

Freezing Strawberries

Preparation: Select fully ripe, firm berries with a deep red color. Discard immature and defective fruit. Wash and remove caps.

Whole Berries Syrup Pack: Put berries into containers and cover with a cold syrup, select from list below, leaving head-space. Seal and freeze.

Whole Berries Sugar Pack: Add $\frac{3}{4}$ cup sugar to 1 quart ($1\frac{1}{3}$ pounds) strawberries and mix thoroughly. Stir until most of the sugar is dissolved or let stand for 15 minutes. Put into containers, leaving headspace. Seal and freeze.

Sliced or Crushed: Prepare for packing as for whole strawberries; then slice or crush partially or completely. To 1 quart ($1\frac{1}{3}$ pounds) berries add $\frac{3}{4}$ cup sugar; mix thoroughly. Stir until most of the sugar is dissolved or let stand for 15 minutes. Pack into containers, leaving headspace. Seal and freeze.

Syrups for Use In Freezing Fruits:

Types of Syrup	Percent Syrup*	Cups of Sugar**	Cups of Water	Yield of Syrup in Cups
Very Light	10%	$\frac{1}{2}$	4	$4\frac{1}{2}$ cups
Light	20%	1	4	$4\frac{3}{4}$ cups
Medium	30%	$1\frac{3}{4}$	4	5 cups
Heavy	40%	$2\frac{3}{4}$	4	$5\frac{1}{3}$ cups
Very Heavy	50%	4	4	6 cups

* Approximate

** 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 $\frac{1}{2}$ to $\frac{2}{3}$ cup of syrup per pint). To keep fruit under the syrup, place a small piece of crumbled parchment paper or other water-resistant wrapping material on top, and press the fruit down into the syrup before sealing the container.

Resource:

Source: National Center for Home Food Preservation

www.buylocalnebraska.org



STRAWBERRY PRODUCTS

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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 or 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, and 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 a dampened clean paper towel; adjust two-piece metal canning lids. Process in a **Boiling Water Canner** and follow the directions in **Table 1**. Wait 5 minutes before removing from 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	1,0001 - 3,000 ft	3,000 - 6,000 ft	Above 6,000 ft
Hot	Half-pints or Pints	5 minutes	10	10	15

Strawberry Jam with Powdered Pectin

- ▶ 5½ cups crushed strawberries (about 3 quart boxes strawberries)
- ▶ 1 package powdered pectin
- ▶ 8 cups sugar

Yield: About 9 or 10 half-pint jars

Same **procedure** as in recipe for Rhubarb-Strawberry Jam

To prepare fruit: Sort and wash fully ripe strawberries; remove stems and caps. Crush berries.

To make jam: Measure crushed strawberries into a kettle. Add pectin and stir well. Place on high heat and, stirring constantly, bring quickly to a full boil with bubbles over the entire surface. Add sugar, continue stirring, and heat again to full boil. Boil hard for 1 minute, stirring constantly. Remove from heat; skim. Fill hot jam immediately into hot, sterile jars, leaving ¼ headspace. Wipe rims of jars with a dampened, clean paper towel; adjust two-piece metal canning lids. Process according to same directions in **Table 1**. Wait 5 minutes before removing from canner.



Jam Information

For proper texture, jams require the correct combination of fruit, pectin, acid, and sugar. The fruit gives jam its unique flavor and color. The fruit also supplies the water to dissolve the rest of the ingredients and may provide some or all of the pectin and acid. Good-quality, flavorful fruits make the best jam products.

Pectins are substances in fruits that form a gel if they are in the right combination with acid and sugar. All fruits contain some pectin. Apples, crab apples, gooseberries, and some plums and grapes usually contain enough natural pectin to form a gel. Fruits, such as strawberries, contain little pectin and must be combined with other fruits high in pectin or with commercial pectin products to obtain a gel.

The proper level of acidity is critical to gel formation. If there is too little acid, the gel will never set. If there is too much acid, the gel will lose liquid (weep). For fruits low in acid, add lemon juice or other acid ingredients as directed. Commercial pectin products contain acids which help to ensure gelling.

Sugar serves as a preserving agent, contributes to flavor, and aids in gelling. Use tested recipes for replacing sugar with honey and corn syrup. Do not try to reduce the amount of sugar in traditional recipes. Too little sugar prevents gelling and may allow yeasts and molds to grow.

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