

We need a name for  
our newsletter!



University of California

Agriculture and Natural Resources

UCCE Master Food Preserver

## Northern San Joaquin Master Food Preservers

July 2015



Contact  
the Master

### Food Preservers

What county are you in?

San Joaquin: 953-6100

Stanislaus: 525-6800

Merced: 385-7403

Email: [nsjmf@ucanr.edu](mailto:nsjmf@ucanr.edu)

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## Who We Are

The Master Food Preserver (MFP) program started in 1983 and continues today with dedicated volunteers trained to assist the county UC Cooperative Extension staff provide up-to-date food preservation information to the citizens of San Joaquin County

### MFP Volunteers do?

- Answer food preservation email inquiries throughout the year.
- Work in the community as local food preservation specialists.
- Staff information booths and present food preservation demonstrations at the county fair and local events.
- Write articles for the local newspapers and MFP eNewsletter.
- Teach classes on various food preservation topics.
- Test pressure canners - This should be done **annually** for safe canning results!

### Who can be a Master Food Preserver?

Residents of San Joaquin County who have an interest teaching others about food preservation and food safety can apply to become a Master Food Preserver. The next certification training program date will be announced in the near future. Sign up for our newsletter so you don't miss the announcement and application!

## Name Our Newsletter!

We need help coming up with a name for our newsletter and we are looking to you for some creative suggestions.

If you have a catchy title let us know by [clicking here](#). If we choose your title, we have a gift for you from our Master Food Preserver Program to say thank you.

If you think your friends and family would enjoy this newsletter, please share it! You can subscribe to our newsletter on our website, [found here](#).



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

# Making Jams and Jellies—Types of Jellied Products

Jelly, jam, preserves, conserves and marmalades are fruit products that are jellied or thickened. Most are preserved by sugar. Their individual characteristics depend on the kind of fruit used and the way it is prepared, the proportions of different ingredients in the mixture and the method of cooking.

**Jellies** are usually made by cooking fruit juice with sugar. (Some are made without cooking using special uncooked jelly recipes.) A good product is clear and firm enough to hold its shape when turned out of the container, but quivers when the container is moved. When cut, it should be tender yet retain the angle of the cut. Jelly should have a flavorful, fresh, fruity taste.

**Jams** are thick, sweet spreads made by cooking crushed or chopped fruits with sugar. Jams tend to hold their shape but are generally less firm than jelly. (Recipes are also available for uncooked jams.)

**Preserves** are small, whole fruit or uniform size pieces in a clear, slightly gelled syrup. The fruit should be tender and plump.

**Conserves** are jam-like products that may be made with a combination of fruits. They also contain nuts, raisins or coconut.

**Marmalades** are soft fruit jellies containing small pieces of fruit or peel evenly suspended in the transparent jelly. They often contain citrus fruit.

Other fruit products that are preserved by sugar but not jellied include butters, honeys and syrups. Fruit butters are sweet spreads made by cooking fruit pulp with sugar to a thick consistency. Spices are often added. Honeys and syrups are made by cooking fruit juice or pulp with sugar to the consistency of honey or syrup.

For more information on making jams and jellies (including recipes) visit the [National Center for Home Food Preservation](#).

This document was adapted from "So Easy to Preserve", 5th ed. 2006. Bulletin 989, Cooperative Extension Service, The University of Georgia, Athens. Revised by Elizabeth L. Andress, Ph.D. and Judy A. Harrison, Ph.D., Extension Foods Specialists.

## FAQ

### From the National Center for Home Food Preservation

#### Is it necessary to sterilize jars before canning?

Jars do not need to be sterilized before canning if they will be filled with food and processed in a boiling water bath canner for 10 minutes or more or if they will be processed in a pressure canner. Jars that will be processed in a boiling water bath canner for less than 10 minutes, once filled, need to be sterilized first by boiling them in hot water for 10 minutes before they're filled. To read more FAQ's, [click here](#).



# Peach Freezer Jam

By Monique Wilber

This is a basic recipe for Peach Freezer Jam; no canning equipment is needed, but you do need to use liquid pectin.

## Peach Freezer Jam

4 fresh peaches, finely chopped (about 2 cups)  
2 cups sugar  
1/4 tsp. ground nutmeg  
1 (3 oz.) pouch liquid fruit pectin  
2 tbs. lemon juice

Combine peaches, sugar and nutmeg. Let stand 10 minutes until juices run. Add pectin and lemon juice; let stand 3 minutes, stirring frequently.

Ladle into clean 1/2 pint glass jars or freezer storage bags. Let stand for several hours at room temperature or until jam is set.

Store up to 3 weeks in refrigerator or up to 1 year in freezer. For more safe and approved freezer jam recipes, go to the [Utah State University Extension](#).



# Plum Jelly—With liquid pectin

Yields about 7 or 8 half-pint jars

From the National Center for Home Food Preservation

- 4 cups plum juice (about 4½ pounds plums and ½ cup water)
- 7½ cups sugar
- 1 pouch liquid pectin

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

**Procedure:** [Sterilize canning jars](#) and prepare two-piece canning lids according to manufacturer's directions.

**To prepare juice.** Sort and wash fully ripe plums and cut in pieces; do not peel or pit. Crush fruit, add water, cover, and bring to boil over high heat. Reduce heat and simmer for 10 minutes. [Extract](#) juice.

**To make jelly.** Measure juice into a kettle. Stir in sugar. Place on high heat and, stirring constantly, bring quickly to a full rolling boil that cannot be stirred down. Add pectin and heat again to a full rolling boil. Boil hard for 1 minute. Remove from heat; skim off foam quickly.

Pour hot jelly immediately into hot, sterile jars, leaving ¼ inch headspace. Wipe rims of jars with a dampened clean paper towel; adjust two-piece metal canning lids. Process in a **Boiling Water Canner**.

**Table 1.** Recommended process time for **Plum Jelly** in a boiling water canner.

		Process Time at Altitudes of		
Style of Pack	Jar Size	0 - 1,000 ft	1,001 - 6,000 ft	Above 6,000 ft
Hot	Half-pints or Pints	5 min	10	15

# What is Pectin?

Pectin is the substance that causes the fruit to gel. Some kinds of fruits have enough natural pectin to make high quality products. Others require added pectin, especially when they are used for making jellies, which should be firm enough to hold their shape. The highest quality pectin is found in just-ripe fruit. Pectin from under-ripe or over-ripe fruit will not form a gel.

Commercial pectins are made from apples or citrus fruit and are available in both the powdered and liquid forms. Be sure to follow the manufacture's directions or tested recipes when using commercial pectin. *The powdered and liquid forms are not interchangeable in recipes.*

Commercial pectins may be used with any fruit. Many consumers prefer the added pectin method for making jellied fruit products because: 1) fully ripe fruit can be used, 2) cooking time is shorter and is set so there is no question when the product is done, and 3) the yield from a given amount of fruit is greater. However, because more sugar is used, the natural fruit flavor may be masked.

Commercial fruit pectin should be stored in a cool, dry place so it will keep its gel strength. Use pectin by the date indicated on its package. It should not be held over from one year to the next.

There are special pectins available to use for making jellied products with no added sugar or with less sugar than regular recipes. Specific recipes will be found on the package inserts, and directions should be followed carefully.

Ball Canning has an interactive pectin calculator that can come in handy. [You can find it here.](#)

Content for this article was taken from the [National Center for Home Food Preservation website.](#)



## Coming Events

### June 27th: Jams and Jellies

Time: 10:00 AM - 2:00 PM  
Cost: \$25.00

Location: Robert J. Cabral  
Agricultural Center  
2101 E. Earhart, Stockton,  
95206

209-953-6100

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

**This class is full**

### July 25th: Pickles!

Time: 10:00 AM - 2:00 PM  
Cost: \$25.00

Location: Robert J. Cabral  
Agricultural Center  
2101 E. Earhart, Stockton,  
95206

209-953-6100

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

### August 29th: Tomatoes!

Time: TBA  
Cost: TBA

Location: Robert J. Cabral  
Agricultural Center  
2101 E. Earhart, Stockton,  
95206

209-953-6100

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