

# Canning Equipment

Hot water canner w/ rack

Canning funnel

Bubbler

Jar lifter

Timer

Measuring cups (liquid and dry measure)

Measuring spoons

Colander

Mesh strainer

Food mill (optional)

Candy thermometer

Ladle

Spoons for stirring

Mixing bowls

Masher

Dish towels

Pot holders

Paring Knife

Cutting board

Mason jars. Lids and rings (1/2 pint)

Paper towels

# Low Sugar Strawberry Jam

2 quarts (3#) strawberries to yield 4 cups crushed

1.5 cups sugar

1 cup unsweetened fruit juice or water

4.5 Tbls no or low sugar pectin

Wash berries, remove hulls.

Add liquid to pan, bring to boil.

Crush berries 1 cup at a time

Stir in pectin, bring to a full rolling boil that cannot be stirred down.

Add sugar, stir and bring to a full boil stirring constantly for 1 minute.

Remove from heat and skim foam.

Ladle into hot  $\frac{1}{2}$  pint jars leaving  $\frac{1}{4}$  inch headspace.

Bubble.

Wipe rims and adjust lids.

Process 10 minutes

Yield about 6  $\frac{1}{2}$  pints

# Seedless Blackberry Jam

9 cups crushed berries

6 cups granulated sugar

- Sterilize canning jars
- Crush berries
- Place in pot and bring to a boil
- When softened remove from heat
- Run berries through food mill or push through sieve
- Return to pan and combine with sugar
- Bring to boil
- Stir frequently to prevent scorching
- Cook until it reaches jell stage (220 degrees F)
- Pour hot jam into jars
- Wipe rims and adjust lids
- Process in a boiling water bath for 5 minutes