



Let's Build Something Together™

Basic Food Canning Techniques:

STRAWBERRY JAM

Skill Level: BEGINNER These how-to's are suitable for people who are new to DIY and who have a basic knowledge of tools. If you've painted a room or re-potted a plant, you can probably complete one of these projects by yourself in a few hours or less.

✓ MATERIALS

- Fresh Strawberries or Other Fruits
- Fruit, Pectin, Sugar and Lemon Juice
- Preserving Recipe
- Boiling Water Canner or Deep Saucepan with Lid and Rack—for jams, jellies, salsa, pickles and fruits
- Glass Preserving Jars
- Large and Small Saucepans
- Measuring Cups
- Wooden Spoon
- Cloth Towel
- Cooking Thermometer
- Potato Masher
- Ladle
- Funnel
- Labels
- Marker

Everyone can enjoy locally-harvested fruit year round with delicious homemade jams. Jams are easy to make at home and can be stored for up to a year. Following are simple instructions for making strawberry jam at home.



PREPARATION

When food is exposed to air, it's also exposed to bacteria that can cause the food to spoil. Boiling food in a glass canning jar kills bacteria that may have come in contact with the food, and also creates an air tight seal to prevent new bacteria from getting into the jar, allowing food to stay fresh and edible longer. Following are instructions for preserving strawberries, but many other fruits can be preserved following similar steps. Recipes for preserving many different foods are available. To prepare for canning foods at home:

01 Read the canner manufacturer's instructions carefully and follow the guidelines for recipe preparation, jar size, canning method and processing time.

- **RECIPE:** To make the strawberry jam in the video, you'll need:
 - 2 quarts strawberries
 - 1 package powdered pectin
 - ¼ cup lemon juice
 - 7 cups sugar
 - Yields about 8 8 oz. jars
- **TIP:** A preserve is any fruit preserved with added sugar. Jam includes fruit AND fruit juice, while jelly is made with fruit juice. Marmalade is preserved citrus fruit. Fruit butter is fruit forced through a sieve or blended after the heating process. The FDA says that preserves and jam are the same; however, jelly is different.

02 Assemble the required foods, materials and tools. You can find canning kits at Lowe's.

- **TIP:** For low-acid foods, like meats and vegetables, use a steam pressure canner and a similar canning process.



IMPORTANT

Before you begin canning strawberry jam or other foods, read and follow the tested preserving recipe. Also, read and follow manufacturer's instructions for the canner, preserving jars and lids you select.



Let's Build Something Together™

PACKING STRAWBERRIES

- 01 **Inspect the jars for nicks, cracks, uneven rims or sharp edges that may prevent sealing or cause breakage. Also inspect the new canning lids to make sure they are free of dents. The seal should be even and complete, and the bands should fit tightly.**
- 02 **Wash the jars, lids and bands in hot, soapy water. Rinse well, dry the bands and set aside.**
- 03 **Heat the jars and lids in a saucepot of simmering water at 180° F. Do not boil the lids. Allow the jars and lids to remain in hot water until they're ready for use, removing them one at a time as needed.**
- 04 **Fill the boiling water canner half-full with hot water, elevate the rack in the canner, and put the canner lid in place.**
- 05 **Heat the water in the canner to about 180° F and maintain the temperature at a simmer until ready for processing.**
- 06 **Select fresh strawberries or other fruits at their peak of quality and flavor, free of blemishes. Prepare only enough foods for one canner load.**
- 07 **Wash the strawberries and drain them. Allow them to dry thoroughly or dry with a paper towel.**
- 08 **Remove the stems and cut out soft or over-ripe spots from the strawberries. These parts can cause food contamination. If there is mold on a strawberry, it should be discarded and not used.**
 - Don't remove the white, under-ripe areas of strawberries as they help the jam set.
- 09 **Place a layer of strawberries in a bowl and crush them with a potato masher.**
- 10 **Add a second layer and crush the strawberries, then continue until all strawberries are crushed into a mixture of fruit pulp and fruit juice.**
 - **TIP:** Do not over-crush the strawberries as too much liquid can make it more difficult for the pectin to gel. Refer to the pectin manufacturer's instructions for more information. (Pectin is a gelling agent extracted from citrus fruit or apples.)
- 11 **Use a liquid measuring cup to measure the amount of fruit required by the recipe, then place the fruit in a saucepan and turn on the burner.**
- 12 **Gradually stir in the pectin according to the recipe.**
 - **TIP:** Make sure that the pectin you select and use is one recommended for the type of fruit and recipe selected. Powdered, liquid and no-sugar-needed pectins are not interchangeable, and the way you combine ingredients will vary by recipe.



PACKING STRAWBERRIES (cont.)

- 13 Bring the mixture to a full rolling boil—one that cannot be stirred down—over high heat, stirring constantly.
- 14 Add the sugar as indicated by the recipe, stirring it into the mixture to dissolve.
- 15 Return the mixture to a rolling boil and cook for the length of time indicated in the recipe.
- 16 Once the mixture is finished boiling, turn off the heat and remove the foam using a skimmer or slotted spoon.
- 17 Use a ladle to carefully pour the hot fruit liquid into the hot jars, leaving ¼" of headspace.
- 18 Wipe the rim and threads of a jar with a clean, damp cloth.
- 19 Remove a jar lid from the hot water using a lid wand and place it on the jar, centering the sealing compound on rim.
- 20 Screw the band down evenly and firmly until it is fingertip tight.
- 21 As they are filled and capped, set each jar into the elevated rack in the boiling water canner.
 - Maintain the canner water at a simmer of 180° F.



PRESERVING STRAWBERRIES

- 01 Once all jars are filled and placed onto the rack, lower the rack into canner. The water level must cover the two-piece caps on the jars by 1-2". Add boiling water to the canner if necessary.
- 02 Place the lid on the canner and bring the water to a boil. Recommended processing time begins after the water comes to a rolling boil:
 - 4, 8 or 12 oz.: 10 minutes or as recommended by the manufacturer or recipe.
- 03 When processing time is complete, turn off the heat and carefully remove the canner lid.
- 04 Allow the canner to cool 5 minutes before removing the jars with a jar lifter and setting them upright, 1-2" apart, on a dry towel to cool.
- 05 Allow the jars to cool for 12 to 24 hours.



PRESERVING STRAWBERRIES (cont.)

- 06** Once the jars have cooled, check the lids for a tight seal by pressing on the center of each lid. If the center is pulled down and does not flex up and down, remove the band and gently try to lift the lid off with your fingertips. If the lid does not flex and you cannot easily lift it off, the lid has a good vacuum seal.
- Jars without a secure seal can safely be reprocessed within 24 hours. Remove the lid and make sure there is no damage to the jar. If there is any damage, replace the jar and always start with a new lid. Then reprocess using the previous instructions.
- 07** Wipe the lid and jar surface with a clean damp cloth to remove any food particles or residue.
- 08** Label the jars with the product and date, then store in a cool, dry, dark place. Strawberry jam and other preserved fruits typically are good for about a year.



ENJOYING STRAWBERRY JAM

- 01** Before opening strawberry jam or other preserved foods for eating, examine the jar's lid for tightness and vacuum seal. If the lid's center is lower than the rim and pulled inward, it has a good seal.
- 02** Hold the jar at eye level and examine the outside of the jar, looking for moist or dried food seeping from the seal.
- 03** When opening the jar, listen for the sound of a pop, indicating that the seal held securely.
- 04** Once the lid is removed, look for any signs of discoloration on the food or under the lid. If found, the food in that jar has spoiled and should be discarded.
- 05** If the food passes these tests, enjoy the flavors of your home-canned foods.



Canning is a simple way to make your fresh jams last for the year. Home-canned foods also make great gifts. To learn how to can tomatoes and see other projects you can do around your home, visit [Lowe's.com/Videos](https://www.lowes.com/Videos).

BONUS RECIPE

Here's a simple recipe for canning apple preserves.

Apple Preserves

Yield: 6 half-pint jars

Ingredients:

| | |
|-------------------------------------|---|
| 6 cups sliced, peeled, cored apples | 4 cups sugar |
| 1 cup water | 2 teaspoons nutmeg |
| 1 tablespoon lemon juice | ½ cup thinly sliced, chopped and seeded lemon (about 1 medium lemon) (optional) |
| 1 package powdered pectin | |

1. Follow the previous instructions for prepping the canning jars.
2. Combine the apples, water and lemon juice in a large saucepot. Cover, and let simmer for about ten minutes.
3. Stir in the powdered pectin.
4. Bring the mixture to a boil, stirring frequently.
5. Add the lemon slices (optional) and sugar, stirring until the sugar dissolves.
6. Return the mixture to a rolling boil. Allow the mixture to boil for one minute, stirring constantly.
7. Remove the saucepot from the heat and skim any foam that has collected on top.
8. Stir in the nutmeg.
9. Ladle the hot preserves into the hot jars, leaving ¼" of headspace.
10. Add the lids and bands, then process for ten minutes in the boiling-water canner.

Try this recipe for canning raspberry jam.

BONUS RECIPE

Raspberry Jam

Yield: 8 half-pint jars

Ingredients:

1 quart crushed red raspberries
1 pouch liquid pectin
6½ cups sugar

1. Follow the previous instructions for prepping the canning jars.
2. Combine the raspberries and sugar in a large saucepot.
3. Bring the mixture to a boil over high heat, stirring until the sugar dissolves.
4. Once the sugar has dissolved, stir in the liquid pectin.
5. Return the mixture to a rolling boil. Allow the mixture to boil for one minute, stirring constantly.
6. Remove the saucepot from the heat and skim any foam that has collected on top.
7. Ladle the hot jam into the hot jars, leaving ¼" of headspace.
8. Add the lids and bands, then process for ten minutes in the boiling-water canner.

These "How-To's" are provided for informational purposes only. The information contained in Lowe's "How-To" videos is intended to provide general guidance to simplify jobs around the house. Because tools, products, materials, techniques, building codes and local regulations are continually changing, Lowe's assumes no responsibility for the accuracy of the information contained herein and disclaims any liability for omissions, errors or the outcome of any project. It is the responsibility of the viewer to ensure compliance with all applicable laws, rules, codes and regulations for a project. The viewer must always take proper safety precautions and exercise caution when taking on any project. If there is any question or doubt in regards to any element of a project, please consult with a licensed professional.