

Preservation Notes



University of California

Agriculture and Natural Resources

UCCE Master Food Preserver

UC Master Food Preservers San Joaquin County

Trick or Treat?

**What do you do when pumpkins go on sale?
You make pumpkin pickles!**

Makes 12—8 oz jars

2 Cinnamon sticks (each about 4" long)

12 Whole allspice

10 Whole cloves

Zest of one lemon

4 Cups White vinegar

6 Cups Granulated sugar

24 Cups Pumpkin or butternut squash Cubed, seeded, peeled ($\frac{3}{4}$ inch cubes)



- Prepare canner, jars and lids
- Tie cinnamon sticks, allspice and cloves in a square of cheesecloth, creating a spice bag. Set aside.
- Zest lemon, using a fine toothed grater, and set aside. Remove and discard white pith. Separate segments from membrane and coarsely chop. Squeeze any juice from membrane and add to segments. Set aside. Discard membrane.
- In a large stainless steel saucepan, combine lemon zest, pulp and juice, sugar, vinegar and reserved spice bag. Bring to a boil over medium high heat, stirring occasionally. Cover and reduce heat and boil gently for 10 minutes. Add pumpkin, return to a boil and cook for 3 minutes, until heated through. Discard spice bag.
- Pack hot pumpkin into hot jars, leaving $\frac{1}{2}$ 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 finger-tight.
- Place jars in canner, ensuring they are completely covered with water. Bring to a boil and process for 20 minutes. Remove canner lid. Wait 5 minutes, then remove jars, cool and store.

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Did You Know?

Our newsletter has hyperlinks to other useful websites. Click on the underlined words to open a page. It's as easy as that!

From the Field...

Its been a busy summer! Our Master Food Preservers led workshops and demonstrations at the Ag Center, In Season Nursery, The Fruit Bowl, Delta Tree Farm and Lodi Library. We also were at Stockton and Tracy Farmers' Markets. Thank you to all the volunteers. We also had 4 new Master Food Preservers Graduate in July. Congratulations and welcome to our program!



Apple Pie Filling

Makes about one quart

3 1/2 cups blanched apple slices
3/4 cup + 2 Tblsps sugar
1/4 cup Clear Jel
1/2 tsp cinnamon
1/8 tsp nutmeg (optional)
1/2 Cup cold water
3/4 Cup apple juice
2 Tblsp bottled lemon juice

Use firm, crisp apples. Stayman, Golden Delicious, Rome and other varieties of similar quality are suitable. If apples lack tartness, use additional 1/4 cup of lemon juice for each 6 quarts.



Hot Pack

Wash, peel and core apples. Cut apples into slices, 1/2 inch wide. Place in an anti-darkening solution. Remove from anti-darkening solution, and drain well. To blanch the fruit place in gallon of BOILING water. Boil for one (1) minute after the water returns to a boil. Remove from blanch water, but keep the hot fruit in a covered bowl or pot while the Clear Jel mixture is prepared.

Combine sugar, Clear Jel, cinnamon and nutmeg in a large sauce pot with water and apple juice. Stir and cook on medium high heat until mixture thickens and begins to bubble, add lemon juice to the boiling mixture and boil one (1) minute, stirring constantly. Immediately fold in drained apple slices and fill hot jars with hot mixture. Leave 1 inch headspace.

Remove air bubbles. Wipe jar rims, adjust lid and process immediately in a Boiling Water Bath for 25 minutes

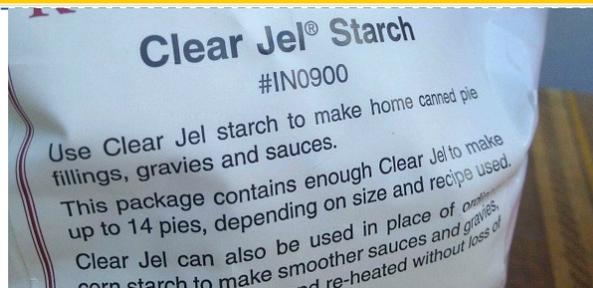
Recipe from "So Easy to Preserve" by Cooperative Extension of University of Georgia

FAQ from the Kitchen

What is Clear Jel?

Clear Jel (*spelled with one "L"*) is a modified food starch that is used as a thickening agent in canning recipes. It is most commonly used in canned apple pie filling, but can also be used in other pie fillings, other preserves, canned soups, etc.

It is a modified corn starch (NOT *regular corn starch*) that is resistant to breaking down under high temperatures and various pH levels. It has no flavor and comes as a white powder. The advantage of Clear Jel is that it is able to thicken the food evenly (*without lumps*) even when it is subjected to the sustained temperatures of the canning process. (*Water bathed or pressure canned*) Clear Jel does not effect the safety of your canned product.



It's the Season... for Preserving Olives

It's olive season. That means countless homeowners are cursing the fruit they know will litter their yards in the upcoming weeks

Of course, it hardly has to be that way.

All those people who wish theirs was a fruitless olive can turn their frowns upside down. As the permaculture slogan goes, 'the problem is the solution.'

And that solution is cured olives, a fall treat to be savored. Suddenly, all that 'garbage' is now an opportunity.

And it need not be intimidating, and the rewards are mouthwatering. There are nearly as many ways to preserve olives as there are varieties of the fruit. No need for intimidation.

They can be preserved in water, in brine, in salt, or using lye. The latter may sound the scariest, but it's also the fastest way to cure olives that are not only safe to eat, and safe to make but incredibly delicious.

The trick to curing olives is to remove its bitterness, due to a compound called oleuropein. Lye eliminates the bitterness the fastest, and produces yummy olives. But there are those who say olives cured in lye lose some flavor compared to those cured in water, in salt brine or in dry salt.

If you're adventurous, try to cure them each way and decide for yourself. Or if you can get your hands on some finished olives, give each a taste and see which you like best. Then decide if you want to take a stab at home cured olives.

For olive curing information, read the [Olives: Safe Methods for Home Pickling](#)

The Master Food Preservers are offering an Olive preservation demonstration. Saturday October 21 from 10 a.m. to noon at the Robert Cabral Ag Center, 2101 E Earhart Ave. in Stockton. Come see the different ways to cure olives and ask your questions. The cost is \$10 and seating is reserved. [Please see our website](#) for more information.

Contributed by Eric Firpo



Using A Pressure Canner

Boiling Water Bath canning—the process of preserving most home preservers use to make their jams, jellies and pickles. But just using Boiling Water Bath canners really limits the items you can preserve and your creativity.

Using a pressure canner has led to some mythical stories of what happens when you use a pressure canner incorrectly. Most, if not all can be traced back to operator error and not paying attention to the pressure canning process.

Using pressure canners is part of the Master Food Preserver training and an essential workshop we conduct at the Cabral Ag Center. October 14th the Master Food Preservers in conjunction with In Season Nursery will conduct a demonstration for Pressure Canning.

Generally all vegetables, meats, poultry, seafood, soups and stews, and mixed products (low and high acid food) need to be processed in a pressure canner. When you make that batch of chili or stew, big enough for eight, and its just two of you at home, rather than have stew for a week... pressure can what's left and have your homemade product another day.

Today pressure canners must come deep enough for one layer of quart or smaller size jars, or deep enough for two layers of pint or smaller size jars. The USDA recommends that a canner be large enough to hold at least 4 quart jars to be considered a pressure canner for the USDA published processes. Do not confuse a pressure canner with a pressure cooker ... the cooker is not a canner.

Here are some links to learn how to safely use a pressure canner:

[National Center for Home Food Preservation](#)

[USDA Vegetables](#)

[USDA Meats Poultry and Seafood](#)

Learn the art of Pressure Canning and Enjoy the new season!



Preserve Pumpkins

Selecting, Preparing and Canning Vegetables

Pumpkins and Winter Squash - Cubed

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 – an average of 2¼ pounds per quart.

Quality: Pumpkins and squash should have a hard rind and stringless, mature pulp of ideal quality for cooking fresh. Small size pumpkins (sugar or pie varieties) make better products.



Please read [Using Pressure Canners](#) before beginning. If this is your first time canning, it is recommended that you read [Principles of Home Canning](#).

For why we say not to mash or puree the squash, read [more about the caution](#).

Procedure: Wash, remove seeds, cut into 1-inch-wide slices, and peel. Cut flesh into 1-inch cubes. Boil 2 minutes in water. **Caution: Do not mash or puree.** Fill jars with cubes and cooking liquid, leaving 1-inch headspace.

Adjust lids and process following the recommendations in [Table 1](#) and [Table 2](#). For making pies, drain jars and strain or sieve cubes.

Click on the blue links for more information

Coming Events

Classes at Cabral Ag Center:

Oct 21: Oliveober fest \$10

Nov 18: Nut Butters \$10

Jan 20: TBD

Time: 10:00 am—2:00 pm
Location: Cabral Ag Center
2101 E. Earhart, Stockton,
209-953-6100

For more info, [visit our website](#).

In Season Store Demonstrations

Oct 14: Basics of Pressure Canning

Demonstration start at 11 a.m.
Cost: Free

Location: In Season Nursery,
215 E. Alpine, Stockton

For more info, [visit our website](#).

Library Demonstration Lodi Library

Dec 4th: Nut Butters

Feb 1st: Jams and Jellies

For more info, [visit our website](#).

Time: 9:30 to 11:00 am
Cost: Free
Location: Lodi Library
201 W Locust St

Halloween Food Safety How-To

Don't let BAC! crash your Monster Mash!



BAC! (foodborne bacteria) will creep up on you if you let foods sit out for too long.

Don't leave perishable goodies out for more than two hours at room temperature (1 hour in temperatures above 90°F).

Beware of spooky cider!

Unpasteurized juice or cider can contain harmful bacteria such as *E.coli* O157:H7 and *Salmonella*. Serve pasteurized products at your Halloween party.



Scare BAC! away by keeping all perishable foods chilled until serving time.

Cold temperatures help keep most frightful bacteria from multiplying. To keep store-bought party trays cold, fill lids with ice and place trays on top. Similarly, keep salads and other perishable items in bowls cold by nesting them in larger bowls of ice.

When whipping up Halloween treats, don't taste dough and batters that contain uncooked eggs!



Try a new spin on bobbing for apples. Cut out lots of apples from red construction paper. Write activities for kids to do on each apple, such as "say ABCs" or "do 5 jumping jacks". Place a paper clip on each apple and put them in a large basket. Tie a magnet to a string or create a fishing pole with a dowel rod, magnet and yarn. Let the children take turn "bobbing" with their magnet and doing the activity written on their apple. Give children a fresh apple for participating in your food-safe version of bobbing for apples.

Courtesy of the Partnership for Food Safety Education

www.fightbac.org