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UCCE Master Food Preservers of Sacramento County

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*Sacramento County Master Food Preservers*  
*Monthly Wednesday Night*  
*Demonstration*

*May 15, 2019*  
**Wild About Berries**



*Resources:*

- Please visit the National Center for Home Food Preservation at <http://nchfp.uga.edu> for detailed information about research-based methods of home food preservation.
- UC ANR Catalog (<http://anrcatalog.ucanr.edu>)

Should you need assistance or require special accommodations for any of our educational programs, please contact us at 916-875-6913.

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## FRUIT SHRUB

Source: <https://www.freshpreserving.com/fruit-shrub---ball-recipes-br3531.html>

Preserving Method: Fermentation

Yield: About 1 pint

A shrub is a fruit syrup mixed with vinegar. Historically, shrubs were made as a way to preserve fruit to drink, mixed with soda or water. Today, with the addition of different vinegars, sugars, spices, and herbs, shrubs have become a way to preserve and enhance fruit's flavor. Use the shrub traditionally with soda water over ice or mix creatively into cocktails. Each sip will be reminiscent of an era when ingenuity surpassed the simple desire to preserve a summer's bounty.

- 1 cup crushed fruit (such as strawberries, peaches, apricots, Concord grapes, plums, berries, or cherries)
  - 1 cup sugar
  - 1 canning jar
  - 1 cup vinegar (such as unfiltered apple cider, balsamic, sherry, or red wine vinegar)
1. Combine crushed fruit and sugar in a 1-qt. canning jar. Cover and shake to combine. Chill 1 to 3 days or until sugar dissolves and fruit releases its juice.
  2. After 1 to 3 days, pour fruit mixture through a wire-mesh strainer into a 2-cup glass measuring cup, pressing with the back of a spoon to release as much juice as possible (about 3/4 cup); discard solids. Stir in vinegar. Transfer mixture to a 1-pt. jar. Cover with lid and chill 2 weeks before serving.

## BLUEBERRY SALT

Source: <https://www.blueberrycouncil.org/blueberry-recipe/blueberry-salt/>

Yield: 1 Cup

- 1 cup fresh or frozen blueberries
  - 1/2 cup water
  - 1 cup coarse salt
1. Line 2 baking sheets with parchment paper; set aside.
  2. In a saucepan simmer berries and water over medium heat until berries pop and release their juice, about 5 minutes. Remove from heat.
  3. Press blueberries with a potato masher or the back of a large spoon. In a fine wire sieve, strain blueberry mixture, pressing out as much liquid as possible; discard solids. Line the sieve with cheesecloth and strain out finer particles.
  4. Return juice to saucepan. Bring to a boil; reduce heat. Simmer, watching closely so it doesn't burn, until reduced to a syrup thick enough to coat a spoon (2-3 Tbsp)
  5. Remove from heat. Stir in salt until evenly coated. Spread salt out onto baking sheets. Let air dry, stirring occasionally, until dry, 4-24 hours, depending on humidity. (Alternatively, bake in a 150° convection oven, stirring frequently, until dry, about 1 hour.)

## DRIED BLUEBERRIES

Source: *Ball Blue Book, So Easy to Preserve, Dehydrator Bible*

Choose large, firm blueberries with deep-blue color. Wash and remove stems. Dip in boiling water 30 seconds to "check" skins. Plunge into ice water to stop cooking action. Drain. Blueberries dried without boiling first have a puffy appearance. Dry at 130° to 135°F.

- Ball Blue Book: Until leathery (no time stated)
- So Easy to Preserve: 24 to 36 hours
- Dehydrator Bible: 18 to 22 hours, slightly shriveled, firm, no longer juicy inside

After drying, cool fruit 30 to 60 minutes before packaging. Avoid packaging warm food that could lead to sweating and moisture buildup. However, excessive delays in packaging could allow moisture to re-enter food.

## LIGHT STRAWBERRY JAM

Source: <https://www.freshpreserving.com/light-strawberry-jam-%7C-light-strawberry-jam-recipe---ball-preserving-br1047.html>

Yield: About 6 half-pints

Three ingredients - but no sugar - for delicious homemade strawberry jam!

- 4 cups crushed strawberries
  - 1 cup unsweetened white grape juice
  - 4-1/2 Tbsp “Ball® RealFruit™ Low or No-Sugar Needed Pectin”
1. PREPARE boiling water canner. Heat jars in simmering water until ready for use. Do not boil. Wash lids in warm soapy water and set bands aside.
  2. COMBINE strawberries and juice in a 6- to 8-quart saucepan. Gradually stir in pectin. Bring mixture to a full rolling boil that cannot be stirred down, over high heat, stirring constantly. Boil hard 1 minute, stirring constantly. Remove from heat. Skim foam if necessary.
  3. LADLE hot jam into hot jars leaving 1/4 inch headspace. Wipe rim. Center hot lid on jar. Apply band and adjust until fit is fingertip tight.
  4. PROCESS filled jars in a boiling water canner for 10 minutes, adjusting for altitude (at 1,001 to 3,000 feet altitude add 5 minutes; 3,001 to 6,000 feet - add 10 minutes; 6,001 to 8,000 feet - add 15 minutes, 8,001 to 10,000 feet - add 20 minutes).
  5. REMOVE jars and cool. Check for seal **after** 24 hours. Lids should not flex up and down when center is pressed.

## STRAWBERRY BALSAMIC FREEZER JAM

Source: <https://www.freshpreserving.com/strawberry-balsamic-jam-%7C-strawberry-jam-with-balsamic-vinegar---ball-br1168.html>

Yield: About 5 half-pints

Featuring Ball® RealFruit™ Instant Pectin Balsamic vinegar accents the strawberry jam flavor providing a robust taste.

- 1 cup balsamic vinegar
  - 4 cups crushed strawberries
  - 1/2 cup honey
  - 5 Tbsp “Ball® RealFruit™ Instant Pectin”
1. PLACE balsamic vinegar in a small saucepan. Cook over medium heat until reduced to 3/4 cup. Chill until cool.
  2. MIX strawberries, honey and cooled balsamic vinegar in a large mixing bowl. Let stand for 10 minutes. Add pectin. Stir 3 minutes.
  3. LADLE the strawberry balsamic jam into clean jars to fill line (the “Plastic Ball® 8 oz Freezer Jars” have a fill line). Twist on lids. Let stand until thickened, about 30 minutes. Refrigerate up to 3 weeks or freeze up to 1 year.

## RASPBERRY VINEGAR

Source: <https://extension.colostate.edu/topic-areas/nutrition-food-safety-health/flavored-vinegars-and-oils-9-340/>

Yield: About 1 pint

- 1 cup raspberries
  - 2 cups white or wine vinegar
1. Wash 1 cup fresh raspberries in clean water.
  2. Bruise raspberries lightly and place in sterilized quart jar.
  3. Heat vinegar to just below boiling (190 F). Pour over raspberries in jar and cap tightly.
  4. Allow to stand two to three weeks in cool, dark place.
  5. Strain mixture through a fine meshed sieve lined with cheesecloth into a 2-cup glass measuring cup, pressing firmly on the solids to extract as much liquid as possible. Discard solids.
  6. Pour vinegar into a clean sterilized pint jar. Seal tightly and store in the refrigerator.

## BLACKBERRY LIQUEUR SYRUP

*Source: Ball Complete Book of Home Preserving*

Yield: About 3 half-pints

- 4 cups blackberries
- 1/2 cup Chambord or other raspberry liqueur
- 3/4 cup granulated sugar
- 1 Tbsp grated lemon zest
- 1 Tbsp lemon juice
- 1 pouch (3 oz) liquid pectin

1. Prepare canner, jars, and lids.
2. In a large stainless steel saucepan, combine blackberries, Chambord and sugar. Cover and let stand for 2 hours, stirring occasionally to dissolve sugar. Add lemon zest and juice.
3. Bring to a boil over medium-high heat. Stir in liquid pectin and return to a full rolling boil. Boil hard for 1 minute, stirring constantly. Remove from heat. Strain solids out using a mesh sieve.
4. Ladle hot syrup into hot jars, leaving 1/4 inch headspace. Wipe rim. Center lid on jar. Screw band down until resistance is met, then increase to fingertip-tight.
5. Place jars in canner, ensuring they are completely covered with water. Bring to a boil and process for 10 minutes. (To adjust for altitude: at 1,001 to 3,000 feet add 5 minutes; 3,001 to 6,000 feet - add 10 minutes; 6,001 to 8,000 feet - add 15 minutes, 8,001 to 10,000 feet - add 20 minutes.)
6. Remove canner lid. Wait 5 minutes then remove jars, cool and store.

**TIP:** Fruit syrup is typically thin. If you prefer a thicker syrup, before serving, combine 1 cup syrup and 1 Tbsp cornstarch in a small saucepan. Bring to a boil over medium-high heat and cook stirring, until syrup thickens, about 2 minutes. **DO NOT ADD CORNSTARCH BEFORE CANNING.**