



# Preserve it Fresh, Preserve it Safe

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## Rhubarb-Strawberry Jam

Yield: About 7 or 8 half-pint jars

- 1 pouch liquid pectin
- 1 cup cooked red-stalked rhubarb (approximately 1 pound rhubarb and  $\frac{1}{4}$  cup water)
- 2½ cups crushed strawberries (approximately 1½ quart boxes)
- 6½ cups sugar

Sterilize canning jars and prepare two-piece canning lids according to manufacturer's directions.

Wash rhubarb and slice thin or chop; do not peel. Add water, cover, and simmer until rhubarb is tender (about 1 minute). Sort and wash fully ripe strawberries; remove stems and caps. Crush berries. Measure prepared rhubarb and strawberries into a saucepan. Add sugar and stir well. Place on high heat and, stirring constantly, bring quickly to a full boil with bubbles over the entire surface. Boil hard for 1 minute, stirring constantly. Remove from heat and stir in pectin. Skim foam if necessary. Fill hot jam immediately into hot, sterile jars (half-pints or pints), leaving  $\frac{1}{4}$  inch headspace. Wipe rims of jars with a dampened clean paper towel; adjust two-piece metal canning lids. Process in a boiling water canner for 5 minutes in an altitude up to 1,000 feet or 10 minutes for 1,001 to 6,000 foot elevations.

Source: "How to Make Jellies, Jams and Preserves at Home." Home and Garden Bulletin No. 56. Extension Service, United States Department of Agriculture. 1982. National Center for Home Food Preservation, June 2005.



## Is it Safe to Pressure Can in Popular Electric Multi-Cookers?

The University of Georgia's National Center for Food Preservation does not support the use electric, multi-cooker appliances to make USDA-approved pressure canning recipes, even if the device features canning or steam-canning buttons or manufacturers' directions for pressure canning. The USDA cannot recommend pressure canning with electric multi-cookers because not enough research has been done on key parts of the food preservation process in those appliances to prove their ability to safely preserve food:

- The USDA has not yet conducted research on jars inside an electric pressure cooker to track the actual temperatures inside the jars throughout the process.
- USDA recommendations were determined for stovetop pressure canners which hold four or more quart-size jars standing upright. However, only up to four upright pints fit in most electric multi-cookers currently on the market.
- In order to ensure the safety of the final product, the temperature in the canner must stay above a minimum temperature throughout the entire processing time. Do power surges or drops with an electric canner cause the temperature to drop too low? How will you, the user know if that happens with your cooker?
- Bacteria are killed while the canner comes up to pressure and during the cool-down time, as well as during the processing time. For example, after the heat is turned off, the food remains hot enough to kill bacteria for a time while the canner cools down to zero pounds of pressure. If anything shortens the cooling period, including using a very small cooker, then the food could cool down too quickly and still harbor dangerous bacteria and other microorganisms.



  
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## Is it Safe to Pressure Can in Popular Electric Multi-Cookers? Continued

Please note: This statement about electric cookers does NOT include the Ball® Automatic Home Canner for acid foods only, which is electric, but (1) is not a “multi-cooker”, but a dedicated canner, (2) comes with its own instructions and pre-set canning options for specific food preparations, and (3) has had proper thermal process development done to support the recommendations with it.

Source: National Center for Home Food Preservation at the University of Georgia. (2015, February 13). Burning Issue: Canning in Electric Multi-Cookers. Retrieved from: [http://nchfp.uga.edu/publications/nchfp/factsheets/electric\\_cookers.html](http://nchfp.uga.edu/publications/nchfp/factsheets/electric_cookers.html)

## Selecting freezer containers

Spring means fresh rhubarb, followed by fresh strawberries and other fruits and vegetables. Freezing can preserve their healthy deliciousness all year long, quickly and easily. Proper packaging materials protect the foods’ flavor, color, moisture content and nutritive value. Fruits and vegetables should be frozen in containers with a capacity of one-half gallon or less so that the product can freeze rapidly. When using rigid containers, choose ones with straight sides for easier removal of frozen foods. Regular glass jars break easily at freezer temperatures. Dual-purpose glass jars made for freezing and canning are available. For optimum safety and quality, containers (either rigid containers or flexible bags) should have the following characteristics:

- Durable and leak-proof
- Not become brittle and crack at low temperatures
- Resistant to oil, grease, moisture vapor and water
- Protect foods from absorption of off-flavors or odors
- Easy to seal and label

More tips for freezing, as well as directions for freezing various foods are available from: <http://nchfp.uga.edu/how/freeze.html>



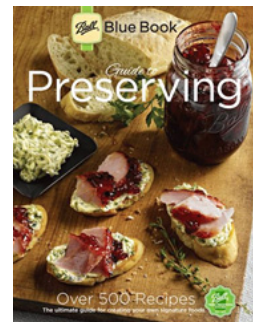
Source: National Center for Home Food Preservation at the University of Georgia. (n.d.). General Freezing Information, Containers for Freezing. Retrieved from: <http://nchfp.uga.edu/how/freeze/containers.html>

## The New Ball Blue Book

The 37th edition of the Ball Blue Book is now in stores! This colorful new edition is packed with favorites and 75 new recipes. There now are more than 500 recipes to choose from for preserving your food at home. As part of the 500 recipes, there are meal creation ideas to incorporate those preserved foods into everyday meals.

Some reminders about the Ball Blue Book:

- Food safety is emphasized throughout the book. Always read instructions and recipes carefully before preserving any food.
- Step-by-step guides are updated for each preserving method.
- Besides canning, other sections are included for freezing and dehydration.
- The back of the book includes a home canning planning guide to help estimate how much food is needed per quart. The problem solver section provides many answers to food preservation questions and problems.
- NOTE: All canning recipes and instructions in the Ball Blue Book have been scientifically tested for safety. Therefore, the Ball Blue Book, the USDA/National Center for Home Food Preservation (<http://nchfp.uga.edu/>), and University Extension publications are the trusted sources of tested home food preservation recipes that MU and KSU Extension recommend.



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