

Rhubarb-Strawberry Jam with liquid pectin

1 cup cooked red-stalked rhubarb (about 1 pound rhubarb and ¼ cup water)
2½ cups crushed strawberries (about 1½ quart boxes)
6½ cups sugar
1 pouch liquid pectin



Yield: About 7 to 8 half pint jars

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

To prepare fruit: Wash rhubarb and slice thin or chop; do not peel. Add water, cover, simmer until rhubarb is tender (about 1 minute). Sort and wash fully ripe strawberries; remove stems and caps. Crush berries.

To make jam: Measure prepared rhubarb and strawberries into a kettle. 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. Fill hot jam immediately into hot, sterile jars, leaving ¼ inch headspace. Wipe rims of jars with dampened clean paper towel; adjust two-piece metal canning lids. Process in a **Boiling Water Canner**. Wait 5 minutes before removing jars from the canner.

Table 1. Recommended process time for Rhubarb-Strawberry Jam , in a boiling water canner.				
		Process Time at Altitudes of		
Style of Pack	Jar Size	0 - 1,000 ft	1,001 - 6,000 ft	Above 6,000 ft
Hot	Half -pints or Pints	5 min	10 min	15 min

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Resource:

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Source: National Center for Home Food Preservation



Rhubarb

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FREEZING RHUBARB

Preparation: Choose firm, tender, well-colored stalks with good flavor and few fibers. Wash, trim and cut into lengths to fit the package. Heating rhubarb in boiling water for 1 minute and cooling promptly in cold water helps retain color and flavor.



Dry Pack: Pack either raw or preheated rhubarb tightly into containers without sugar. Leave headspace. Seal and freeze.

Syrup Pack: Pack either raw or preheated rhubarb tightly into containers, cover with cold 40 percent syrup. Leave headspace. Seal and freeze.

Syrup Info:

In general, up to one-fourth of the sugar may be replaced by corn syrup or mild-flavored honey. A larger proportion of corn syrup may be used if a very bland, light-colored type is selected.

To make the syrup, dissolve sugar in lukewarm water, mixing until the solution is clear. Chill syrup before using.

Use just enough cold syrup to cover the prepared fruit after it has been placed in the container (about ½ to ¾ cup of syrup per pint). To keep fruit under the syrup, place a small piece of crumbled wax paper or other water-resistant wrapping material on top, and press fruit down into the syrup before sealing the container. See next column for recipe.

Syrup for Use in Freezing Rhubarb

Type of Syrup	Percent Syrup	Cups of Sugar	Cups of Water	Yield of Syrup in Cups
Heavy	40%	2 ¾	4	5 ½ cups

Canning Rhubarb - Stewed

Quantity: An average of 10½ pounds is needed per canner load of 7 quarts; an average of 7 pounds is needed per canner load of 9 pints. A lug weighs 28 pounds and yields 14 to 28 quarts - an average of 1½ pounds per quart.

Quality: Select young, tender, well-colored stalks from the spring or late fall crop.

Procedure: Trim off leaves. Wash stalks and cut into ½-inch to 1-inch pieces. In a large saucepan add ½ cup sugar for each quart of fruit. Let stand until juice appears. Heat gently to boiling. Fill jars immediately, leaving ½-inch headspace. Adjust lids and process. Wait 5 minutes before removing jars from a boiling water canner. Process directions for canning rhubarb in a boiling water, a dial, or a weighted-gauge canner are given in Table 1, Table 2, and Table 3.

Table 1. Recommended process time for **Rhubarb**, stewed in a boiling water canner.

		Process Time at Altitudes of		
Style of Pack	Jar Size	0 - 1,000 ft	1,001 - 6,000 ft	Above 6,000 ft
Hot	Pints or Quarts	15 min	20 min	25 min

Table 2. Process times for **Rhubarb**, in a dial-gauge pressure canner.

		Canner Pressure (PSI) at Altitudes of				
Style of Pack	Jar Size	Process Time	0 - 2,000 ft	2,001-4,000 ft	4,001-6,000 ft	6,001 - 8,000 ft
Hot	Pints or Quarts	8 min	6 min	7 min	8 min	9 min

Table 3. Process times for Some Acid Foods in a weighted-gauge pressure canner.

		Process Time at Altitudes of		
Style of Pack	Jar Size	Process time	0 - 1,000 ft	Above 1,000 ft
Hot	Pints or Quarts	8 min	5 min	10 min