

June 15, 2016



### **Creative Jams**

By GenyCassady

UCCE Master Food Preserver of El Dorado County

Do you enjoy a freshly baked biscuit spread with delicious jam? Ripe fruit is plentiful this time of year, much of it grown in our very own county. Why not take some of those fruits and create a special jam of your own? Jam is easy and fun to make, only takes a few ingredients and you can even involve the kids! When creating jam from all that ripe fruit, consider using two or more complimentary fruits or berries, making a deeper, more complex flavored product. Favorite combinations include peach-plum, peach-pineapple, strawberry-lemon, blueberry-lime, and strawberry-rhubarb. Often a more delicately flavored fruit such as peaches combines well with a more sharply acidic fruit such as pineapple. A delicious and different jam recipe from the National Center for Home Food Preservation (<http://nchfp.uga.edu>) is included below:

#### Strawberry-Kiwi Jam

*Yield: About 6 half pint jars*

- 3 cups crushed strawberries
- 3 kiwi, peeled and diced
- 1 tablespoon lemon juice
- 1 tablespoon minced crystallized ginger
- 1 package powdered pectin
- 5 cups sugar

Wash canning jars and keep warm; prepare two-piece canning lids according to manufacturer's directions. Combine strawberries, kiwi, lemon juice, ginger and pectin in a large saucepot. Bring quickly to a boil, stirring frequently. Add sugar, stirring until dissolved. Return to a rolling boil. Boil hard 1 minute, stirring constantly. Remove from heat. Skim foam if necessary. Ladle hot jam into hot jars, leaving  $\frac{1}{4}$  inch headspace. Wipe jar rims and adjust lids. Process in a boiling water or steam canner for 10 minutes under 1000 feet, 15 minutes under 6000 feet, and 20 minutes above 6000 feet.

Excited to learn about turning all that precious fruit into jam? If so, plan to attend the UCCE Master Food Preserver class, “Jams, Jellies, Preserves and Fruit Spreads.” Presented on Saturday, June 18<sup>th</sup> from 10:30 AM to 12:30 PM at the Eisley Nursery located at 380 Nevada Street in Auburn. Additionally, the “Contents Under Pressure: Pressure Canning” class will be presented on Wednesday, June 22<sup>nd</sup> from 10 AM to 12 PM at the Cameron Park Community Center located at 2502 Country Club Drive, Cameron Park.

Download the 2016 UCCE Master Food Preserver of El Dorado County schedule of classes and workshops on our main website. We are offering some new events this year. In addition to our free preserving classes in Placerville and Auburn, we now provide classes in Cameron Park at the Cameron Park Community Center and several all day, hands-on workshops in Placerville.

UCCE Master Food Preservers are available to answer home food preservation questions; leave a message at (530) 621-5506 or email us at [edmfp@ucanr.edu](mailto:edmfp@ucanr.edu). For more information about our program and events, visit our website at <http://ucanr.edu/edmfp>. Sign up to receive our ENewsletter at <http://ucanr.org/mfpenews/>. Find us on Facebook, too (UCCE Master Food Preservers of El Dorado County)!