



UCCE Master Food Preservers of El Dorado County

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"Preserve today, Relish tomorrow"

Rhuberry

Light and luscious. this spread showcases the flavor of the fruit because it is sweetened, not with sugar, but with frozen apple juice concentrate. The addition of tart apples naturally boosts the pectin content and add body to the spread. For best results, select fully ripe berries at the peak of quality and ripeness. When making long-boil jams, it is essential to maintain a close vigil on the boiling fruit mixture. As the spread thickens, it tends to stick to the pan and can easily burn if it is not stirred frequently. Using a heavy bottomed, good quality saucepan also helps prevent scorching.



Rhuberry Spread

Yield: about 6 half-pint jars

- 4 tart apples, peeled, cored and chopped
- 5 cups strawberries, hulled and halved
- 2 cups rhubarb, chopped
- 2 (two) 12-ounce cans frozen apple juice concentrate, thawed

Prepare water bath or atmospheric steam canner, jars, and lids.

In large, stainless-steel saucepan, combine apples, strawberries, rhubarb and apple juice concentrate. Bring to a boil over medium-high heat, stirring constantly. Reduce heat and boil gently, stirring frequently while mashing the fruit, until mixture thickens, about 50 minutes. Remove from heat and test gel.

Read how to test the gel point here: <http://cecentralsierra.ucanr.edu/files/304297.pdf>. If your mixture has not reached the gel stage when first tested, return the pan to medium heat and cook, stirring constantly, for an additional 5 minutes. Repeat gel stage test and cooking as needed.

If gel point has been reached, skim off foam.

Ladle hot fruit spread into hot jars, leaving ¼ inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding more hot conserve. Wipe rims; place lids and rings on jars. Tighten rings only finger tight.

Place jars in a water bath or atmospheric steam canner and process for:
0-1000ft. = 10 minutes, 1001-6000 ft. = 15 minutes, above 6000 ft. = 20 minutes.

For atmospheric steam canner, wait 2-3 minutes, then remove jars, cool, clean, label, and store.
For water bath canner, remove lid, wait 5 minutes, then remove jars, cool, clean, label, and store.

Source: Ball Complete Book of Home Preserving 2006/2012

Safe preserving resources:

National Center for Home Food Preservation: <http://nchfp.uga.edu/>

Complete Guide to Home Canning. 2015. <https://nchfp.uga.edu/resources/category/usda-guide#gsc.tab=0>

- Also available in paper copy from Purdue Extension (online store is located at https://mdc.itap.purdue.edu/item.asp?item_number=AIG-539)

So Easy to Preserve, Sixth Edition. 2014. Bulletin 989. Cooperative Extension/The University of Georgia/Athens

Ball Blue Book Guide to Preserving.

Ball Complete Book of Home Preserving. Newell Corporation

