Today on across the fence turning fresh produce into jams jellies and butters. Whether it's rhubarb in the spring or cherries and berries in the summer to Peres peach is an apples in the fall we will be demonstrating how you can enjoy the wonderful flavors of your favorite fruit all year round. Good afternoon and thanks for joining us I am Judy Simpson. Fruit is delicious by itself but if you have extra you may want a turn some of your fruit like berries and apples or pumpkins into jam jelly or butter. This afternoon and I’m joined by nutrition and food specialist from UV an extension Diane Lamb she's going to share with us some basics in making jams and jellies and butters and preserving them safely. Nice to have you back on the program.

Dianne. It's nice to be here.

Judy.: I guess safety really is the biggest issue.

Diane.: Yes there are some issues when you are doing jams jellies in butters but nothing that can't be overcome.

Judy.: Excellent.

Diane.: I'd like to start off by talking about jams jellies and daughters and there actually made from fruit. Here are some samples of jams jellies and butters. When we talk about jellies it's made from the juice of the fruit and it's cooked down with a little bit of water and then strange through cheesecloth then you use that to make the jelly. Jam is made with crushed fruit and this happens to be strawberry rhubarb jam and it's a combination of the strawberries and of rhubarb. And then there's some apple butter and some plum butter. These are actually the fruits that are cooked slowly and you have spices added and the take a bit longer to make but they're delicious all year long on toast. Jams and jellies and preserves of any kind are a fun project to do with kids to get them involved and the whole process of food preservation.
Judy.: I think it's a gnashing of the food they love the best.

Diane.: And maybe some samples all on the way. When we start out as I said we start with fruit and almost any fruit can be made into jams jellies or preserves. I have some various fruits here in the bowl even things like mangoes even though they don't grow here you can make some more exotic fruit preserves. Cherries peach is Apple's blueberries all make wonderful jams jellies and preserves. There are three basic things that you need when you're talking about making jams and jellies. You need the fruit or the fruit juice you also need to have acid and many fruits are acid enough that you don't need to add extra acid but you may need to and that usually is lemon juice because it's of a certain acidity and guaranteed to be that way. You also need pectin and here again some fruits have a natural pectin and what happens is the pectin when it's combined with the sugar in the acid and cooked it forms a gel. And that's what you want if you ever had jam or jelly that was really runny the combination of pectin acid in sugar wasn't quite right. There are many types of commercial pectin that you can purchase. There are liquid pectins and powdered pectins that you can use only was sugar or pectin you can actually use sugar substitutes so you could use honey or maple sir up. There are many to choose from so when you are getting ready to talk about making jammed jelly or butter you need to find a recipe and the one thing with the commercial pectins there are instructions included for making all kinds using different fruits so it's right there at your fingertips. When we make jams jellies and preserves it is kind of a fun process. The other thing that I find in the summertime you have a lot of blackberries. You have a lot of the apples in the fall and maybe you don't have time to make it that day but they're ripe and ready so you could actually freeze the fruit or you could make your juice and freeze that and later on when life is less hectic you could actually make your jam and jelly or butter.

Judy.: Or little cooler. That's a good idea.

Diane.: One we think about beginning hour process I like to walk us through making some jelly. I have some juice that I've made this is actually current choose what I did is I picked my currents trying to get out as many stems as possible. I wash them and I wait them and measured them so I had an idea of how much they had been added some water and it put them on in cook them until they were really soft. Then I lined a Colander with a double layer of cheesecloth and I put the currents in and let them set for a couple hours to let the juice trip out.

Judy.: And you put a bowl underneath it.

Diane.: Yes put a bowl under need to collect the juice. Let it sit undisturbed and don't squeeze the cheesecloth trying to get out every little bit because you want just the juice you do not want sentiment because if Saddam and goes through then you end up with a cloudy jelly. You want to be really clear.
Judy.: So fight the urge to squeeze.

Diane.: Right even though you want to get as much as you can. So you start out looking at your recipe and you find out how much juice you need. You start off with your juice you find out how much sugar you need to use. And if you're going to use a pectin say if you're going to use a powdered pectin and as I said all of these do, with the directions so in the box it will tell you how much you need for making jam jelly or preserves of some type so the information is there. You're going to use a large pot. I have a large saucepan here and it wants to be a flat bottom and the other thing that when you're making jams and jellies and preserves you want to follow the recipe and you make a small batch at a time.

Judy.: So doesn't help to double the recipe or triple it.

Diane.: Right it's better to make two separate then to the home because of what could happen is when you were working with the fruit and sugar and the packed in at some point it's going to start to boil up and if it boils too much it's a mess so you want to use a large pot as I said we have our juice pectin sugar and if we need to add acid we can add lemon juice. We're going to put it in the pot and the little trick because this is a powdered pectin and when you use a powdered pectin you put that in and you add the sugar in later. When you use a liquid pectin then you put the sugar in first bring it up to a boil then you add the pectin so you need to read the recipe to make sure that you're doing the right..

Judy.: I was going to ask you if there's a difference between the liquid and powder so now I know.

Diane.: So when you're making this and it will take a few minutes because you have to put your ingredients in the pan care on high heat and are going to do a lot of stirring and you wanted to come to a really full rolling boil one that you cannot stir down. You know sometimes when things start to boil in used are you can get rid of the bubbles well you want to be really boiling that you cannot store it down. The other thing that's handy is if you have a timer because the timer you can set that so that you know exactly once it starts to boil setup for a minute say don't have to look at the clock and forget which are doing so timers really handy. The other thing when you're making your jam and jelly you also need to think about the jars that you're going to use. Actually we would do all that first before we would start making it but usually we make jelly and jam products we usually use half pint jars because the other thing is when we have to process them and if they're in a larger show are to Karolyi when we make jam or jelly ease those kinds butter's you complain pint jars it's not as critical because you don't want to break that gel that's got a form but you do need to heat treat it. I half pint jar screw bands in the lid and the lid is the metal that has the little rubberized compound around the edge you need to keep this warm and you also need to keep the screw bands warm. When we make jelly generally they only processed for 5 minutes in the warm water bath so we need to sterilize the jars first. That means we need to put the jars into the water boiling water and I find that if I use my boiling water bath canner it's a big pot and I put the jars and I can be boiling those because they have to boil for like 10 minutes to sterilize so I can do that first and have those going well I'm getting my jelly or jam ready to put on the club so that when it's time to fill the jars my jars
are then sterilized and then all be ready to fill my jars and here again we've talked before things that are handy to have would be a wider mouth funnel and allay all so that you can take your hot jelly or jam to fill your jar. You need to leave headspace and actually one thing that I needed to tell you about two is when you are making jam and jelly you'll find that you get foam and so this is some home that I skimmed off my strawberry rhubarb jam so what I've taken it off to cook from cooking I just take a metals teaspoon or whenever and scam that foam off because you don't want it in the jam or the jelly because it can get mixed in. It would taste fine but it doesn't look the best. So just remove the foam as much as possible. Then you would foliage are put on the lead and you're going to put it into the canner which has a simmering water in it if you are doing this. And then you need actually would you like to try this?

Judy.: Sure all right.

Diane.: This is a jar lifter and it's on the idea of tongs. It slips around the jar and this is one that's already been done so it's not hot but she's going to lift this into the canner and then take it off and its end and once you get your jars all failed and it fills the canner. Then you would take the rack and then lower into the simmering water and then you wait for the water to come back to a rolling boil. The cover would be on and that would make it go faster because of fish and somehow stop the boiling you need to do it again and start over.

Judy.: Because you said it has to boil for 5 minutes?

Diane.: For jellies for 5 minutes and then look at your recipe because I find that some are 5 minutes some are 10 for jams but the trick is iffy processing for 10 minutes you don't need to sterilize huge our first because the jar is sterilized in the process.

Judy.: Oh so that saves you a step.

Diane.: Seeds you a step although with the jelly I find it better to sterilized jar because it helps protect the gel. It's a little bit more critical with the jelly to make sure that the gel isn't broken.

Judy.: So we've done that then what you just do is reverse the process?

Diane.: And she would be using holders because it's very hot and then she would take the jar lifter and lifted out. Then she will let it sit for 12 hours undisturbed she will be touching the screw bands and then after 12 hours she can check the lead and you'll notice on this one it's down you cannot press it if a was not sealed it would pop up and down. Its music to my years when I recently made that strawberry rhubarb jam I was listening and I could hear every one of those when a snapshot. I was unconsciously keeping track so they've all sealed. One other thing I was going to mention was we were talking about making jam and jelly with some commercial pectins. You can make jelly and jam without
added pectin particularly if you use them or acidy fruits like sour apples blackberries and what a handy instrument to have is a thermometer a candy thermometer because then you can check to see if it's up the right temperature it's easier than doing the sheet test like having a sheet off the spoon. A handy item is a candy thermometer that way you'll know for sure.

Judy.: Once you're in this process you said obviously small batches are best because I would imagine to have six or seven jars is a lot easier to work with than a dozen.

Diane.: And I look at to how many jars scan you fit in your canner. Because if you're doing 12 you're going to have to do at least two times through. And the other little hand that I sometimes is if it says it will make six jars I wash seven. Have a ready just in case for some reason you have extra. And I also sometimes use a little for ounce container because sometimes it's just enough for that.

Judy.: Excellent. We should mention that there are places for people to get information on recipes?

Diane.: Yes you can go to the National Center for Home Food preservation at www.uga.edu/NCHFP or you can go to the University of Vermont extensions web site which is www.uvm.edu/extension/food.

Judy.: Sounds like fun thanks a lot Diane.

Diane.: Thank you.

Judy.: That's our program for today we will see you again next time on across the fence.

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