



Food
Preservation
for Youth

Method 2: Making Jam (Beg.)

Make My Strawberry Freezer Jam

Ingredients:

for about 2 half-pint (8 oz.) jars

(Multiply as needed, but only up to 6 half-pints at a time.)

- ___ 1 quart strawberries (1-2/3 cups crushed)
- ___ 2/3 cup sugar
- ___ 2 tablespoons Ball® Instant Pectin (1.75 ounces) *
- ___ Ingredients from 'Want to Experiment?' (optional)

Equipment:

- ___ Refrigerator or freezer
- ___ Half-pint (8 oz.) plastic freezer containers
- ___ Labels and pens (optional)
- ___ Permanent marker
- ___ Soap
- ___ Colander for washing strawberries
- ___ Very sturdy drinking straws
- ___ Small paring knife
- ___ Cutting board
- ___ Baking pan or cookie sheet with raised edges
- ___ Dish towel or slip-proof mat
- ___ Potato masher
- ___ Liquid and dry measuring cups
- ___ Measuring spoons
- ___ Large bowl
- ___ Large spoon for stirring
- ___ Kitchen timer
- ___ Ladle
- ___ Bubble freer or narrow spatula
- ___ Headspace tool
- ___ Spoon for adjusting headspace

* This recipe is for use with Ball® Instant Pectin; other pectin products can be used. If you use another brand, follow the recipe and directions that come with that pectin product.



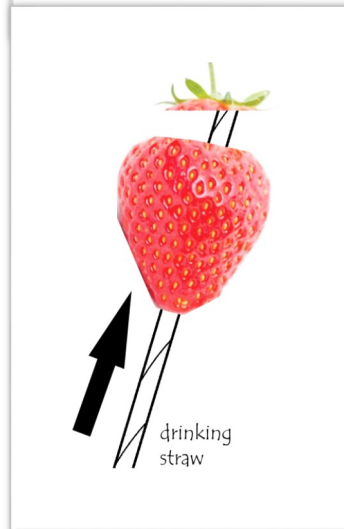
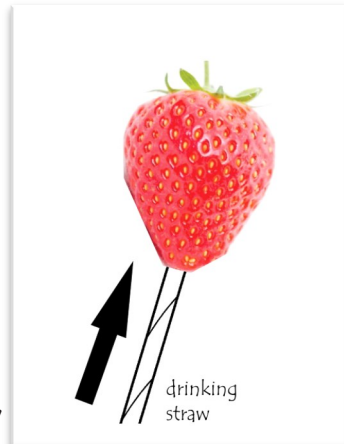
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- ___ Wash hands for 20 seconds and dry well.
- ___ Assemble equipment and ingredients.
- ___ Wash freezer containers and lids in soapy water, then rinse well.
- ___ Use a permanent marker to label lids.
- ___ Gently rinse strawberries in a colander.
- ★ 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.
- ★ If needed, use a knife to remove 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.



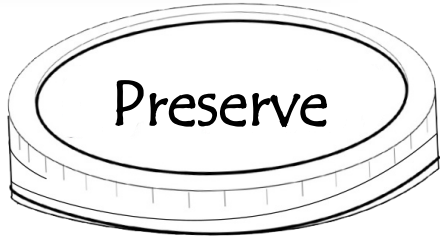
★ = **BE EXTRA CAREFUL!**



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- ___ Measure and add $\frac{2}{3}$ cups sugar and 2 Tbsp. instant pectin to a large bowl. Stir to mix.
- ___ Use a liquid measuring cup to measure and add $1\frac{2}{3}$ cups strawberries to bowl.
- ___ Stir for 3 minutes.
- ___ Ladle jam into clean freezer jars, leaving $\frac{1}{2}$ -inch headspace. Use bubble freer or spatula to release any large air pockets. Measure headspace with a headspace tool to ensure it is $\frac{1}{2}$ -inch. Add or remove jam with a small spoon if needed.
- ___ Wipe jar rims with a clean, damp paper towel. Anything on the rim might prevent the jar from closing properly or make it difficult to open later.
- ___ Turn or press lids on freezer containers until tight.
- ___ Let jam stand 30 minutes.
- ___ Enjoy now, refrigerate for up to 3 weeks or freeze for up to 1 year.

