

Preserving Figs Recipes

Before you start:

Please read The National Center for Home Food Preservation's "Using Boiling Water Canners" before beginning. If this is your first time canning, it is recommended that you read USDA's Complete Guide to Home Canning: Guide 1: Principles of Home Canning.

Processing times for the recipes that follow are found in this table. The elevation for our area is 0-1,000 ft.

Table 1. Recommended process time in a boiling water canner.

Style of Pack	Jar Size	Process Time at Altitudes of		
		0 - 1,000 ft	1,001 - 6,000 ft	Above 6,000 ft
Hot	Half-pints or Pints	5 min	10	15

Fig Jam with liquid pectin

- 4 cups crushed figs (about 3 pounds figs)
- ½ cup lemon juice
- 7½ cups sugar
- 1 pouch liquid pectin

Yield: About 9 half-pint jars

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

To prepare fruit. Sort and wash fully ripe figs; remove stem ends. Crush or grind fruit.

To make jam. Place crushed figs 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. 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**.

Fig Jam

without added pectin

- 2 quarts chopped fresh figs (about 5 pounds)
- $\frac{3}{4}$ cup water
- 6 cups sugar
- $\frac{1}{4}$ cup lemon juice

Yield: About 10 half-pint jars

Procedure:

To Prepare Chopped Figs - Pour boiling water over figs; let stand 10 minutes. Drain, stem and chop figs.

To Make Jam - Sterilize canning jars. Measure and add $\frac{3}{4}$ cup water and sugar to figs. Slowly bring to boiling, stirring occasionally until sugar dissolves. Cook rapidly until thick. Stir frequently to prevent sticking. Add lemon juice and cook 1 minute longer. Pour hot jam into hot jars, leaving $\frac{1}{4}$ -inch headspace. Wipe rims of jars with a dampened clean paper towel; adjust two-piece metal canning lids. Process in a Boiling Water Canner.

Strawberry-Fig Preserves

with gelatin

- 3 cups mashed figs
- 2 packages (3 oz. each) strawberry gelatin
- 3 cups sugar

Yield: About 6 half-pint jars

Procedure: Sterilize canning jars. Wash, peel, and mash figs. Place figs, gelatin, and sugar in large pan and bring to a boil. Lower heat and continue to boil 3 to 5 minutes, stirring often. Pour hot preserves into hot jars, leaving $\frac{1}{4}$ inch headspace. Wipe rims of jars with a dampened clean paper towel; adjust two-piece metal canning lids. Process in a Boiling Water Canner.

Fig Preserves

- 3 quarts figs
- 3 quarts boiling water
- 4 cups sugar
- $1\frac{1}{2}$ quarts water
- 2 lemons, thinly sliced (optional)

Yield: About 10 half-pint jars

Procedure: Pour 3 quarts boiling water over figs. Let stand 15 minutes. Drain and discard liquid. Rinse figs in cold water and drain. Prepare syrup by mixing sugar, 1½ quarts water and lemon. Boil rapidly 10 minutes. Skim syrup; remove and discard lemon slices. Drop figs carefully into the boiling hot syrup, a few at a time. Cook rapidly until figs are transparent. Remove figs and place in shallow pan. Boil syrup until thick, pour over figs and let stand 6 to 8 hours.

Sterilize canning jars. Reheat figs and syrup to boiling. Pour hot preserves into hot 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.

These recipes were adapted from:

- "How to Make Jellies, Jams and Preserves at Home." Home and Garden Bulletin No. 56. Extension Service, United States Department of Agriculture. 1982 reprint. National Center for Home Food Preservation, June 2005.
- "So Easy to Preserve", 5th ed. 2006. Bulletin 989, Cooperative Extension Service, The University of Georgia, Athens. Revised by Elizabeth L. Andress. Ph.D. and Judy A. Harrison, Ph.D., Extension Foods Specialists.

They are available from The National Center for Home Food Preservation at http://nchfp.uga.edu/how/can7_jam_jelly.html