



University of California
Agriculture and Natural Resources

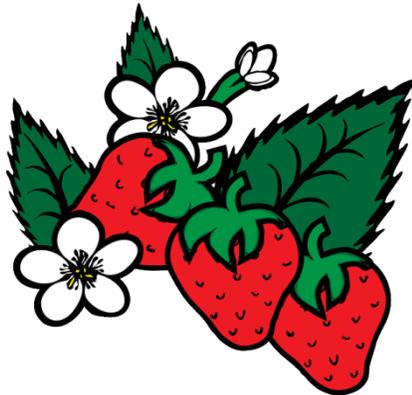
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UCCE Master Food Preservers of Sacramento County

*Monthly Wednesday Night
Demonstration*

May 16, 2018

It All Begins With Berries



Resources:

- Please visit the National Center for Home Food Preservation at <http://nchfp.uga.edu> for detailed information about research-based methods of home food preservation.
- UC ANR Catalog (<http://anrcatalog.ucanr.edu>)

Should you need assistance or require special accommodations for any of our educational programs, please contact us at 916-875-6913.

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STRAWBERRY JAM (Low or No Sugar)

Source: *Ball Blue Book, 2014 Edition, page 55*

Yield: about 6 half-pint jars

2 quarts strawberries (about 4 to 5 pounds)

1 cup water

3 tablespoons Ball Low or No-Sugar Pectin

Sweetener, if desired

PREP: Wash strawberries under cold running water; drain. Remove stems and caps from strawberries. Crush strawberries one layer at a time using a potato masher.

COOK: Combine strawberries, water, and pectin in a large saucepan, stirring to blend in pectin. Bring mixture to a boil over high heat, stirring constantly. Add sweetener according to pectin instructions, if desired. Return mixture to a boil; boil hard for 1 minute, stirring constantly. Remove from heat if a gel begins to form before 1-minute boil is completed. Skim off foam if necessary.

FILL: Ladle hot jam into a hot jar, leaving 1/4 inch headspace. Remove air bubbles. Clean jar rim. Center lid on jar and adjust band to fingertip-tight. Place jar on the rack elevated over simmering water (180° F) in boiling-water or steam canner. Repeat until jars are filled.

PROCESS: *If using a boiling water canner:* Lower the rack into simmering water. Water must cover jars by 1 inch. Adjust heat to medium-high, cover canner, and bring to a rolling boil. *If using a steam canner:* Place lid on canner and turn heat to high until a steady column of steam (6-8 inches) appears from the vent hole(s) in the canner lid. If using a canner with a temperature sensor, begin processing time when the temperature marker is in the green zone for your altitude. If using a canner without a temperature sensor, begin processing time when a steady stream of steam is visible from the vent hole(s).

Process half-pint jars 10 minutes at 0-1,000 feet, 15 minutes at 1,001-6,000 feet, and 20 minutes above 6,000 feet.

If using a boiling water canner: Turn off heat and remove cover. Let jars cool 5 minutes.

If using a steam canner: Turn off heat and wait 2-3 minutes before removing cover. Remove jars from canner; do not retighten bands if loose. Cool 12 hours. Check seals. Label and store jars.

For more information on strawberries, University of California Davis has a free publication #8256 "Strawberries: Safe Methods to Store, Preserve, and Enjoy".

➤ <http://anrcatalog.ucdavis.edu/pdf/8256.pdf>

STRAWBERRY JAM (Traditional or Reduced Sugar)

Source: *Ball FreshTech Automatic Jam & Jelly Maker Recipe Book*

	<u>Traditional</u>	<u>Reduced Sugar</u>
Crushed strawberries	2-2/3 cups	3-1/4 cups
Ball Real Fruit Classic Pectin	3 Tablespoons	3 Tablespoons
Butter or margarine (optional)	1/2 teaspoon	1/2 teaspoon
Granulated sugar	3-1/3 cups	2 cups

Making the jam:

Wash strawberries in cool, running water and drain. Remove stems and hulls. Crush berries one layer at a time using a potato masher. Measure required quantity of crushed berries and remaining ingredients for your recipe; set aside.

Sprinkle pectin evenly over bottom of the pot fitted with the stirrer. Add crushed strawberries evenly over pectin. Add butter/margarine to help reduce foaming. Press **jam** button. The cook time automatically defaults to 21 minutes. Press **enter**. Wait 4 minutes for appliance to sound 4 short beeps indicating that it is time to add sugar. Add sugar gradually while stirrer continues running. Place glass lid on the pot.

The appliance will continue to automatically stir your ingredients while it cooks. Stay within earshot of the Jam & Jelly Maker, the appliance will beep again at the end of the process signaling jam cooking is complete. Press **cancel**, unplug the appliance and immediately remove glass lid. Remove stirrer using a pot holder. Skim foam, if necessary.

Preserve jam immediately:

Ladle hot jam into hot jars leaving ¼ inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot jam. Wipe rim. Center lid on jar. Screw band down until resistance is met, then increase to fingertip-tight.

If using a boiling water canner: Lower the rack into simmering water. Water must cover jars by 1 inch. Adjust heat to medium-high, cover canner, and bring to a rolling boil. *If using a steam canner:* Place lid on canner and turn heat to high until a steady column of steam (6-8 inches) appears from the vent hole(s) in the canner lid. If using a canner with a temperature sensor, begin processing time when the temperature marker is in the green zone for your altitude. If using a canner without a temperature sensor, begin processing time when a steady stream of steam is visible from the vent hole(s).

Process half-pint jars 10 minutes at 0-1,000 feet, 15 minutes at 1,001-6,000 feet, and 20 minutes above 6,000 feet.

If using a boiling water canner: Turn off heat and remove cover. Let jars cool 5 minutes.

If using a steam canner: Turn off heat and wait 2-3 minutes before removing cover.

Remove jars from canner; do not retighten bands if loose. Cool 12 hours. Check seals. Label and store jars.

STRAWBERRY JAM

Source: *Ball Blue Book, 2014, page 54*

Yield: about 8 half-pint jars

2 quarts strawberries (about 4 to 5 pounds)

6 tablespoons Ball Classic Pectin

1/4 cup lemon juice, fresh or bottled

7 cups sugar

PREP: Wash strawberries under cold running water; drain. Remove stems and caps from strawberries. Crush strawberries one layer at a time using a potato masher.

COOK: Combine strawberries, pectin, and lemon juice in a large saucepan, stirring to blend in pectin. Bring mixture to a boil over medium-high heat. Add sugar, stirring until sugar dissolves. Bring mixture to a rolling boil that cannot be stirred down. Boil hard for 1 minute, stirring constantly. Remove from heat. Skim off foam if necessary.

FILL: Ladle hot jam into a hot jar, leaving 1/4 inch headspace. Remove air bubbles. Clean jar rim. Center lid on jar and adjust band to fingertip-tight. Place jar on the rack elevated over simmering water (180° F) in boiling-water canner. Repeat until jars are filled.

PROCESS: *If using a boiling water canner:* Lower the rack into simmering water. Water must cover jars by 1 inch. Adjust heat to medium-high, cover canner, and bring to a rolling boil. *If using a steam canner:* Place lid on canner and turn heat to high until a steady column of steam (6-8 inches) appears from the vent hole(s) in the canner lid. If using a canner with a temperature sensor, begin processing time when the temperature marker is in the green zone for your altitude. If using a canner without a temperature sensor, begin processing time when a steady stream of steam is visible from the vent hole(s).

Process half-pint jars 10 minutes at 0-1,000 feet, 15 minutes at 1,001-6,000 feet, and 20 minutes above 6,000 feet.

If using a boiling water canner: Turn off heat and remove cover. Let jars cool 5 minutes.

If using a steam canner: Turn off heat and wait 2-3 minutes before removing cover.

Remove jars from canner; do not retighten bands if loose. Cool 12 hours. Check seals.

Label and store jars.

BLUEBERRY SPICE JAM

Source: National Center for Home Food Preservation

➤ http://nchfp.uga.edu/how/can_07/blueberry_spice_jam.html

Yield: about 5 half-pint jars

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

Wash and thoroughly crush blueberries, one layer at a time, in a saucepan. Add lemon juice, spice, and water. Stir in the 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 **sterile** jars, leaving 1/4-inch headspace. *(To sterilize, boil jars for 10 minutes, adding 1 minute for every additional 1000' above 1000' elevation at your location.)*

Wipe rims of jars with a dampened clean paper towel. Adjust lids and process:

If using a boiling water canner: Lower the rack into simmering water. Water must cover jars by 1 inch. Adjust heat to medium-high, cover canner, and bring to a rolling boil. *If using a steam canner:* Place lid on canner and turn heat to high until a steady column of steam (6-8 inches) appears from the vent hole(s) in the canner lid. If using a canner with a temperature sensor, begin processing time when the temperature marker is in the green zone for your altitude. If using a canner without a temperature sensor, begin processing time when a steady stream of steam is visible from the vent hole(s).

Process half-pint jars 5 minutes at 0-1,000 feet, 10 minutes at 1,001-6,000 feet, and 15 minutes above 6,000 feet.

If using a boiling water canner: Turn off heat and remove cover. Let jars cool 5 minutes.

If using a steam canner: Turn off heat and wait 2-3 minutes before removing cover. Remove jars from canner; do not retighten bands if loose. Cool 12 hours. Check seals. Label and store jars.

FRUIT LEATHERS

Source: *So Easy to Preserve* (2014), AND

National Center for Home Food Preservation (2018)

➤ http://nchfp.uga.edu/how/dry/fruit_leathers.html

Fruit leathers are homemade fruit rolls. Fruit leathers are made by pouring pureéd fruit onto a flat surface for drying. When dried, the fruit is pulled from the surface and rolled. It gets the name "leather" from the fact that when pureéd fruit is dried, it is shiny and has the texture of leather.

The advantages of making your own fruit leathers are to save money, use less sugar, and to mix fruit flavors. Leftover fruit pulp from making jelly can be blended and made into fruit rolls.

Leathers From Fresh Fruit

- Select ripe or slightly overripe fruit.
- Wash fresh fruit or berries in cool water. Remove peel, seeds and stem.
- Cut fruit into chunks. Use 2 cups of fruit for each 13" x 15" inch fruit leather. Pureé fruit until smooth.
- Add 2 teaspoons of lemon juice or 1/8 teaspoon ascorbic acid (375 mg) for each 2 cups light colored fruit to prevent darkening.
- Optional: To sweeten, add corn syrup, honey or sugar. Corn syrup or honey is best for longer storage because it prevents crystals. Sugar is fine for immediate use or short storage. Use 1/4 to 1/2 cup sugar, corn syrup or honey for each 2 cups of fruit. Saccharin-based sweeteners could also be used to reduce tartness without adding calories. Aspartame sweeteners may lose sweetness during drying.

Leathers From Canned or Frozen Fruit

- Home preserved or store-bought canned or frozen fruit can be used.
- Drain fruit, save liquid.
- Use 1 pint of fruit for each 13" X 15" leather.
- Purée fruit until smooth. If thick, add liquid.
- Add 2 teaspoons of lemon juice or 1/8 teaspoon ascorbic acid (375 mg) for each 2 cups of light colored fruit to prevent darkening.
- Applesauce can be dried alone or added to any fresh fruit pureé as an extender. It decreases tartness and makes the leather smoother and more pliable.

Preparing the Trays: For drying in the oven a 13" X 15" cookie pan with edges works well. Line pan with plastic wrap being careful to smooth out wrinkles. Do not use waxed paper or aluminum foil.

To dry in a dehydrator, specially designed plastic sheets can be purchased or plastic trays can be lined with plastic wrap.

Pouring the Leather: Fruit leathers can be poured into a single large sheet (13" X 15") or into several smaller sizes. Spread pureé evenly, about 1/8-inch thick, onto drying tray. Avoid pouring pureé too close to the edge of the cookie sheet. The larger fruit leathers take longer to dry. Approximate drying times are 6 to 8 hours in a dehydrator, up to 18 hours in an oven and 1 to 2 days in the sun.

Drying the Leather: Dry fruit leathers at 140°F. Leather dries from the outside edge toward the center. Test for dryness by touching center of leather; no indentation should be evident. While warm, peel from plastic and roll, allow to cool and rewrap the roll in plastic. Cookie cutters can be used to cut out shapes that children will enjoy. Roll, and wrap in plastic.

Storing the Leather: Fruit leather will keep up to 1 month at room temperature. For storage up to 1 year, place tightly wrapped rolls in the freezer.

Spices, Flavors and Garnishes: To add interest to your fruit leathers, spices, flavorings or garnishes can be added.

- *Spices to Try* — Allspice, cinnamon, cloves, coriander, ginger, mace, mint, nutmeg or pumpkin pie spice. Use sparingly, start with 1/8 teaspoon for each 2 cups of pureé.
- *Flavorings to Try* — Almond extract, lemon juice, lemon peel, lime juice, lime peel, orange extract, orange juice, orange peel or vanilla extract. Use sparingly, try 1/8 to 1/4 teaspoon for each 2 cups of pureé.
- *Delicious Additions to Try* — Shredded coconut, chopped dates, other dried chopped fruits, granola, miniature marshmallows, chopped nuts, chopped raisins, poppy seeds, sesame seeds or sunflower seeds.
- *Fillings to Try* — Melted chocolate, softened cream cheese, cheese spreads, jam, preserves, marmalade, marshmallow cream or peanut butter. Spread one or more of these on the leather after it is dried and then roll. Store in refrigerator.

BERRY SYRUP

Source: *So Easy to Preserve, 2014*

Yield: About 2 half-pints jars

1-1/4 cups prepared blackberry, blueberry, raspberry, or strawberry juice

1-1/2 cups sugar

1/4 cup corn syrup

1 Tablespoon lemon juice

To Prepare Juice – Select table-ripe berries. Do not use underripe berries. Wash, cap, and remove stems. Crush berries and heat to a boil. Simmer 1 or 2 minutes. Extract juice by straining the collected juice through a double layer of cheesecloth or jelly bag.

To Make Syrup – Sterilize canning jars. Combine ingredients in a saucepan. Bring to a rolling boil and boil one minute. Remove from heat and skim off foam. Pour into hot half-pint jars, leaving 1/4 inch headspace. Wipe jar rims and adjust lids.

If using a boiling water canner: Lower the rack into simmering water. Water must cover jars by 1 inch. Adjust heat to medium-high, cover canner, and bring to a rolling boil. *If using a steam canner:* Place lid on canner and turn heat to high until a steady column of steam (6-8 inches) appears from the vent hole(s) in the canner lid. If using a canner with a temperature sensor, begin processing time when the temperature marker is in the green zone for your altitude. If using a canner without a temperature sensor, begin processing time when a steady stream of steam is visible from the vent hole(s).

Process half-pint jars 10 minutes at 0-1,000 feet, 15 minutes at 1,001-6,000 feet, and 20 minutes above 6,000 feet.

If using a boiling water canner: Turn off heat and remove cover. Let jars cool 5 minutes.

If using a steam canner: Turn off heat and wait 2-3 minutes before removing cover. Remove jars from canner; do not retighten bands if loose. Cool 12 hours. Check seals. Label and store jars.

FRUIT VINEGARS

Source: *Michigan State University Extension, 2013*

➤ msue.anr.msu.edu/news/herb_or_fruit_vinegars_are_easy_to_make_and_fun_to_give

To make fruit-flavored vinegars, it is best to use frozen fruit such as raspberries, blueberries or cranberries. The frozen fruit works better than fresh fruit because the cells of frozen fruit have begun to break down, releasing more juice.

Steps to making fruit-flavored vinegars:

- Put frozen fruit in a non-metal bowl and pour vinegar over the fruit.
- Cover and let it set a couple of weeks to blend.
- Filter with a cheesecloth or paper coffee filter.
- Put into smaller containers for gifts.

It takes at least 10 days for most flavors to develop and about three to four weeks for the greatest flavor to be extracted. Desired flavors are most often a personal matter of taste. Crushing, “bruising” or chopping fruits, herbs and vegetables before adding to jars will shorten the process by about one week.

The National Center for Home Food Preservation recommends that to test for flavor development, place a few drops of vinegar on plain white bread and taste. If the flavors are developed to where you would like them to be, strain the vinegar and bottle. If the flavors seem too strong, dilute the flavored vinegar with more of the original vinegar you used in preparing the recipe.

Make sure you label what you put in your vinegars. Also include a note to use the vinegar up within three to four months for best quality, including a date on the bottle. Refrigeration is best for maintaining freshness and flavors.

For more information on making fruit and other vinegars, National Center for Home Food Preservation has a free publication “Preserving Food: Flavored Vinegars”.

➤ nchfp.uga.edu/publications/uga/uga_flavored_vinegars.pdf

PRESERVING BERRIES

Source: Oregon State University Extension Service, 2013

➤ http://extension.oregonstate.edu/fch/sites/default/files/documents/sp_50_780_p_reservingberries.pdf

There are many varieties of berries grown. Strawberries are usually the first to ripen, followed by raspberries, currants, blackberries (which include: loganberries, marionberries, boysenberries, Cascade, and youngberry), and blueberries.

Berries can be canned, frozen, or dried, and make great fruit spreads and syrups.

How Many to Pick

The exact quantity will depend on the variety and size of the berry. This is a rough estimate.

- 2 lbs. of fresh berries will yield 1 quart of frozen or canned berries.
- Every quart of fresh berries will yield approximately 1 cup of juice for jelly or 2 cups of mashed berries for jam.
- A 36 pound crate of whole berries will yield approximately 18-24 quarts.

Harvesting

It is best to pick berries early in the morning, when it is cool. Picked berries lose freshness quickly in heat. Place berries in the shade or refrigerate. Do not wash berries until just before you plan to use them.

CANNING BERRIES WHOLE

All varieties of berries, with the exception of strawberries, may be canned. Strawberries become very mushy and lose their color and flavor when canned. Choose ripe, sweet berries with uniform color. Wash 1 to 2 quarts of berries at a time. Drain and remove cap and stem, if necessary. Berries may be canned in sugar syrup, water, or natural juices. They will hold their shape and retain their natural color if canned in syrup or in natural juices.

For 9 pint load, use the following proportion for sugar syrup:

Very light syrup	6-1/2 cups water	3/4 cups sugar
Light syrup	5-3/4 cups water	1-1/2 cups sugar
Medium syrup	5-1/4 cups water	2-1/4 cups sugar
Heavy syrup	5 cups water	3-1/4 cups sugar

Hot pack - Dip berries in boiling water, syrup or juice for 30 seconds; drain. Fill jars and cover with hot liquid, leaving 1/2 inch headspace. Adjust lids and process in boiling water canner: pints and quarts 15 minutes. After processing, take canner off heat. Remove lid and wait 5 minutes before removing jars.

Raw Pack - Fill jars with raw berries, shaking down gently while filling. Cover with hot syrup, juice, or water, leaving 1/2 inch headspace. Adjust lids and process in boiling water canner: pints 15 minutes, quarts 20 minutes. After processing, take canner off heat. Remove lid and wait 5 minutes before removing jars.

Note: There will be more floating fruit using the raw pack method.

FREEZING BERRIES

To freeze individually, wash berries, drain well and place in a single layer on a baking sheet. Freeze berries until firm, then package frozen berries in freezer bags or containers. If it is not important to have the berries individually frozen, wash, drain and package immediately into freezer containers. Berries frozen dry can be used in making jams, jellies, pies, cobblers, or syrups.

In Sugar - Wash berries; drain. Sprinkle with sugar to taste and let sit until sugar is completely dissolved. Package in freezer bags or containers.

In Pectin - If berries will be used as topping for ice cream, pancakes, or waffles, or eaten as a side dish, freeze them in a mixture of sugar and pectin. The pectin mixture will help the berries retain their firmness and bright color after they are thawed. It is an excellent way to freeze sliced strawberries and raspberries.

Mix together: 3 cups white sugar and 1 package powdered fruit pectin

Sprinkle sugar/pectin mixture over berries and let sit until dissolved. For whole berries, coat with the sugar/pectin mixture and put in a single layer on a cookie sheet. Place in freezer. When berries are frozen, remove from cookie sheet and place berries in freezer bags or freezer containers.

Note: This is enough pectin/sugar mixture for approximately 3 gallons of berries. The amount of sugar can be adjusted to taste.

In Syrup - For syrup recipe, follow canning directions. Cool syrup before using. Place berries loosely into freezer containers. Cover with cold sugar syrup, leaving 1 inch headspace. Freeze. The sugar syrup will help the berries retain their firmness.

Hint: When freezing berries in freezer boxes, it is helpful to place a piece of crumpled plastic wrap on top of the berries to hold them under the liquid.

Store frozen berries at 0°F and use within 1 year for best quality.

DRYING BERRIES

Blackberries (all varieties) and raspberries are not recommended for drying because of their high seed content and slow drying time. They do make excellent fruit leathers.

Blueberries

Select large, firm, fully-ripe berries that have a deep, blue color. Wash berries and remove the stems. Blueberries may be dried without any pretreatment, but will dry faster if they are dipped in boiling water to crack the skins before drying. When blueberries are dried with no pretreatment, they will be puffy in appearance and texture. Those dipped in boiling water will be raisin-like in quality. Blueberries are dry when they are leathery and pliable with no pockets of moisture. They are excellent eaten as a snack or added to cereal, baked products and pancakes.

Strawberries

The sweeter varieties are best for drying. Select firm, ripe, red berries with a solid color. They should be picked when fully-ripe for best flavor. Wash berries, remove caps and cut into 1/2 inch slices or cut smaller berries in half. Dry skin-side down. No pretreatment is necessary. Strawberries are dry when they are pliable and leathery with no pockets of moisture. Dried strawberries can be eaten as a snack, added to cooked/dry cereals, combined with granola, added to milk shakes or yogurt. They are better eaten dry as they lose their firm texture when rehydrated.

STEAM JUICE EXTRACTION

Source: Various

A steam juicer makes use of steam to transfer gentle heat directly to the berries that are supported above a boiling water pot in a perforated basket. The juice is collected in the middle section and let out with a small hose while still hot and sterile directly into clean bottles. The quality of the juice is high with little solids due to the non-mechanical extraction process.

The units are generally made in a three-tier configuration that resembles a huge double boiler.

- The bottom section is a simple pot placed on a heat source to boil water to generate the steam.
- The next section is the juice collection container with an opening in the middle to pass the steam through. It has a hose fitting used to drain juice directly into storage bottles.
- The top section is a perforated basket (with a loose-fitting lid) to hold the berries while allowing the steam to reach the complete batch but holding the berries (pulp, skins and pips) out of the extracted juice.



The process is convenient and as safe as any other stove-top cooking. The steam is not held under pressure and the juice is delivered with a rubber hose that requires minimal extra operations, occasionally a funnel with a strainer may be used to make the bottling more convenient. **As usual one needs to be careful of scalding hot juice and the possibility of pulling over the tall juicer.**

1. A steam juicer works by bursting the fruit with steam and then collecting the fruit's juice as it freely drains from the pulp.
2. As you can see in the diagram above, the fruit is put into a perforated pan with a lid. This pan then sits on top of a collector pan. All this sits over a pan of boiling water.
3. As the water boils, steam rises through the opening of the collector pan to the fruit. As the fruit breaks down from the steam, it releases the juice from the pulp. The juice then falls through the perforated holes into the collector pan.
4. Drain the juice into sterile jars for preserving or for immediate use.

NOTE: Follow the Manufacturer instructions for your Steam Juicer. Refer to National Center for Home Food Preservation for information on canning or freezing your extracted juice.

➤ <http://nchfp.uga.edu/index.html>