UCCE Master Food Preservers of Amador/Calaveras County
12200B Airport Road
Jackson, CA 95642
(209) 223-6482
ucanr.edu/mfpcs

Jams & Jellies

Jams and jellies consist of (primarily) fruits, preserved mostly by sugar, and thickened or jellied.

Jams are made by cooking crushed or chopped fruits with sugar. They are thick, sweet spreads that tend to hold their shape but are less firm than jelly. The shape of fruit pieces are not retained when making jam. Jam has a uniform consistency and is thick enough to spread.

Jellies are usually made by cooking fruit juice with sugar and prepared in a way that keeps the juice crystal clear and shimmering. It should be firm enough to hold its shape when turned out of the container but should quiver 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 that is not too tart and not too sweet.

Note: Savory jams and jellies can be made from vegetables and herbs.

There are several methods for making jams and jellies:

- **Quick jams and jellies**: Pectin, dry or liquid, is used to achieve a gelled consistency.
- **Long-boil method**: Instead of using pectin, a product is cooked down to the gel point. This is also called a cook-down method.
- **Freezer jams and jellies**: No boiling water process. Special freezer jam pectin can be used.

Quick and cook down methods include a heat-processing step to preserve and seal the jars, either using a boiling water or atmospheric steam canner. The USDA does not recommend the open kettle method of canning because it does not prevent all risks of spoilage. *(Open kettle canning involves putting hot food into hot jars, putting the lid on and not heat-processing the jars.)*

Basic Ingredients

For an acceptable jam or jelly, the proper proportions of fruit, sugar, pectin and acid are needed.

Fruit - The fruit gives each spread its unique flavor and color. It also supplies the liquid to dissolve the rest of the necessary ingredients and furnishes some or all of the pectin and acid. High-quality, flavorful fruits make the best jellied products.

Sugar - Sugar serves as a preserving agent, contributes flavor, and aids in gelling. Cane and beet sugar are the usual sources of sugar for jelly or jam. Corn syrup and honey may be used to replace part of the sugar in recipes, but too much will mask the fruit flavor and alter the gel structure. Use tested recipes for replacing sugar with honey and corn syrup. Do not try to reduce the amount of sugar in traditional recipes. Too little sugar prevents gelling and may allow yeasts and molds to grow.

Pectin - Pectin is a substance found in fruits that forms a gel if it is in the right combination with acid and sugar. All fruits contain some pectin, some contain enough that you can use the cook-down method to form a jell without adding commercial pectin.

Acid – Acid adds flavor. The proper level of acidity is critical to gel formation. If there is too little acid, the gel will never set; if there is too much acid, the gel will lose liquid (weep). For fruits naturally low in acid, add lemon juice or other acid ingredients as directed by the recipe. Commercial pectin products usually contain acids which help to ensure gelling.

Commercial Pectin by Type

Commercial pectin is extracted from apple cores or the white layers of citrus fruit and usually contains added acid to ensure jelling. With commercially available pectin, quality jams and jellies may be made with all fruits, including those low in natural pectin. For successful products, use pectin as directed and do not exchange one type of pectin for another. Measure ingredients exactly and prepare one batch at a time. Doubling a recipe may prevent proper jelling. Purchase fresh pectin each year. Old pectin may result in poor gels.

Commercially available pectin is categorized by type: regular or modified pectin. Included below are several different brands that are available locally or on the Internet.

Note: Ball's website has a pectin calculator that gives ingredient amounts for making varying number of jars of jams and jellies, both full and low-sugar varieties. Find it at http://freshpreserving.com.

- **Regular pectin** is available in both liquid and powdered forms and is used primarily to make full-sugar jams and jellies. Follow the directions that come with the package and do not reduce the sugar or substitute the sugar with other types of sweeteners. Some regular pectin includes special recipes that have been formulated so that no added sugar is needed. However, each package of commercial regular pectin does contain some sugar as noted below. Artificial sweetener is often added in the recipe. The shelf life for regular pectin is one year for best results.
- **Modified pectin** is available in powdered form and may be used to make low- and no-sugar jams and jellies and other fruit spreads with sugar substitutes or no sweeteners that are lower in calories than products made with regular pectin.

Regular Pectin

1. **Certo® Premium Liquid Fruit Pectin** is a liquid pectin which contains lactic acid and citric acid to help form a gel. Certo liquid pectin may be used for cooked or no-cook freezer jams and jellies. Do not reduce the amount of sugar or substitute artificial sweeteners. Sodium benzoate is an added preservative. One box (6 fluid ounces/two pouches) typically makes one to two batches of jam or jelly. For more information, check www.kraftfoods.com/surejell/.
2. **Ball® RealFruit Liquid Pectin** is a liquid pectin for making homemade jams and jellies which contains citric acid and lactic acid to assist in gel formation, potassium citrate to control acidity, and sodium benzoate is an added preservative. This product is formulated for less foam formation. One box (6 fluid ounces/two pouches) typically makes one to two batches of jam or jelly. For more information, check www.freshpreserving.com.
3. **Sure-Jell® Premium Fruit Pectin (Yellow Box)** is a powdered pectin for use in making cooked and no-cook freezer jams and jellies. Fumaric acid is added to assist in gel formation. No preservatives are added. Do not reduce the amount of sugar or use artificial sweeteners. One 1.75 ounce box typically makes one batch of jam or jelly. For more information, check www.kraftfoods.com/surejell/.
4. **Ball® RealFruit Classic Pectin** is a powdered pectin that can be used to make cooked jams and jellies and no-cook freezer jams. Citric acid is added to assist in gel formation and dextrose as an added sweetener. Use the amount of sugar specified in the recipes included in the package. One 4.7

ounce jar makes approximately 22 half-pints of jam or jelly. For more information, check Ball's website www.freshpreserving.com.

5. **MCP® Premium Fruit Pectin** is a powdered pectin that contains citric acid to aid in forming a gel and dextrose as an added sweetener. No preservatives are added. MCP powdered pectin may be used for cooked and no-cook freezer jams and jellies. Sugar should not be reduced or artificial sweeteners substituted. One 2 ounce box typically makes one batch of jam or jelly. For more information, check www.kraftfoods.com/surejell/.
6. **Mrs. Wages® Fruit Pectin Home Jell** is a powdered pectin that can be used for cooked jams and jellies and for uncooked freezer jams. Fumaric acid is added to ensure gel formation. Preservatives are not added. Use the exact amount of sugar required in the recipe provided with the pectin. For more information, check www.mrswages.com.

Modified Pectin

Two types of modified pectins are available for home use to make reduced calorie jams and jellies. One type will form a gel with one-third less sugar. The other type, low-methoxyl pectin, requires a calcium source for gel formation.

1. **Sure-Jell® Premium Fruit Pectin (Pink Box)** is a *modified* pectin that can be used for making cooked jams and jellies and no-cook freezer jams and jellies with at least 25% less sugar than traditional recipes, or Splenda can be added to make jam and jelly with no added sugar. Dextrose is an added sweetener and fumaric acid and sodium citrate are added to help with gel formation. For more information, check www.craftfoods.com/surejell/.
2. **Mrs. Wages® Light Home Jell** is a *low-methoxyl* powdered fruit pectin. Jams and jellies can be made with or without sugar or with artificial sweeteners using this pectin. Calcium phosphate is added to provide the calcium necessary to form a gel without added sugar. Fumaric acid is the added acid, and potassium sorbate is included as a preservative. For more information, check www.mrswages.com.
3. **Ball® RealFruit Low or No-Sugar Needed Fruit Pectin** is a *low-methoxyl* powdered pectin that can be used to make cooked jams and jellies and no-cook freezer jams and jellies. This pectin includes dextrose as an added sweetener, citric acid to assist in gel formation, and calcium ascorbate to help retain color. Products may be sweetened with any type of sugar, honey, or artificial sweeteners or no sweetener. One 4.7 ounce jar makes approximately 22 half-pints of jam or jelly. For more information, check www.freshpreserving.com.
4. **Pomona's Pectin**® is a *low methoxyl* powdered citrus pectin with no dextrose or preservatives. Cooked jams and jellies, including freezer jam, may be sweetened with sugar, honey, agave, xylitol, fruit juice concentrate and stevia. One 1.1 ounce box typically makes two to four batches of jam or jelly. According to the manufacturer, Pomona's Pectin keeps indefinitely. For more information, check www.pomonapectin.com.

Methods of Making Jams and Jellies

There are two basic methods of making jams and jellies: the quick-cook method, which uses added pectin and the traditional long-boil method, which does not require added pectin. The long-boil method works best with fruits naturally high in pectin. The quick-cook method, which requires the use of commercial liquid or powdered pectin, is easier and results in a greater yield. The gelling ability of various pectins differs. To make uniformly gelled products, be sure to add the quantities of commercial pectin to specific fruits as instructed on each package. Overcooking may break down pectin and prevent proper gelling.

When using either method, make one batch at a time according to the recipe. Increasing the quantities often results in soft gels. Stir constantly while cooking to prevent burning. Recipes are developed for specific jar sizes. If jellies are filled into larger jars, excessively soft products may result. To use 4-ounce jars or 12-ounce jars for soft spreads, follow the same processing time as given for 8-ounce jars.

Note: This handout only includes instructions using the quick-cook method.

Making Jams and Jellies with Added Pectin (Quick-Cook Method)

Fresh fruit and juices, as well as commercially canned or frozen fruit juice, can be used with commercially prepared powdered or liquid pectin. The order of combining ingredients depends on the type of pectin used. Complete directions for a variety of fruits are provided with packaged pectin.

Jam or jelly made with added pectin requires less cooking and generally gives a larger yield. These products have more natural fruit flavors, too. In addition, using added pectin eliminates the need to test hot jams and jellies for proper jelling. Adding 1/2 teaspoon of butter or margarine with the juice and pectin will reduce foaming. However, this may cause off-flavor in long-term storage of jams and jellies.

Canning Jams and Jellies

Jams, jellies and other soft spreads are considered high-acid foods and may be safely canned using either a boiling water canner or atmospheric steam canner. Follow recipe directions for canning your product for long-term storage. As a general guideline, full-sugar jams and jellies should be placed in sterilized jars and processed in a boiling water or atmospheric steam canner for 5 minutes at altitudes of 0-1,000 feet. Processing time should be increased to 10 minutes if jars have not been sterilized. Add 1 minute to the processing time for each 1,000 feet of additional altitude. The basic processing time for low- or reduced-sugar jams, jellies and other soft spreads should be increased by an additional 5 minutes to a total of 10 minutes and, again, adjusted for altitude differences by adding 1 minute to the processing time for each 1,000 feet of altitude in excess of 1,000 feet.

Note: Most commercial recipes call for a 10 minute processing time to eliminate the need to sterilize jars.

Boiling Water Canner Processing Highlights

1. Place jars on a rack on the bottom of the canner.
2. Add enough very hot (but not boiling) water to cover the jars by at least 1 inch.
3. Place lid on canner and bring water to rolling boil, then reduce heat to a gentle boil.
4. Begin counting process time when the water starts to boil. Be sure to add time for altitude, if necessary. If the water stops boiling, return to a boil and **restart** timing.
5. At the end of the process time, turn off the heat, remove the canner lid, and wait no more than five minutes before removing jars.
6. Remove the jars from the canner by lifting them upright and placing them on a folded towel.
7. Leave the jars alone until they have cooled thoroughly (approximately 24 hours).
8. If a jar didn't seal, refrigerate and use the product within a few days.

Steam Canner Processing Highlights

1. Use recipes for a **boiling water** canner.
2. Add hot water to cover the rack.
3. Load jars onto rack and place lid on canner.
4. Turn heat to high and boil water until a steady column of steam (6-8 inches) appears from the vent hole(s) in the canner lid.
5. If canner has a temperature sensor, begin processing time when the marker is in the green zone for your altitude. If no temperature sensor, begin processing time when a steady stream of steam is visible from the vent hole(s). Processing time is limited to **45 minutes or less, including any modification for elevation**.
6. Monitor the temperature sensor and/or steady stream of steam during the entire timed process. Regulate heat so that the canner maintains a temperature of 212°F. A canner that is boiling too vigorously can boil dry within 20 minutes. If a canner boils dry, the food is considered under-processed and therefore potentially unsafe.
7. At the end of the processing time, turn off the heat, wait 2-3 minutes and remove the lid.
8. Remove jars; place on a towel to cool 24 hours.

Recipes

Strawberry Freezer Jam

Yield: About 4 half-pints

3-1/2 cups crushed strawberries
4 tablespoons Ball Instant Pectin
1-1/3 cups sugar

1. Stir sugar and instant pectin in a bowl until well blended.
2. Add crushed strawberries. Stir 3 minutes.
3. Ladle jam into clean jars, leaving 1/2-inch headspace. Apply lids.
4. Let stand until thickened, about 30 minutes.
5. Refrigerate up to 3 weeks or freeze up to 1 year.

Source: freshpreserving.com, 2018

Strawberry Balsamic Freezer Jam

Yield: about 5 half-pints

1 cup balsamic vinegar
4 cups crushed strawberries
1/2 cup honey
5 tablespoons Ball Instant Pectin

1. Place balsamic vinegar in a small saucepan. Cook over medium heat until reduced to 3/4 cup. Chill until cool.
2. Mix strawberries, honey and cooled balsamic vinegar in a large mixing bowl. Let stand for 10 minutes.
3. Add pectin. Stir 3 minutes.
4. Ladle the strawberry balsamic jam into clean jars, leaving 1/2-inch headspace. Apply lids.
5. Let stand until thickened, about 30 minutes.
6. Refrigerate up to 3 weeks or freeze up to 1 year.

Source: freshpreserving.com, 2018

Peach Melba Freezer Jam

Yield: about 5 half-pints

5 tablespoons Ball Instant Pectin
1-1/2 cups sugar
2-1/2 cups finely chopped pitted peeled peaches (about 4 medium)
1 cup crushed raspberries (about 1 6-ounce container)
1 tablespoon lemon juice

6. Stir sugar and instant pectin in a bowl until well blended.
7. Add peaches, raspberries and lemon juice. Stir 3 minutes.
8. Ladle jam into clean jars, leaving 1/2-inch headspace. Apply lids.
9. Let stand until thickened, about 30 minutes.
10. Refrigerate up to 3 weeks or freeze up to 1 year.

Source: freshpreserving.com, 2018

Strawberry Jam *Yield: about 4 half-pints*

2-2/3 cups crushed strawberries (about 3 quart boxes)
3 tablespoons powdered pectin
3-1/3 cups sugar

1. Sterilize canning jars by boiling for 10 minutes at altitudes of less than 1,000 feet. At higher elevations, boil jars 1 additional minute for each additional 1,000 feet elevation.
2. Wash lids and rings in warm soapy water; set aside. Wash canning jars and place in canner to heat.
3. Add pectin and stir well. Place on high heat and, stirring constantly, bring quickly to a full boil with bubbles over the entire surface.
4. Add sugar, continue stirring, and heat again to a full bubbling boil. Boil hard for 1 minute, stirring constantly.
5. Remove from heat; skim foam if necessary. Pour hot jam immediately into hot, sterile jars, leaving 1/4-inch headspace. Wipe rims with a dampened clean paper towel; adjust two-piece metal canning lids.
6. Process half-pint jars in a boiling water or atmospheric steam canner for 5 minutes at 0-1,000 feet elevation, 10 minutes at 1,001-6,000 feet, and 15 minutes above 6,000 feet.
7. Remove from canner. Let cool, undisturbed, 12-24 hours and check for seals. Clean and label jars. Store sealed jars in a cool, dry, dark location.

Delicious Homemade Strawberry Jam Variations

- **Vanilla Strawberry Jam:** Add half a vanilla bean, split in half lengthwise, to the crushed strawberries. Cook as directed and remove vanilla bean before ladling jam into jars. The resulting jam will be enhanced with subtle yet distinct vanilla overtones.
- **Strawberry Balsamic Jam:** Reduce the lemon juice to 1 tbsp and add 3 tbsp good-quality balsamic vinegar. Balsamic vinegar accents the strawberry flavor and gives the jam a robust taste.
- **Lemony Strawberry Jam:** Add the grated zest of 1 large lemon to the crushed strawberries.

Source: freshpreserving.com, 2019

Strawberry Jam in a Jam & Jelly Maker (Traditional or Reduced Sugar) *Yield*: a*bout 4 half-pints*

	Traditional	Reduced Sugar
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

1. Wash lids and rings in warm soapy water; set aside. Wash canning jars and place in canner to heat.
2. Sprinkle pectin evenly over bottom of the Jam & Jelly Maker 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.
3. 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.
4. 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.
5. Process in either a boiling water or atmospheric steam canner for 10 minutes between 0-1,000 feet elevation, 15 minutes between 1,001-6,000 feet, and 20 minutes above 6,000 feet.
6. Remove from canner. Let cool, undisturbed, 12-24 hours and check for seals. Clean and label jars. Store sealed jars in a cool, dry, dark location.

Source: Adapted from the Ball FreshTech Automatic Jam & Jelly Maker Recipe Book

Low/No-Sugar Strawberry Jam

Yield: about 4 half-pints

	Low Sugar	No Sugar
Crushed strawberries	2-2/3 cups	4 cups
Unsweetened fruit juice or thawed concentrate or Water	2/3 cup	2/3 cup
Low/No sugar powdered pectin	3 tablespoons	3 tablespoons
Sugar	up to 1 cup	None

1. Sterilize canning jars by boiling for 10 minutes at altitudes of less than 1,000 feet. At higher elevations, boil jars 1 additional minute for each additional 1,000 feet elevation.
2. Wash lids and rings in warm soapy water; set aside. Wash canning jars and place in canner to heat.
3. Measure crushed strawberries into a kettle.
4. Add pectin and stir well. Place on high heat and, stirring constantly, bring quickly to a full boil with bubbles over the entire surface.
5. Add sugar, continue stirring, and heat again to a full bubbling boil. Boil hard for 1 minute, stirring constantly.
6. Remove from heat; skim foam if necessary. Pour hot jam immediately into hot, sterile jars, leaving 1/4-inch headspace. Wipe rims with a dampened clean paper towel; adjust two-piece metal canning lids.
7. Process half-pint jars in a boiling water or atmospheric steam canner for 5 minutes at 0-1,000 feet elevation, 10 minutes at 1,001-6,000 feet, and 15 minutes above 6,000 feet.
8. Remove from canner. Let cool, undisturbed, 12-24 hours and check for seals. Clean and label jars. Store sealed jars in a cool, dry, dark location.

Source: freshpreserving.com, 2019

Spiced Tomato Jam

Yield: about 5 half-pints

4 cups drained chopped tomatoes (about 2-1/4 pounds)
1-1/2 teaspoons grated lemon rind
1/2 teaspoon ground allspice
1/2 teaspoon ground cinnamon
1/4 teaspoon ground cloves
4-1/2 cups sugar
1 box powdered pectin
1/4 cup lemon juice

Procedure:

1. If under 1000 feet elevation, sterilize canning jars by boiling for 10 minutes. Wash lids and rings in warm soapy water; set aside.
2. Wash firm-ripe tomatoes. Scald, peel, and chop tomatoes. Should measure approximately 4 cups. Cover and simmer 10 minutes, stirring constantly. Measure 3 cups cooked tomatoes into a saucepot. Add lemon rind, allspice, cinnamon and cloves.
3. Place prepared fruit into a saucepot. Add lemon juice.
4. Measure sugar and set aside.
5. Stir powdered pectin into prepared fruit. Bring to a boil over high heat, stirring constantly.
6. At once, stir in sugar. Stir and bring to a full rolling boil that cannot be stirred down. Then boil hard for 1 minute, stirring constantly.
7. Remove from heat. Skim off foam. Pour hot jam into hot jars, leaving 1/4-inch headspace. Wipe jar rims and adjust lids.
8. Process in either a boiling water or atmospheric steam canner for 5 minutes between 0-1,000 feet elevation, 10 minutes between 1,001-6,000 feet, and 15 minutes above 6,000 feet.
9. Remove from canner. Let cool, undisturbed, 12-24 hours and check for seals. Clean and label jars. Store sealed jars in a cool, dry, dark location.

Source: So Easy to Preserve, 2014

Orange Spiced Jelly

Yield: about 4 half-pints

2 cups orange juice (about 5 medium oranges)
1/3 cup lemon juice (about 2 medium lemons)
2/3 cup water
1 package powdered pectin
2 tablespoons orange peel, finely chopped
1 teaspoon whole allspice
1/2 teaspoon whole cloves
4 sticks cinnamon, 2 inches long
3-1/2 cups sugar

1. If under 1000 feet elevation, sterilize canning jars by boiling for 10 minutes. Wash lids and rings in warm soapy water; set aside.
2. Mix orange juice, lemon juice, and water in a large saucepan. Stir in pectin.
3. Place orange peel, allspice, cloves, and cinnamon sticks loosely in a clean white cloth; tie with a string and add to fruit mixture.
4. On high heat and, stirring constantly, bring quickly to a full rolling boil that cannot be stirred down.
5. Add sugar, continue stirring, and heat again to a full rolling boil. Boil hard for 1 minute.
6. Remove from heat. Remove spice bag and skim off foam quickly.
7. Pour hot jelly immediately into hot, sterile jars, leaving 1/4-inch headspace. Wipe rims of jars with a dampened clean paper towel; adjust two-piece metal canning lids.
8. Process in either a boiling water or atmospheric steam canner for 5 minutes between 0-1,000 feet elevation, 10 minutes between 1,001-6,000 feet, and 15 minutes above 6,000 feet.
9. Remove from canner. Let cool, undisturbed, 12-24 hours and check for seals. Clean and label jars. Store sealed jars in a cool, dry, dark location.

Source: National Center for Home Food Preservation, 2018

Zesty Watermelon Jelly

Yield: about 5 half-pints

6 cups chopped watermelon, rind removed
1/2 cup white balsamic, white wine or apple cider vinegar
4 tablespoons lemon juice
5 cups granulated sugar
1 stem lemongrass, chopped
2 pouches (each 3 ounces) liquid pectin

1. Wash lids and rings in warm soapy water; set aside. Wash canning jars and place in canner to heat.
2. In a large stainless steel saucepan, crush watermelon with a potato masher. Cover and heat gently over medium-low heat for 5 minutes. Remove from heat and crush thoroughly.
3. Transfer to a dampened jelly bag or strainer lined with several layers of dampened cheesecloth set over a deep bowl. Let drip, undisturbed, for 2 hours. Measure 2 cups watermelon juice. If you do not have the required amount, crush more watermelon or add up to 1/4 cup unsweetened white grape juice.
4. Transfer watermelon juice to a clean large, deep stainless steel saucepan. Stir in vinegar, lemon juice, sugar and lemongrass. Over high heat, stirring constantly, bring to a full rolling boil that cannot be stirred down. Stir in pectin. Boil hard, stirring constantly, for 1 minutes. Remove from heat and quickly skim off foam.
5. Ladle hot jelly into hot jars, leaving 1/4-inch headspace. Wipe rims with a dampened clean paper towel; adjust two-piece metal canning lids.
6. Process in a boiling water or atmospheric steam canner for 10 minutes at 0-1,000 feet elevation, 15 minutes at 1,001-3,000 feet, 20 minutes at 3,001-6,000 feet, 25 minutes at 6,001-8,000 feet, and 30 minutes at 8,001-10,000 feet.
7. Remove from canner. Let cool, undisturbed, 12-24 hours and check for seals. Clean and label jars. Store sealed jars in a cool, dry, dark location.

Source: Ball Complete Guide to Home Canning, 2012

Fig, Rosemary and Red Wine Jam

Yield: about 4 half-pints

1-1/2 cups merlot or other fruity red wine
2 tablespoons fresh rosemary leaves
2 cups finely chopped fresh figs
3 tablespoons Ball Classic Pectin
2 tablespoons bottled lemon juice
2-1/2 cups sugar

1. Wash lids and rings in warm soapy water; set aside. Wash canning jars and place in canner to heat.
2. Bring wine and rosemary to a simmer in a small stainless steel pan. Turn off heat; cover and steep 30 minutes.
3. Pour wine mixture through a fine wire-mesh strainer into a 4-quart stainless steel or enameled saucepan. Discard rosemary. Stir in figs, pectin, and lemon juice. Bring mixture to a full rolling boil that cannot be stirred down, over high heat, stirring constantly.
4. Add sugar, stirring to dissolve. Return mixture to a full rolling boil. Boil hard 1 minute, stirring constantly. Remove from heat. Skim foam, if necessary.
5. Ladle hot jam into hot jars, leaving 1/4-inch headspace. Remove air bubbles. Wipe rims with a dampened clean paper towel; adjust two-piece metal canning lids.
6. Process jars in a boiling water or atmospheric steam canner for 10 minutes at 0-1,000 feet elevation, 15 minutes at 1,001-6,000 feet, and 20 minutes above 6,000 feet.
7. Remove from canner. Let cool, undisturbed, 12-24 hours and check for seals. Clean and label jars. Store sealed jars in a cool, dry, dark location.

Source: www.freshpreserving.com, 2018

Peach Jam

Yield: about 6 half-pints

3-3/4 cups crushed fully ripe peaches (about 3 pounds peaches)
1/4 cup lemon juice
1 package regular powdered fruit pectin
5 cups granulated sugar

1. Sterilize canning jars by boiling for 10 minutes at altitudes of less than 1,000 ft. At higher elevations, boil jars 1 additional minute for each additional 1,000 ft. elevation.
2. Wash lids and rings in warm soapy water; set aside.
3. Measure crushed peaches into a kettle. Add lemon juice and pectin; stir well. Place on high heat and, stirring constantly, bring quickly to a full boil with bubbles over the entire surface.
4. Add sugar, continue stirring, and heat again to full bubbling boil. Boil hard for 1 minute, stirring constantly. Remove from heat and skim off foam if necessary.
5. Ladle hot jam into hot, **sterile** jars, leaving 1/4-inch headspace. Remove air bubbles. Wipe rims with a dampened clean paper towel; adjust two-piece metal canning lids.
6. Process 5 minutes in boiling-water or atmospheric steam canner, adding 1 additional minute per 1,000 feet above sea level.
7. Remove from canner. Let cool, undisturbed, 12-24 hours and check for seals. Clean and label jars. Store sealed jars in a cool, dry, dark location.

Source: National Center for Home Food Preservation, 2018

Note: If unsterile jars are used, the jars should be processed 10 minutes. Use of sterile jars is preferred, especially when fruits are low in pectin; the added 5-minute process time may cause weak gels.

Research-Based Sources for Canning and Other Food Preservation:

- National Center for Home Food Preservation (http://nchfp.uga.edu/)
- USDA Guide to Home Canning, 2015
- So Easy to Preserve 6th Edition, September 2014 (University of Georgia)