



Food
Preservation
for Youth

Method 2: Making Jam (Adv.)

Can My Strawberry Jam

Ingredients:

for about 8 half-pint (8 oz.) jars

- ___ 5 cups crushed strawberries (~ 4 pints strawberries)
- ___ 1 package powdered pectin
- ___ 7 cups sugar

Equipment:

- ___ Gas or electric stovetop range with four burners
- ___ Boiling water canner
- ___ Half-pint canning jars
- ___ Two-piece metal canning lids and ring bands
- ___ Permanent marker, or labels and pens
- ___ Medium saucepan
- ___ Large colander
- ___ Very sturdy drinking straws
- ___ Small paring knife
- ___ Cutting board
- ___ Potato masher
- ___ Baking pan or cookie sheet with raised edges
- ___ Dish towel or slip-proof mat
- ___ Liquid and dry measuring cups
- ___ Large stockpot (6-8 quarts)
- ___ Long-handled spoon
- ___ Large ladle
- ___ Slotted spoon
- ___ Towel or cake-cooling rack
- ___ Jar funnel and lifter
- ___ Medium-sized bowl
- ___ Headspace tool
- ___ Spoon for adjusting headspace
- ___ Paper towels
- ___ Thermometer
- ___ Kitchen timer (may be on oven)



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- ___ Wash hands for 20 seconds and dry well.
- ___ Assemble equipment and ingredients.
- ___ Examine ring bands and jars, and discard if flawed.
- ___ Wash and rinse jars.
- ★ Place rack in boiling water canner and fill it half-full with hot water. Lift and lower jars, upright, into the canner. If you are using 4 oz. jars and need to double-stack, then place a second canning rack on top of the first full, single layer of jars, then continue to place jars in a second single layer.
- ___ Turn burner to med.-high heat (to 180°F).
- ___ Use a permanent marker to label lids.
- ___ Prepare lids as instructed by manufacturer.
- ★ Simmer 3-4 cups water in a saucepan.
- ___ Rinse strawberries gently in a colander.
- ★ Remove the caps of the berries by holding a straw straight up against the tip of a strawberry and pushing the straw through the center of the berry until the leafy cap pushes off. Or, carefully use a knife to remove the tops of the berries.
- ★ Carve out and discard any bruises.
- ___ Place a damp dish towel or slip-proof mat under a baking pan or cookie sheet to prevent sliding, then crush berries one layer at a time using a potato masher.

Strawberry
Jam
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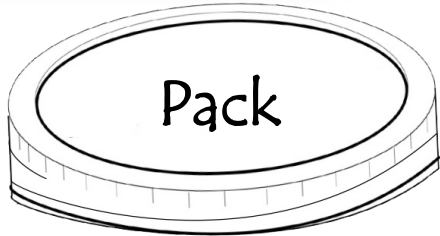
★ = **BE EXTRA CAREFUL!**



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— Pre-measure 7 c. sugar into a bowl; set aside. Measure 5 c. crushed strawberries and add to stockpot.

★ Add package of regular pectin to strawberries and stir well. Heat to a rolling boil, stirring constantly.

★ Add 7 c. sugar, continue stirring, and heat again to a full bubbling boil. Boil hard for 1 minute, stirring constantly. Do not boil longer.



★ Remove from heat and quickly skim foam from top.

★ Remove jars from hot water, emptying water back into the canner. Place jars upright on a towel or rack.

★ Rest funnel in jar opening and ladle jam into each jar leaving $\frac{1}{4}$ -inch headspace from the top of the jam to the top of the jar rim.



— Check that headspace is $\frac{1}{4}$ -inch and use a small spoon to add or remove jam if needed.

— Wipe jar rims with a damp paper towel. Apply lids and turn bands onto jars until fingertip tight (until you meet firm resistance using thumb and first two fingers).

★ Use a thermometer to check that the water in the canner is 180°F. Adjust burner, if necessary.



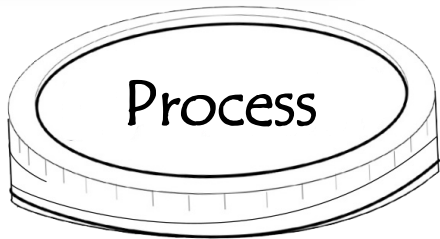
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- ★ Carefully lift and place jars of jam onto the rack in the canner, keeping jars upright. Add hot water from the saucepan if less than 1-2 inches above jars.
- ★ Place lid on canner and turn burner to high.
- Determine your altitude; once the water boils, set a timer using the table below. Maintain a boil the entire time.
- ★ When the timer sounds, turn off heat then remove the canner lid, directing steam away from you. Wait 5 minutes.
- ★ Keep jars upright as you lift them out of the canner and place them at least 1 inch apart on towel or cooling rack.
- Let jars cool, undisturbed, for 12 to 24 hours. If jars are taken home before cooling, keep in a fridge.
- Check that each jar has a vacuum seal. Remove ring bands from sealed jars and wipe clean. Store in a cool, dark, dry place. Store unsealed and opened jars in the refrigerator.

Recommended Process Times for Strawberry Jam in a Boiling Water Canner.

Altitude	Process Time
0- 1,000 ft.	10 minutes
1,001-6,000 ft.	10 minutes
Above 6,000 ft.	15 minutes

Enjoy within one year for best quality.

How to Check for a Vacuum Seal:



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