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UCCE Master Food Preservers of Sacramento County

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

*June 19, 2019*  
**Salsa: Fun & Flavorful**



*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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## PEPPER HEAT SCALE

Source: *The Pepper Harvest Cookbook* by Barbara Ciletti

Wilbur L. Scoville developed the first organoleptic test for measuring the heat of chiles in 1912. At the time, humans tasted chiles to determine their heat value, producing subjective and somewhat contradictory heat scales. Today, high pressure chromatography measures capsaicin (pronounced “cap-SAY-a-sin”) in Scoville units, which have become an industry standard for classifying chiles according to heat. Since environment can dramatically affect the strength of capsaicin, the heat factor can vary in peppers grown from genetically identical seeds. Here are a few of the better-known peppers along with their positions on the heat scale.

Heat Rating	Scoville Units	Pepper Variety
10	100,000 – 300,000	Habanero, Bahamian, Tepin
9	50,000 – 99,999	Thai, Chiltepin (wild piquin), Hot Banana
8	30,000 – 49,999	Tabasco, Rocotto, Piquin, Cayenne, Aji
7	15,000 – 29,999	Arbol, Hot Cherry, Serrano
6	5,000 – 14,999	Fresno, Santa Fe, Jalapeño
5	2,500 – 4,999	Mirasol, Caliente
4	1,500 – 2,499	Cascabel, Corno di Toro
3	1,000 – 1,499	Española, Poblano, Chilaca (pasilla)
2	500 - 999	Anaheim, New Mexico, Big Jim, Joe Parker
1	100 - 499	Mexi Bell, Sweet Cherry
0	0 - 99	Pimiento, Bell, Hungarian Sweet Wax

(Info typed up by MFP LSM – June 2019)

## CORN AND CHERRY TOMATO SALSA

Source: <https://www.freshpreserving.com/corn-and-cherry-tomato-salsa-br4011.html>

Yield: About 6 Pint Jars

Summer means its salsa season, and this one's a real classic! Ball®'s Corn and Cherry Tomato Salsa is a festive favorite sure to brighten up your day with ripe cherry tomatoes and fresh corn kernels mixed with jalapeño and zesty lime juice.

5 lbs. cherry tomatoes roughly chopped  
2 cups corn kernels (about 2 large ears fresh, but frozen thawed is fine)  
1 cup red onion, finely chopped  
2 teaspoons salt  
1/2 cup bottled lime juice  
2 jalapeno peppers, seeded and minced  
1 tsp. chipotle chili powder, optional  
1/2 cup chopped fresh cilantro

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 aside with bands.
2. Bring all the ingredients to a boil in a large stainless-steel or enameled saucepan. Reduce heat and simmer 5-10 minutes, stirring occasionally.
3. Ladle the hot salsa into a hot jar, leaving 1/2-inch headspace. Remove air bubbles. Wipe the jar rim. Center the lid on the jar. Apply the band and adjust to fingertip-tight. Place the jar in the boiling water canner. Repeat until all the jars are filled.
4. Process in a boiling water canner **15 minutes at 0 – 1,000 feet altitude** (20 minutes at 1,001 to 3,000 feet, 25 minutes at 3,001 to 6,000 feet, 30 minutes at 6,001 to 8,000 feet, 35 minutes, at 8,001 to 10,000 feet).
5. Turn off heat; remove the lid, and let the jars stand 5 minutes. Remove the jars and cool.

## TOMATILLO GREEN SALSA

Source: [https://nchfp.uga.edu/how/can\\_salsa/tomatillo\\_green\\_salsa.html](https://nchfp.uga.edu/how/can_salsa/tomatillo_green_salsa.html)

Yield: 5 pints

5 cups chopped tomatillos (or green tomatoes)  
1-1/2 cups seeded, chopped long green chiles  
1/2 cup seeded, finely chopped jalapeno peppers  
4 cups chopped onions  
1 cup bottled lemon or lime juice  
6 cloves garlic, finely chopped  
1 Tablespoon ground cumin (optional)  
3 Tablespoons oregano leaves (optional)  
1 Tablespoon salt  
1 teaspoon black pepper

**Caution:** Wear plastic or rubber gloves and do not touch your face while handling or cutting hot peppers. If you do not wear gloves, wash hands thoroughly with soap and water before touching your face or eyes.

**Preparing Tomatillos:** Remove the dry outer husks from tomatillos; wash thoroughly. They do not need to be peeled or seeded.

**Preparing Peppers:** The skin of long green chiles may be tough and can be removed by heating the peppers. Usually when peppers are finely chopped, they do not need to be skinned. If you choose to peel chiles, slit each pepper along the side to allow steam to escape. Peel using one of these two methods:

- *Oven or broiler method to blister skins* - Place chiles in a hot oven (400°F) or broiler for 6 to 8 minutes until skins blister.
- *Range-top method to blister skins* - Cover hot burner (either gas or electric) with heavy wire mesh. Place peppers on burner for several minutes until skins blister.
- *To peel*, after blistering skins, place peppers in a pan and cover with a damp cloth. (This will make peeling the peppers easier.) Cool several minutes; slip off skins. Discard seeds and chop.

The jalapeño peppers do not need to be peeled, but seeds are often removed.

## **TOMATILLO GREEN SALA (continued)**

**Hot Pack:** Combine all ingredients in a large saucepan and stir frequently over high heat until mixture begins to boil, then reduce heat and simmer for 20 minutes, stirring occasionally.

Ladle hot salsa into hot pint jars, leaving 1/2-inch headspace. Remove air bubbles and adjust head space if needed. Wipe rims and adjust lids.

Process in a boiling water canner **15 minutes at 0 – 1,000 feet altitude** (20 minutes at 1,001 to 6,000 feet, 25 minutes above 6,000 feet).

Turn off heat; remove the lid, and let the jars stand 5 minutes. Remove the jars and cool.

**Note:** You may use green tomatoes in this recipe instead of tomatillos.

### **IMPORTANT:**

***The only other change you can safely make in this salsa recipe is to change the amount of spices and herbs. Do not alter the proportions of vegetables to acid and tomatoes because it might make the salsa unsafe. Do not substitute vinegar for the lemon juice.***

## TOMATO/TOMATO PASTE SALSA

Source: [https://nchfp.uga.edu/how/can\\_salsa/tomato\\_tomato\\_paste\\_salsa.html](https://nchfp.uga.edu/how/can_salsa/tomato_tomato_paste_salsa.html)

Yield: 7 - 9 pints

3 quarts peeled, cored, chopped slicing tomatoes  
3 cups chopped onions  
6 jalapeno peppers, seeded and finely chopped  
4 long green chiles, seeded and chopped  
4 cloves garlic, finely chopped  
2 12-ounce cans tomato paste  
2 cups bottled lemon or lime juice  
1 T salt  
1 T sugar  
1 T ground cumin (optional)  
2 T oregano leaves (optional)  
1teaspoon black pepper

**Caution: Wear plastic or rubber gloves and do not touch your face while handling or cutting hot peppers. If you do not wear gloves, wash hands thoroughly with soap and water before touching your face or eyes.**

**Preparing Peppers:** The jalapeño peppers do not need to be peeled. The skin of long green chiles may be tough and can be removed by heating the peppers. Usually when peppers are finely chopped, they do not need to be peeled. If you choose to peel chiles, slit each pepper along the side to allow steam to escape. Peel using one of these two methods:

- Oven or broiler method to blister skins - Place chiles in a hot oven (400°F) or broiler for 6 to 8 minutes until skins blister.
- Range-top method to blister skins - Cover hot burner (either gas or electric) with heavy wire mesh. Place peppers on burner for several minutes until skins blister.
- To peel, after blistering skins, place peppers in a pan and cover with a damp cloth. (This will make peeling the peppers easier.) Cool several minutes; slip off skins. Discard seeds and chop.

## TOMATO/TOMATO PASTE SALSA (continued)

Hot Pack: Combine ingredients in a large saucepan. Bring to a boil. Reduce heat and simmer for 30 minutes, stirring occasionally.

Ladle hot salsa into hot pint jars, leaving 1/2-inch headspace. Remove air bubbles and adjust head space if needed. Wipe rims and adjust lids.

Process in a boiling water canner **15 minutes at 0 – 1,000 feet altitude** (20 minutes at 1,001 to 6,000 feet, 25 minutes above 6,000 feet).

Turn off heat; remove the lid, and let the jars stand 5 minutes. Remove the jars and cool.

### **IMPORTANT:**

***The only change you can safely make in this salsa recipe is to change the amount of spices and herbs. Do not alter the proportions of vegetables to acid and tomatoes because it might make the salsa unsafe. Do not substitute vinegar for the lemon juice.***

## CHOICE SALSA

Source: [https://nchfp.uga.edu/how/can\\_salsa/choice\\_salsa.html](https://nchfp.uga.edu/how/can_salsa/choice_salsa.html)

Yield: About 6 pints

6 cups peeled, cored, seeded, chopped ripe tomatoes

9 cups diced onions and/or peppers of any variety

1-1/2 cups bottled lemon or lime juice

1 Tablespoon canning or pickling salt

**CAUTION: Wear plastic or rubber gloves and do not touch your face while handling or cutting hot peppers. If you do not wear gloves, wash hands thoroughly with soap and water before touching your face or eyes.**

To prepare tomatoes: Dip washed tomatoes in boiling water for 30 to 60 seconds or until the skins split. Submerge immediately in cold water. Peel off loosened skins and remove cores. Remove seeds and chop into 1/4 to 1/2-inch pieces.

To prepare onions: Peel, wash, core and dice onions into 1/4-inch pieces.

To prepare bell peppers: Wash and core bell peppers. Remove the seeds and membranes before dicing into 1/4-inch pieces.

To prepare hot peppers: Wash and remove stems of hot peppers. Keep or remove as much of the seeds and membranes as you wish, depending on the 'pepper heat' of the salsa that you desire. Dice peppers into 1/4-inch pieces.

Combine tomatoes, onions, and peppers in a large saucepan; add lemon or lime juice and salt. Bring to a boil over medium heat while stirring. Reduce heat and simmer for 3 minutes, stirring to prevent scorching.

Ladle hot salsa into hot pint jars, leaving 1/2-inch headspace. Remove air bubbles and adjust head space if needed. Wipe rims and adjust lids.

Process in a boiling water canner **15 minutes at 0 – 1,000 feet altitude** (20 minutes at 1,001 to 6,000 feet, 25 minutes above 6,000 feet).

Turn off heat; remove the lid, and let the jars stand 5 minutes. Remove the jars and cool.

## CHOICE SALSA (continued)

**Notes:** This is a fairly acidic salsa, but was tested with a wide variety of tomatoes, peppers and onions to ensure the necessary acidification for boiling water canning and still allow for some consumer choice in the ingredients.

The peppers used may be sweet bell peppers (of any color) and/or hot peppers.

The purpose of the commercially bottled lemon or lime juice is to standardize a minimum level of acidity in the recipe. For the purposes NCHFP testing, they used lemon juice as it was deemed the most acceptable flavor for the proportions in this particular recipe. For safety reasons, do not substitute vinegar for the lemon or lime juice. Do not use bottled key lime juice.

***Do not alter the proportions of tomatoes, vegetables and acid because that might make the salsa unsafe when this canning process is used. The chopped tomatoes and diced peppers and/or onions are to be measured level in dry measuring cups; the lemon or lime juice is measured in a liquid measuring cup. We did not test other vegetables for flavor or acidity.***

**Additional Note:** *Refrigerate any leftover salsa after filling jars, and enjoy freshly made!* Refrigerate the canned salsa once jars are opened for use.

## MANGO SALSA

Source: [https://nchfp.uga.edu/how/can\\_salsa/mango\\_salsa.html](https://nchfp.uga.edu/how/can_salsa/mango_salsa.html)

Yield: About 6 half-pints

6 cups diced unripe mango (3-4 large, hard, green mangos)  
1-1/2 cups diced red bell pepper  
1/2 cup finely chopped yellow onion  
1/2 teaspoon crushed red pepper flakes  
2 teaspoons finely chopped garlic  
2 teaspoons finely chopped ginger  
1 cup light brown sugar  
1-1/4 cups cider vinegar (5% acid)  
1/2 cup water

**Caution:** Handling green mangoes may irritate the skin of some people in the same way as poison ivy. (They belong to the same plant family.) To avoid this reaction, wear plastic or rubber gloves while working with raw green mango. Do not touch your face, lips or eyes after touching or cutting raw green mangoes until all traces are washed away.

Peel and chop mangos into 1/2-inch cubes. Dice bell pepper into 1/2-inch pieces. Finely chop yellow onions. Combine all ingredients in an 8-quart Dutch oven or stockpot. Heat to a boil, stirring to dissolve sugar. Reduce heat to simmering, and simmer 5 minutes.

Ladle hot salsa into hot half-pint jars, leaving 1/2-inch headspace. Remove air bubbles and adjust head space if needed. Wipe rims and adjust lids.

Process in a boiling water canner **10 minutes at 0 – 1,000 feet altitude** (15 minutes at 1,001 to 6,000 feet, 20 minutes above 6,000 feet).

Turn off heat; remove the lid, and let the jars stand 5 minutes. Remove the jars and cool.

NOTE: To make peach salsa, substitute hard, underripe but yellow peaches instead of mango, following same directions.

## SPICY JICAMA RELISH

Source: [https://nchfp.uqa.edu/how/can\\_06/jicama\\_relish.html](https://nchfp.uqa.edu/how/can_06/jicama_relish.html)

Yield: About 7 pints

9 cups diced jicama (about 4 pounds)

1 T whole mixed pickling spice

1 two-inch stick cinnamon

8 cups white vinegar (5% acid)

4 cups sugar

2 teaspoons crushed red pepper

4 cups diced yellow bell pepper

4-1/2 cups diced red bell pepper

4 cups chopped onion

2 fresh fingerhot peppers (about 6 inches each), finely chopped and partially seeded. (Fingerhot peppers, also known as Jwala peppers, are a hot, spicy pepper commonly used in Indian foods, The pepper is long, slender, wrinkled, and about as long as a finger.)

Wash, peel, and trim jicama; dice. Place pickling spice and cinnamon on a clean, double-layered 6-inch square piece of 100% cotton cheesecloth. Bring corners together and tie with a clean string (Or use a purchased muslin spice bag.)

In a 4-quart Dutch oven or saucepot, combine pickling spice bag, vinegar, sugar, and crushed red pepper. Bring to a boil, stirring to dissolve sugar. Stir in diced jicama, sweet peppers, onion, and fingerhots. Return mixture to boiling. Reduce heat and simmer, covered, over medium-low heat about 25 minutes. Discard spice bag.

Ladle hot relish into hot pint jars, leaving 1/2-inch headspace. Cover with hot pickling liquid. Remove air bubbles and adjust head space if needed. Wipe rims.

Adjust lids and process in a boiling water canner **20 minutes at 0 – 1,000 feet** (25 minutes at 1,001 to 3,000 feet, 30 minutes at 3,001 to 6,000 feet, 35 minutes over 6,000 feet).

Turn off heat; remove the lid, and let the jars stand 5 minutes. Remove the jars and cool.

## TOMATO AND GREEN CHILE SALSA

Source: [https://nchfp.uga.edu/how/can\\_salsa/Tomato\\_GreenChileSalsa.html](https://nchfp.uga.edu/how/can_salsa/Tomato_GreenChileSalsa.html)

Yield: About 3 pints

3 cups peeled, cored, chopped tomatoes  
3 cups seeded, chopped long green chiles  
3/4 cup chopped onions  
1 jalapeño pepper, seeded and finely chopped  
6 cloves garlic, finely chopped  
1-1/2 cups vinegar (5 percent)  
½ teaspoon ground cumin  
2 teaspoons oregano leaves  
1-1/2 teaspoons salt

**Caution:** Wear plastic or rubber gloves and do not touch your face while handling or cutting hot peppers. If you do not wear gloves, wash hands thoroughly with soap and water before touching your face or eyes.

**Preparing Peppers:** The jalapeño peppers do not need to be peeled. The skin of long green chiles may be tough and can be removed by heating the peppers. Usually when peppers are finely chopped, they do not need to be peeled. If you choose to peel chiles, slit each pepper along the side to allow steam to escape. Peel using one of these two methods:

- *Oven or broiler method to blister skins* - Place chiles in a hot oven (400°F) or broiler for 6 to 8 minutes until skins blister.
  - *Range-top method to blister skins* - Cover hot burner (either gas or electric) with heavy wire mesh. Place peppers on burner for several minutes until skins blister.
  - *To peel*, after blistering skins, place peppers in a pan and cover with a damp cloth. (This will make peeling the peppers easier.) Cool several minutes; slip off skins. Discard seeds and chop.
- Combine all ingredients in a large saucepan and heat, stirring frequently, until mixture boils. Reduce heat and simmer for 20 minutes, stirring occasionally.
- Ladle hot into clean, hot pint jars, leaving 1/2-inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened, clean paper towel; apply two-piece metal canning lids.
- Process in a boiling water canner 15 minutes at 0 – 1,000 feet altitude (20 minutes at 1,001 to 6,000 feet, 25 minutes above 6,000 feet).

### IMPORTANT:

The only changes you can safely make in this salsa recipe are to substitute bottled lemon juice for the vinegar and to change the amount of salt and herbs. Do not alter the proportions of vegetables to acid and tomatoes because it might make the salsa unsafe.

## SPICY CRANBERRY SALSA

Source: [https://nchfp.uqa.edu/how/can\\_salsa/spicy\\_cranberry\\_salsa.html](https://nchfp.uqa.edu/how/can_salsa/spicy_cranberry_salsa.html)

Yield: About 6 pints

6 cups chopped red onion

4 finely chopped large Serrano peppers

1-1/2 cups water

1-1/2 cups cider vinegar (5%)

1 tablespoon canning salt

1-1/3 cups sugar

6 tablespoons clover honey

12 cups (2-3/4 pounds) rinsed, fresh whole cranberries

**Caution: Wear plastic or rubber gloves and do not touch your face while handling or cutting hot peppers. If you do not wear gloves, wash hands thoroughly with soap and water before touching your face or eyes.**

1. Wash and rinse 6 pint canning jars; keep hot until ready to use. Prepare lids according to manufacturer's directions.
2. Combine all ingredients except cranberries in a large Dutch oven. Bring to a boil over high heat; reduce heat slightly and boil gently for 5 minutes.
3. Add cranberries, reduce heat slightly and simmer mixture for 20 minutes, stirring occasionally to prevent scorching.
4. Fill the hot mixture into clean, hot pint jars, leaving 1/4-inch headspace. Leave saucepot over low heat while filling jars. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened clean paper towel; apply two-piece metal canning lids.
5. Process in a boiling water canner **10 minutes at 0 – 1,000 feet altitude** (15 minutes at 1,001 to 6,000 feet, 20 minutes above 6,000 feet).
6. Turn off heat; remove the lid, and let the jars stand 5 minutes. Remove the jars and cool.