in a jelly bag or double layer of cheesecloth and gently squeeze out juice. Measure 3-1/2 cups of juice into a large saucepan. Add butter and sugar, thoroughly mixing into juice. Bring to a boil over high heat, stirring constantly. Immediately stir in pectin. Bring to a full rolling boil and boil hard 1 minute, stirring constantly. Remove from heat, quickly skim off foam, and fill hot, sterilized jars (see directions below for sterilizing jars) leaving 1/4-inch headspace. Wipe jar rims. Adjust lids and process for 5 minutes in a boiling water bath.

**Sterilizing Empty Jars:** To sterilize empty jars, place them right side up on the rack in a boiling water canner. Fill the canner and jars with hot (not boiling) water to 1 inch above the tops of the jars. Boil 10 minutes at altitudes of less than 1,000 feet. At higher elevations, boil 1 additional minute for each additional 1,000 feet elevation. Remove and drain hot sterilized jars one at a time as filled.

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