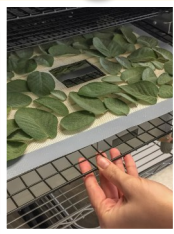


So You Want to Preserve



Winter Jam & Dry Beans

December 2021

Winter Jams and Jellies

- *Winter is a great time to make homemade jam and jelly.*
- *Using frozen fruit or juice, simplifies the process.*
- *Commercial pectin makes the process easy.*



The most effective way to keep jam or jelly at it's best is to process in a boiling water canner for a short period of time (for most recipes it is 5 minutes if elevation is under a 1000 feet, 10 minutes from 1000 to 6000 feet). We do know that sugar helps preserve jam, but mold is still able to grow in jams and jellies in the presence of air. Paraffin wax is not recommended, as it can allow small bits of air to reach the product.

Freezer jam recipes require the jam to be frozen for long term storage. Don't interchange recipes that call for processing and those that call for freezing.

To successfully make a jelled product remember...

- Do not exchange one type of pectin for another
- Measure ingredients exactly
- Do NOT double a recipe
- Use new pectin



For more information about making jam or jelly, visit <https://food.unl.edu/jams-jellies-and-preserves>

Plan Ahead when making jam or jelly with frozen fruit or juice.

Select frozen fruit and juice without added sugars. Canned fruit should be canned in it's own juice. Most commercial frozen and canned fruit is fully ripe and has less natural pectin, so pick a recipe with added pectin to get a good gel.

Jam

When making jam from frozen fruit, it should be measured before thawing. As the fruit thaws, it compacts so the proportions will be off and the jam may not gel.

Once measured, thaw the fruit in the refrigerator until only a few ice crystals remain, before starting.

Jelly

Frozen juice should be thawed overnight in the fridge. Concentrated juice will need water added to make it juice. Measure and use the recommended proportions of sugar and pectin.

Commercial and home processed fruit and juice can be used.

Canning Dry Beans

✓ Canning dry beans, makes meals faster.

Yes, it is possible to can dry beans. Some people can dry beans for camping, for easy meal preparation. When canning dry beans, remember, they are a low acid food and need to be processed in a pressure canner.

Preparation

Wash your hands. Select mature dry beans. Sort and remove rocks and dirt, broken and discolored beans.

Rehydration and Cooking

Beans will need to be rehydrated by one of two methods.

Method 1: Place beans in a large pot, cover with water and let stand in the refrigerator for 12 to 18 hours. Drain.

Method 2: Cover beans with boiling water in a saucepan and boil for 2 minutes. Remove from heat and soak for 1 hour. Drain.

After rehydrating, cover beans with fresh water and boil for 30 minutes.



Dry beans can be purchased or grown and dried by the home gardener.

Filling Jars

Fill hot jars (either pint or quart) with hot beans, leaving 1 inch headspace. If desired, add ½ teaspoon of salt to pints; 1 teaspoon to quarts. Fill jar to 1 inch from top with boiling water. Remove air bubbles. Clean jar rims. Place lids on jars and adjust bands to fingertip tight. Place jar on a rack in a pressure canner containing 2 inches of simmering water.

Processing

Check your elevation

Dial Gauge Pressure Canner

- ✓ 0-2,000 ft - 11 lbs. pressure
- ✓ 2,001-4,000 ft - 12 lbs. pressure

OR Weighted Gauge Pressure Canner

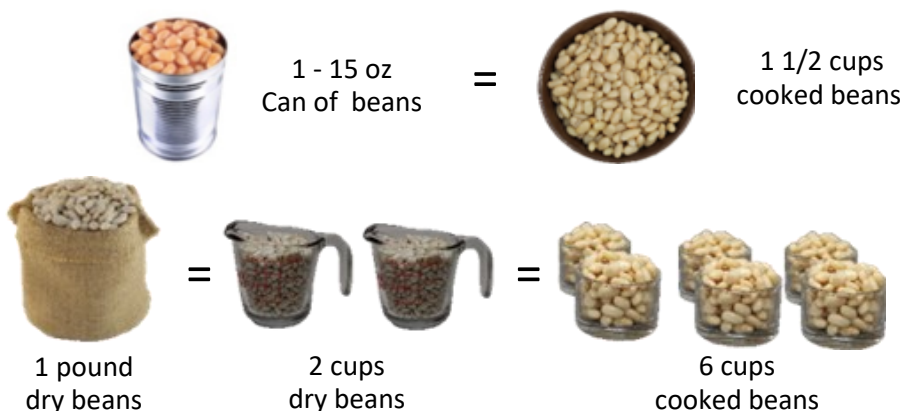
- ✓ 15 lbs. pressure (above 1,000 ft)

Process pints for 75 minutes

Process quarts for 90 minutes

Turn off heat; cool canner to zero pressure. After 5 minutes, remove lid. Let jars cool 10 minutes. Remove jars from canner; do not retighten bands if loose. After 12 hours, check seals.

BEAN MATH



Bean Math images courtesy of the Nebraska Bean Commission. Used with permission.

Reliable Resources:

National Home Food Preservation
<https://nchfp.uga.edu>



Nebraska Extension
www.food.unl.edu

For more information:

<http://go.unl.edu/foodpreservation>