



## Freezer Jams

When preserving any food at home, use an up-to-date recipe. Be safe. Do not make any changes to ingredients or directions.

Raspberries, strawberries and blackberries work well in freezer jam recipes. Follow the basic recipe below or use the instructions on the powdered pectin package.

### Ingredients:

- 2 cups crushed berries
- 4 cups sugar
- 1 package powdered pectin
- 1 cup water



**Yield:** 5 or 6 half-pint jars or freezer containers

### Directions:

1. Sterilize canning jars and prepare two-piece canning lids according to manufacturer's directions.
2. Sort and wash fully ripe berries. Drain. Remove caps and stems. Crush berries.
3. Place prepared berries in a large mixing bowl. Add sugar, mix well and let stand for 20 minutes, stirring occasionally.
4. Dissolve pectin in water and boil for 1 minute. Add pectin solution to berry-and-sugar mixture. Stir for 2 minutes.
5. Pour jam into freezer containers or sterilized canning jars (as above indicated in step 1), leaving ½-inch headspace at the top.
6. Close covers on containers and let stand at room temperature for 24 hours.
7. Plastic freezer containers with tight-fitting lids work well for storing freezer jams and jellies.

### Safe Storage:

1. Store unopened jams in refrigerator for up to 3 weeks. Once container is opened, jams should be used within 2 to 3 weeks.
2. Store unopened jams in freezer for up to 1 year. Once opened, store in refrigerator.
3. Jams will mold or ferment if stored at room temperature.
4. When jam comes out of the freezer, thaw overnight in the refrigerator. If the jam is too firm, you can soften it by stirring. If it tends to separate, stirring will blend it again.

For more information, go to National Center for Home Food Preservation (<http://www.uga.edu/nchfp/>).

# Apple Cranberry Salad Toss

Serving Size: 1/8 of recipe

Yield: 8

## Ingredients:

1 head of lettuce (about 10 cups)  
2 medium sliced apples  
1/2 cup chopped walnuts

1 cup dried cranberries  
1/2 cup sliced green onions  
3/4 cup vinaigrette dressing



## Directions:

1. Toss lettuce, apples, walnuts, cranberries and onions in large bowl.
2. Add dressing and toss to coat. Serve immediately.

**Nutrition information per serving:** calories 140, total fat 5g, saturated fat 0g, trans fats 0g, cholesterol 0g, total carbohydrates 24g, dietary fiber 3g, sugars 18g, vitamin A 8%, vitamin C 8%, calcium 2%, iron 4%.

Source: Snap-Ed Recipe Finder, U.S. Dept. of Agriculture (<http://recipefinder.nal.usda.gov>).



# Spicy Fruit Cup

Serving Size: 1/8 of recipe

Yield: 8

## Ingredients:

2 cups fresh strawberries  
1 can (16 ounce) mandarin oranges  
1 can (16 ounce) pears  
1 can (16 ounce) pineapple chunks

1 cup juice, orange  
1/4 teaspoon ground cinnamon  
1/4 teaspoon ground nutmeg

## Directions:

1. Cut the strawberries in half.
2. Open the cans of mandarin oranges and pears and drain off the syrup.
3. Open the can of pineapple, but don't drain off the juice.
4. Put the undrained pineapple, orange juice, cinnamon, and nutmeg in a mixing bowl. Stir together then carefully stir in the mandarin oranges, pears and strawberries.
5. Refrigerate for 1 to 4 hours before serving.

**Nutrition information per serving:** calories 110, total fat 0g, saturated fat 0g, trans fats 0g, cholesterol 0g, total carbohydrates 28g, dietary fiber 2g, sugars 24g, vitamin A 10%, vitamin C 70%, calcium 2%, iron 4%.

Source: Snap-Ed Recipe Finder, U.S. Dept. of Agriculture (<http://recipefinder.nal.usda.gov>).

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