

Preserving Other Types of Fruit 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 for **Peach 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	15

Watermelon Rind Preserves

- 1½ quarts trimmed and cut watermelon rind pieces
- 4 tablespoons salt
- 2 quarts cold water
- 1 tablespoon ground ginger
- 4 cups sugar
- ¼ cup lemon juice
- 7 cups water
- 1 thinly sliced lemon (optional)

Yield: About 6 half-pint jars

Procedure:

To Prepare Watermelon Rind – Trim green skin and pink flesh from thick watermelon rind; cut into 1 inch pieces. Dissolve salt in 2 quarts water and pour over rind; let stand for 5 to 6 hours in refrigerator. Drain; rinse and drain again. Cover with cold water and let stand 30 minutes. Drain. Sprinkle ginger over rind; cover with water and cook until fork tender. Drain.

To Make Preserves - Sterilize canning jars. Combine sugar, lemon juice and 7 cups water. Boil 5 minutes; add prepared watermelon rind and boil gently for 30 minutes. Add sliced lemon and

cook until the melon rind is clear. Pack 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**.

Muscadine or Scuppernong Jelly without added pectin

- 4 cups muscadine or scuppernong juice
- 3 cups sugar

Yield: 3 or 4 half-pint jars

Procedure:

To Prepare Juice—Select grapes that are in the just ripe stage. Wash and crush grapes. Without adding water, boil and simmer for about 10 minutes, stirring constantly. Press juice from the heated grapes. Pour the cool juice into glass containers and set in refrigerator. The next day strain the juice through a cloth jelly bag. Do not squeeze the bag.

To Make Jelly—Sterilize canning jars. Heat 4 cups of juice to boiling in a saucepot. Add 3 cups sugar and stir until the sugar dissolves. Then boil rapidly over high heat to 8°F above the boiling point of water or until jelly mixture sheets from a spoon. (See Testing Jelly Without Added Pectin.)

Remove from heat; skim off foam quickly. Pour hot jelly 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**.

These recipes were adapted from: "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