



University of California
Agriculture and Natural Resources

UCCE Master Food Preservers of Sacramento County

4145 Branch Center Road
Sacramento, CA 95827-3823
(916) 875-6913 Office
(916) 875-6233 Fax
Email: sacmfp@ucanr.edu
Website: sacmfp.ucanr.edu

Monthly Wednesday Night Demonstration

September 19, 2018

Autumn Harvest



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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APPLESAUCE

Source: https://nchfp.uga.edu/how/can_02/applesauce.html

Quantity: An average of 21 pounds is needed per canner load of 7 quarts; an average of 13½ pounds is needed per canner load of 9 pints. A bushel weighs 48 pounds and yields 14 to 19 quarts of sauce – an average of 3 pounds per quart.

Quality: Select apples that are sweet, juicy and crisp. For a tart flavor, add 1 to 2 pounds of tart apples to each 3 pounds of sweeter fruit.

Procedure: Wash, peel, and core apples. If desired, slice apples into water containing ascorbic acid to prevent browning. Placed drained slices in an 8- to 10-quart pot. Add ½ cup water. Stirring occasionally to prevent burning, heat quickly until tender (5 to 20 minutes, depending on maturity and variety). Press through a sieve or food mill or skip the pressing step if you prefer chunk-style sauce. Sauce may be packed without sugar. If desired, add 1/8 cup sugar per quart of sauce. Taste and add more, if preferred. Reheat sauce to boiling. Fill jars with hot sauce, leaving ½-inch headspace. Adjust lids and process.

Processing directions for canning applesauce in a boiling-water, a dial, or a weighted-gauge canner are given in Table 1, Table 2, and Table 3.

Table 1. Recommended process time for Applesauce in a boiling- water or steam canner.					
		Process Time at Altitudes of			
Style of Pack	Jar Size	0 to 1,000 ft	1,001 to 3,000 ft	3,001 to 6,000 ft	Above 6,000 ft
Hot	Pints	15 min	20 min	20 min	25 min
	Quarts	20 min	25 min	30 min	35 min

Table 2. Process Times for Applesauce in a Dial-Gauge Pressure Canner.						
			Canner Pressure (PSI) at Altitudes of			
Style of Pack	Jar Size	Process Time	0 to 2,000 ft	2,001 to 4,000 ft	4,001 to 6,000 ft	6,001 to 8,000 ft
Hot	Pints	8 min	6 lb.	7 lb.	8 lb.	9 lb.
	Quarts	10 min	6 lb.	7 lb.	8 lb.	9 lb.

Table 3. Process Times for Applesauce in a Weighted- Gauge Pressure Canner.				
			Canner Pressure (PSI) at Altitudes of	
Style of Pack	Jar Size	Process Time	0 to 1,000 ft	Above 1,000 ft
Hot	Pints	8 min	5 lb.	10 lb.
	Quarts	10 min	5 lb.	10 lb.

APPLE JUICE

Source: Ball Complete Home Preserving, 2012

Quantity:

24 lbs.	Apples, stemmed and chopped (about 72 apples)
8 cups	Water

Procedure:

1. In a large stainless-steel saucepan, combine apples and water. Bring to a boil over medium-high heat. Reduce heat and boil gently, stirring occasionally, until apples are tender.
2. Working in batches, transfer to a dampened jelly bag or a strainer lined with several layers of dampened cheesecloth set over a deep bowl. Let drip, undisturbed, for at least 2 hours.
3. Meanwhile, prepare canner, jars and lids.
4. In a clean large stainless-steel saucepan, heat apple juice to 190°F over medium high heat. Do not boil. Keep juice at 190°F for 5 minutes, adjusting heat as needed.
5. Ladle hot juice into hot jars, leaving ¼ inch headspace. Wipe rim. Center lid on jar. Screw band down until resistance is met, then increase to fingertip-tight.
6. Process in either a boiling-water or steam canner for 10 minutes, adjusting for altitude*.

TIP: For a clearer juice, after Step 2, cover and refrigerate juice for 24 to 48 hours to allow sediment to settle. Being careful not to disturb the sediment, ladle or pour juice into a large stainless-steel saucepan. Discard sediment.

*Altitude Adjustment Chart for Boiling Water or Atmospheric Steam Canner Recipes. Note: the maximum total processing time in an atmospheric steam canner is 45 minutes.

Feet	Increase Processing Time
1,001 – 3,000	5 minutes
3,001 – 6,000	10 minutes
6,001 – 8,000	15 minutes
8,001 – 10,000	20 minutes

FRUIT LEATHERS

Source: So Easy to Preserve, 2014

Fruit leathers are homemade fruit rolls. They are a tasty chewy, dried fruit product. 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 the 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.

For the diabetic adult or child, fruit leathers made without sugar are a healthy choice for snacks or desserts. Individual fruit leathers should contain the amount of fruit allowed for the fruit exchange.

Directions follow for making fruit leathers. Fresh, frozen or drained canned fruit can be used.

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 ¼ to ½ 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 purée as an extender. It decreases tartness and makes the leather smoother and more pliable.

Preparing the Trays

To dry in an electric dehydrator, specially designed plastic sheets can be purchased. Plastic dryer trays can also be lined with plastic wrap; be careful not to allow leakage.

For drying in the oven, a 13" X 15" cookie pan with short raised edges works well. Line the pan with a non-stick material, being careful to smooth out wrinkles. There are several online sources for electric dryer tray liners for leathers that can be cut to fit your cookie sheet. Do not use waxed paper or aluminum foil.

Continued on next page

FRUIT LEATHERS *(continued)*

Pouring the Leather

Fruit leathers can be poured into a single large sheet (13" X 15") or into several smaller sizes. Spread purée evenly, about 1/8-inch thick, onto drying tray. Avoid pouring purée 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.

Chances are the fruit leather will not last long enough for storage. If it does, it 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 purée.

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 purée.

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.

DEHYDRATING FRUITS

Source: So Easy to Preserve, 2014

Fruits At A Glance

Fruit	Suitability for Drying	Suitability for Fruit Leather
Apples	Excellent	Excellent
Apricots	Excellent	Excellent
Avocados	Not recommended ¹	Not recommended
Bananas	Good	Fair to good
Berries with seeds	Not recommended ²	Excellent
Blueberries	Fair	Poor unless in combination
Cherries	Excellent	Excellent
Citrus fruits	Not recommended ³	Only in combination
Citrus peel	Excellent	Only in combination
Coconuts	Excellent	Only in combination
Crabapples	Not recommended ⁴	Only in combination
Cranberries	Poor	Only in combination
Currants	Good	Not recommended
Dates	Excellent	Only in combination
Figs	Excellent	Only in combination
Grapes	Excellent	Fair to good
Guavas	Not recommended ⁵	Only in combination
Melons	Poor	Not recommended
Nectarines	Excellent	Excellent
Olives	Not recommended ⁶	Not recommended
Papayas	Good	Better in combination
Peaches	Excellent	Excellent
Pears	Excellent	Excellent
Persimmons	Fair	Not recommended
Pineapples	Excellent	Excellent
Plums	Good	Good
Pomegranates	Not recommended ⁷	Not recommended
Prune plums	Excellent	Excellent
Quince	Not recommended ⁸	Not recommended
Rhubarb	Good ⁹	Fair
Strawberries	Fair to good	Excellent

Continued on next page

DEHYDRATING FRUITS *(continued)*

1. Avocadoes: High fat content.
2. Berries with seeds: High seed content and slow rate of drying.
3. Citrus fruits: Too juicy and pulp lacks firm texture.
4. Crabapples: Too small and tart; can be combined with other fruit for leather.
5. Guavas: Grainy flesh full of seeds; combine with other fruit for leather.
6. Olives: High oil content. Bitter flavor removable only by long processing.
7. Pomegranates: Pulp is full of seeds.
8. Quince: Hard flesh and strongly acidic flavor. Combine with other fruit for leather.
9. Rhubarb: **Never** consume leaves—they contain toxic salts of oxalic acid.

DEHYDRATING FRUITS *(continued)*

Fruit	Preparation	Sulfur (Hours)	Blanch		Other	Estimated Drying Time (Hours)*
			Steam (Minutes) <i>(depending on texture)</i>	Syrup (Minutes)		
Apples	Peel and core, cut into slices or rings about 1/8-inch thick.	3/4	3-5 <i>(depending on texture)</i>	10	* Ascorbic acid solution * Ascorbic acid mixture * Fruit juice dip * Sulfite dip	6-12
Apricots	Pit and halve. May slice if desired	2	3-4	10	* Ascorbic acid solutions * Ascorbic acid mixture * Fruit juice dip * Sulfite dip	24-36**
Bananas	Use solid yellow or slightly brown-flecked bananas. Avoid bruised or overripe bananas. Peel and slice 1/4 inch to 3/8 inch thick, crosswise or lengthwise.	2	3-4	10	* Honey dip * Ascorbic acid solutions * Ascorbic acid mixture * Fruit juice dip * Sulfite dip	8-10**
Berries, Firm	Wash and drain berries. With waxy coating--blueberries, cranberries, currants, gooseberries, huckleberries.				* Plunge into boiling water 15-30 seconds to "check" skins. Stop cooking action by placing fruit in ice water. Drain on paper towels.	24-36
Berries, Soft	Boysenberries and strawberries				* No treatment necessary	24-36
Cherries	Stem, wash, drain and pit fully ripe cherries. Cut in half, chop or leave whole			10 <i>(for sour cherries)</i>	* Whole: dip in boiling water 30 seconds or more to check skins. * Cut and pitted: no treatment necessary.	24-36
Citrus Peel	Peels of citron, grapefruit, kumquat, lime, lemon, tangelo and tangerine can be dried. Thick-skinned navel orange peel dries better than thin-skinned Valencia peel. Wash thoroughly. Remove outer 1/16 to 1/8 inch of peel. Avoid white bitter pith.				* No pretreatment	8-12
Figs	Select fully ripe fruit. Immature fruit may sour before drying. Wash or clean whole fruit with damp cloth. Leave small fruit whole, otherwise cut in half.	1 <i>(whole)</i>			* Whole: dip in boiling water 30 seconds or more to check skins. Plunge in ice water to stop further cooking. Drain on paper towels.	6-12**
Grapes, Seedless	Leave whole				* Whole: Dip in boiling water 30 seconds or more to check skins. Plunge in ice water to check skins. Plunge in ice water to stop further cooking. Drain on paper towels.	12-20
Grapes, with seeds	Cut in half and remove seeds				* Halves: No treatment necessary.	12-20

Continued on next page

DEHYDRATING FRUITS *(continued)*

Fruit	Preparation	Sulfur (Hours)	Blanch		Other	Estimated Drying Time (Hours)*
			Steam (Minutes)	Syrup (Minutes)		
Nectarines and Peaches	When sulfuring, pit and halve; if desired, remove skins. For steam and syrup blanching, leave whole, then pit and halve. May also be sliced or quartered.	2-3 (halves) 1 (slices)	8	10	* Ascorbic acid solution * Ascorbic acid mixture * Fruit juice dip * Sulfite dip	36-48*
Pears	Cut in half and core. Peeling preferred. May also slice and quarter.	5 (halves) 2 (slices)	6 (halves)	10	* Ascorbic acid solution * Ascorbic acid mixture * Fruit juice dip * Sulfite dip	24-36**
Persimmons	Use firm fruit of long, soft varieties or fully ripe fruit of round drier varieties. Peel and slice using stainless steel knife.				* May syrup blanch.	12-15**
Pineapple	Use fully ripe, fresh pineapple. Wash, peel and remove thorny eyes. Slice lengthwise and remove core. Cut in 1/2 inch slices, crosswise.				* No treatment necessary.	24-36
Plums (Prunes)	Leave whole or, if sulfuring, halve the fruit.				* Sun drying: (whole) dip in boiling water 30 seconds or more to check skins. * Oven or dehydrator: rinse in hot tap water.	24-36**

* Drying times vary depending on the initial moisture content of the product and the particular dehydrator being used. Because of variations in air circulation, drying times in conventional ovens could be up to twice as long as those in dehydrators. Drying times for sun drying could range from 2 to 6 days, depending on temperature and humidity.

** Drying times are shorter for slices and other cuts of fruit.

APPLE PIE FILLING

Source: So Easy to Preserve, 2014

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

Yield: 1 quart or 7 quarts.

	Quantities of Ingredients Needed For	
	1 Quart	7 Quarts
Blanched, sliced fresh apples	3-1/2 cups	6 quarts
Granulated sugar	3/4 cup + 2 tbsp	5-1/2 cups
Clear Jel® (please see special note on Clear Jel®)	1/4 cup	1-1/2 cup
Cinnamon	1/2 tsp	1 tbsp
Cold Water	1/2 cup	2-1/2 cups
Apple juice	3/4 cup	5 cups
Bottled lemon juice	2 tbsp	3/4 cup
Nutmeg (optional)	1/8 tsp	1 tsp
Yellow food coloring (optional)	1 drop	7 drops

Procedure:

Hot Pack—Wash, peel, and core apples. Cut apples into slices, 1/2-inch wide. Place in water containing ascorbic acid to prevent browning. Remove from the ascorbic acid antidarkening solution and drain well.

To blanch the fruit, place 6 cups at a time in 1 gallon of boiling water. Boil each batch 1 minute after the water returns to a boil. Remove fruit from blanch water but keep the hot fruit in a covered bowl or pot while Clear Jel® mixture is prepared. Combine sugar, Clear Jel® and cinnamon in a large saucepot with water and apple juice. If desired, food coloring and nutmeg may be added. Stir and cook on medium high heat until mixture thickens and begins to bubble. Add lemon juice and boil 1 minute, stirring constantly. Immediately fold in drained apple slices and fill hot jars with hot mixture. Leave a 1-inch headspace. Remove air bubbles. Wipe jar rims. Adjust lids and process immediately according to the recommendations in Table 2.

Table 2. Recommended process time for Apple Pie Filling in a boiling-water or steam canner.					
		Process Time at Altitudes of			
Style of Pack	Jar Size	0 - 1,000 ft	1,001 - 3,000 ft	3,001 - 6,000 ft	Above 6,000 ft
Hot	Pints or Quarts	25 min	30	35	40

Special Notice About Clear Jel®

The recipes for the fruit pie fillings all use a modified food starch called **Clear Jel®**. This starch produces the correct thickening, even after the fillings are canned and baked. Other starches, such as corn starch, break down and result in a runny filling. Clear Jel® **must** be used as the thickener in these recipes; there is no substitution. Do not use any other form of Clear Jel®, such as Instant Clear Jel®.

Clear Jel® is not currently available in traditional grocery stores. Obtain your Clear Jel® **before assembling the fruit and other ingredients** to make these pie fillings. In most areas, mail order is the only option; Clear Jel® may also be found in some cooperatives or stores that sell cooking ingredients in bulk. Several sources can be found on the Internet.

There are about 3 cups in 1-pound Clear Jel®. Our fruit pie filling recipes take about 1 ½-2 ¼ cups per 6-7 quarts of pie filling.

TOMATO APPLE CHUTNEY

Source: FreshPreserving.com, 2018

Preserving Method: Water Bath Canning or Atmospheric Steam Canning

Makes about 6 (8 oz) half pints

Serve this tasty chutney warmed over baked Brie for an appealing appetizer. Allow a plentiful supply of crackers and apple slices for spreading the Brie. This is also delicious mixed with mayonnaise and used as a sandwich spread.

YOU WILL NEED

- 1-1/2 cups white vinegar
- 2 cups chopped cored peeled apples (about 2 medium)
- 5 cups chopped cored peeled tomatoes (about 7 medium)
- 1-1/2 cups lightly packed brown sugar
- 1 cup chopped English cucumber (about 1 medium)
- 3/4 cup chopped onions (about 1 small)
- 3/4 cup chopped seeded red bell peppers (about 1 large)
- 1/2 cup raisins
- 1 red chili pepper, finely chopped
- 1/4 tsp finely chopped garlic (about 1/2 clove)
- 1-1/2 tsp ground ginger
- 1/2 tsp salt
- 1/2 tsp ground cinnamon

DIRECTIONS

1. PREPARE boiling water or steam canner. Heat jars in simmering water until ready for use. Do not boil. Wash lids in warm soapy water and set bands aside.
2. COMBINE vinegar and apples in a large saucepan. Add remaining ingredients. Bring to a boil, stirring frequently. Reduce heat and simmer 30 minutes, stirring frequently.
3. LADLE hot chutney into hot jars leaving 1/2 inch headspace. Remove air bubbles. Wipe rim. Center hot lid on jar. Apply band and adjust until fit is fingertip tight.
4. PROCESS filled jars in either a boiling water or steam canner for 10 minutes, adjusting for altitude*. Remove jars and cool. Check lids for seal after 24 hours. Lid should not flex up and down when center is pressed.

*Altitude Adjustment Chart for Boiling Water Bath or Atmospheric Steam Canner Recipes.

Note: the maximum total processing time in an atmospheric steam canner is 45 minutes.

Feet	Increase in Processing Time
1,001 – 3,000	5 minutes
3,001 – 6,000	10 minutes
6,001 – 8,000	15 minutes
8,001 – 10,000	20 minutes

PEAR BUTTER

Source: So Easy to Preserve, 2014

Preserving Method: Water Bath Canning or Atmospheric Steam Canning

Makes about 4 (8 oz) half pints

YOU WILL NEED:

2 quarts pear pulp (about 20 medium, fully ripe pears)	1 teaspoon grated orange rind
4 cups sugar	1/2 cup orange juice
	1/2 teaspoon ground nutmeg

TO PREPARE PULP:

Quarter and core pears. Cook until soft, adding only enough water to prevent sticking. Press through a sieve or food mill. Measure pulp.

Add remaining ingredients, cook until thick, about 15 minutes. As mixture thickens, stir frequently to prevent sticking. Sterilize canning jars. Pour hot butter into hot jars, leaving 1/4 inch headspace. Wipe jar rims and adjust lids. Process 5 minutes in a boiling water or steam canner, adjusting for altitude*.

PEAR HONEY

Source: So Easy to Preserve, 2014

Preserving Method: Water Bath Canning or Atmospheric Steam Canning

YOU WILL NEED:

8 cups pear juice (from peelings)	4 cups sugar
	Juice of 1 lemon (if desired)

Sterilize canning jars. Measure juice, bring to a boil. When it boils vigorously, add sugar and lemon juice. Boil rapidly until the consistency of honey. Pour into hot jars, leaving 1/4 inch headspace. Wipe jar rims and adjust lids. Process 5 minutes in a boiling water or steam canner, adjusting for altitude*.

*Altitude Adjustment Chart for Boiling Water or Atmospheric Steam Canner Recipes. Note: the maximum total processing time in an atmospheric steam canner is 45 minutes.

Feet	Increase in Processing Time
1,001 – 3,000	5 minutes
3,001 – 6,000	10 minutes
6,001 – 8,000	15 minutes
8,001 – 10,000	20 minutes

LOW/NO-SUGAR FIG JAM

Source: <http://www.pomonapectin.com/recipes/fig-jam/>

February 26, 2016

Yield: 4 to 5 cups

Fig Jam is a low-sugar or low-honey cooked jam made with Pomona's Pectin. Pomona's Pectin contains no sugar or preservatives and jells reliably with low amounts of any sweetener. Check local stores or purchase online.

Before You Begin:

Prepare calcium water. To do this, combine ½ teaspoon calcium powder (in the small packet in your box of Pomona's pectin) with ½ cup water in a small, clear jar with a lid. Shake well. Extra calcium water should be stored in the refrigerator for future use.

INGREDIENTS

2½ pounds of fresh figs (to yield 4 cups mashed fig)	1/2 cup lemon juice
4 teaspoons calcium water	1/2 cup up to 1 cup honey or 3/4 cup up to 2 cups sugar
	3 teaspoons Pomona's pectin powder

DIRECTIONS

1. Prepare jars, lids, and bands.
2. Wash, stem, chop, and mash figs. If figs are too firm for mashing, bring to boil in sauce pan with ½ cup of water and simmer 5 minutes, stirring occasionally. Remove from heat and mash.
3. Measure 4 cups of mashed fig into sauce pan. Save any extra for another use.
4. Add calcium water and lemon juice, and mix well.
5. Measure sugar or room temperature honey into a bowl. Thoroughly mix pectin powder into sweetener. Set aside.
6. Bring fruit mixture to a full boil. Add pectin-sweetener mixture, stirring vigorously for 1 to 2 minutes to dissolve the pectin while the jam comes back up to a boil. Once the jam returns to a full boil, remove it from the heat.
7. Fill hot jars, leaving ¼ inch headspace. Wipe rims clean. Screw on 2-piece lids. Process in either a boiling water or steam canner for 10 minutes. (Add 1 minute more for every 1,000 ft. above sea level). Remove from canner. Let jars cool. Check seals; lids should be sucked down. Eat within 1 year. Lasts 3 weeks once opened.

FREEZING APPLES, FIGS, PEARS AND PERSIMMONS

Source: So Easy to Preserve, 2014

APPLES

Preparation – Syrup pack is preferred for apples to be used for uncooked desserts or fruit cocktail. A sugar or dry pack is good for pie making.

Select full-flavored apples that are crisp and firm, not mealy in texture. Wash, peel and core. Slice medium apples into twelfths, large ones into sixteenths.

Syrup pack – use cold 40% syrup (see next page). To prevent browning, add ½ teaspoon ascorbic acid to each quart of syrup. Slice apples directly into syrup in container starting with ½ cup syrup to a pint container. Press fruit down in containers and add enough syrup to cover. Leave headspace (see next page). Place a small piece of crumpled water-resistant paper on top to hold fruit down. Seal and freeze.

Sugar pack – to prevent darkening, dissolve ½ teaspoon ascorbic acid in 3 tablespoons water. Sprinkle over the fruit. Or, apple slices can be steam blanched for 1 ½ to 2 minutes. Mix ½ cup sugar with 1 quart (1 ¼ pounds) of fruit. Pack apples into containers and press fruit down, leaving headspace. Seal and freeze.

FIGS

Preparation – Select fully ripe fruit, wash and peel if desired.

Syrup pack - Use 40% syrup (see next page). For a better product, add ¾ teaspoon ascorbic acid or ½ cup lemon juice to each quart of syrup. Pack figs into containers and cover with cold syrup, leaving headspace (see next page). Seal and freeze.

Dry pack – To prevent darkening of light colored figs, dissolve ¾ teaspoon of ascorbic acid in 3 tablespoons cold water and sprinkle over 1 quart of fruit. Pack figs into containers, leaving headspace (see below). Figs can also be frozen first on a tray and then packed into containers as soon as they are frozen. Seal containers and freeze.

PEARS

Select full-flavored pears that are crisp and firm, not mealy in texture. Wash, peel and core. Slice medium pears into twelfths, large ones into sixteenths.

Syrup Pack – Heat pears in boiling 40% syrup (see next page) for 1 to 2 minutes, depending on size of pieces. Drain and cool. Pack pears and cover with cold 40% syrup. For a better product, add ¾ teaspoon ascorbic acid to a quart of cold syrup. Leave headspace (see next page). Place a small piece of crumpled water-resistant paper on top to hold the fruit down. Seal and freeze.

FREEZING APPLES, FIGS, PEARS AND PERSIMMONS *(continued)***PERSIMMONS**

Preparation – Select orange-colored, soft-ripe persimmons. Sort, wash, peel and cut into sections. Press fruit through a sieve to make a purée. For a better product, to each quart of purée add 1/8 teaspoon ascorbic acid. Purée made from native varieties needs no sugar. Purée made from cultivated varieties may be packed with or without sugar.

Purée – Pack unsweetened purée into containers. Leave headspace (see below). Seal and freeze; or, mix 1 cup sugar with each quart (2 pounds) of purée and pack into containers. Leave headspace (see below). Seal and freeze.

40% Syrup

A 40% syrup is recommended for most fruits. To make the syrup, dissolve 2-3/4 cups sugar in 5 cups of lukewarm water, mixing until the solution is clear. Chill syrup before using.

Use just enough cold syrup to cover the prepared fruit after it has been placed in the container (about 1/2 to 2/3 cups of syrup per pint). To keep fruit under the syrup, place a small piece of crumpled parchment paper or other water-resistant wrapping material on top, and press fruit down into the syrup before sealing the container.

Headspace to Allow Between Packed Food and Closure

Type of Pack	Container with wide top opening		Container with narrow top opening	
	Pint	Quart	Pint	Quart
Liquid Pack*	1/2 inch	1 inch	3/4 inch***	1 1/2 inches
Dry Pack**	1/2 inch	1/2 inch	1/2 inch	1/2 inch

*Fruit packed in juice, sugar, syrup or water; crushed or puréed fruit, or fruit juice.

**Fruit or vegetable packed without added sugar or liquid.

***Headspace for juice should be 1-1/2 inches.