



## Master Food Preservers San Joaquin, Stanislaus and Merced County



### 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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### Did You Know?

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

## 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, Stanislaus, or Merced 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 will begin in June and runs through July.** There are orientation meetings in April, you must attend one of them if you are interested in applying for the program. [Visit our website](#) for more details.

## From the Field...

Bill Loyko, MFP Volunteer Coordinator

Several years ago my wife and I belonged to a CSA (Community Sustainable Ag) program. In our weekly boxes we were getting beets, lots of beets. Instead of the beets going bad and into the compost pile I learned how to pickle beets. A simple, practical recipe with a purpose to keep a vegetable from going bad. Over the years I have had successes and failures with home preservation. I also never knew there was a group of individuals, volunteers, whose purpose was simply to teach good, safe, researched based home food preservation.

I went to my first workshop called Christmas in a Can. And after that the 2015 Master Food Preserver Training. Since then I have been actively involved in volunteer workshops. Our [2017 training](#) is right around the corner. We are looking for folks who want to learn about food safety, research based home preservation techniques and then continue to lead/assist in the presentation of preservation workshops. Check out the link and our website for more information. We welcome you to the group!



# 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](#).



# What to do with Loquats

Eric Firpo, MFP

Unending rain has people itching for spring sun, exploding fruit tree blossoms, and the promise of ripe stone fruit, which of course means jams and jelly season has begun. Not so fast though, as May's ripe cherries are months of waiting away. Not so with one little known and underappreciated fruit ubiquitous around town: loquats. Many have no idea of the delightful flavor of this apricot-colored fruit.



They're never in stores and rarely in farmers markets, mainly I imagine because they have to be picked and eaten or preserved within about 24 hours, or they become fodder for the compost pile.

The tree is an oddity in that it blooms in autumn and winter and ripens in early spring – just around the corner. The large rounded evergreen trees can reach 40 feet. The fruit has its own distinctive flavor that some have called a cross between citrus, mango and peach.

However its flavor is described, I find it delicious, though even eating them is not without work. The golf-ball sized fruit most often has three large pits, and something like a rose hip on one end (the tree is in the Rosaceae family). But to me it's worth the work.

Up until recently, I found it difficult to find an approved recipe for loquat jam. But lo and behold, the National Center for Home Food Preservation now has a [recipe for loquat jelly](#). I'll be trying it out as soon as those orange little sugar bombs are ready to pick.

# Red Onions in Vinegar

Linda Driver, MFP

*Makes about seven 8 oz. jars.*

4 cups red wine vinegar  
1 clove garlic  
10 cups sliced peeled red onions ¼ inch thick rings

1. Prepare canner, jars and lids.
2. In a large stainless steel saucepan, combine vinegar and garlic. Bring to a boil over medium-high heat. Reduce heat and boil gently for 5 minutes, until garlic flavor has infused the liquid. Add onion rings, increase heat to medium-high and bring to a boil. Reduce heat and boil gently, covered for 5 minutes, until onions are heated through. Discard garlic.
3. Pack hot onion rings into hot jars to within a generous ½ inch of top of jar. Ladle hot liquid into jar to cover onions, leaving ½ inch head space. Remove air bubbles and adjust headspace if necessary, by adding hot pickling liquid. Wipe rim. Center lid on jar. Screw band on jar until resistance is met, then increase to fingertip-tight.
4. Place jars in canner, ensuring they are completely covered with water. Bring to a boil and process for 10 minutes. Remove canner lid. Wait 5 minutes, then remove jars, cool and store.



*Recipe from the Ball Complete Book of Home Preserving, 2012.....page 316-317.*

# 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

### April: Canning Basics 101

Time: varies by location

Cost: Free

This workshop will be held in Stockton, Lodi, Ripon and Modesto.

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

209-953-6100

### May 20th: Jams

Time: 10:00 AM - 2:00 PM

Cost: \$20.00

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

209-953-6100

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

There are no workshops or Demonstration Classes in June or July as we are conducting our 2017 Master Food Preserver Volunteer Training.

For more information about becoming a Master Food Preserver Volunteer please [visit our website.](#)

