

Easy Raspberry Jam

5-6 cups raspberries*
4 cups granulated sugar
5-6 half-pint jars, lids, and screw bands

Place berries in a large saucepan with sugar. Bring to a full boil over high heat, mashing berries as they heat. Boil hard for 1 minute, stirring constantly. Turn heat down to a simmer and boil until mixture forms a gel, stirring occasionally (can take anywhere from 10-40 minutes). To test and see if a gel has formed, place a spoonful of jam on a small plate that has been sitting in the freezer - cool jam is a better indicator of the gelling process than warm jam. It should be somewhat thick. *Can also adapt for other berries.

Ladle into sterilized jars and process for 5 minutes.

Adapted from The Complete Book of Year-Round Small-Batch Preserving by Ellie Topp and Margaret Howard.

Where to buy canning supplies

City Market (Produce/Bulk departments)
ACE Hardware stores
Gardener's Supply
Four Seasons Garden Center
Agway
Depot Home and Garden

Useful equipment

Water bath canner (canning pot) with rack
Lid lifter
Jar lifter
Canning funnel

Canning references

Putting Food By, by Janet Greene, Ruth Hertzberg, and Beatrice Vaughan (the canning bible)

Ball Blue Book of Preserving

University of Vermont Extension
www.uvm.edu/extension/food

About City Market, Onion River Co-op

The Onion River Co-op is a consumer cooperative with over 4,000 members, selling wholesome food and other products while building a vibrant, empowered community and a healthier world, all in a sustainable manner. Located in downtown Burlington, Vermont, City Market provides a large selection of local, natural and conventional foods, and thousands of Vermont-made products. Open 7 days a week from 7 a.m. to 11 p.m., City Market is the 2nd largest co-op in the United States by sales volume. Members join for only \$15 annually and enjoy benefits such as annual patronage refunds and store discounts.

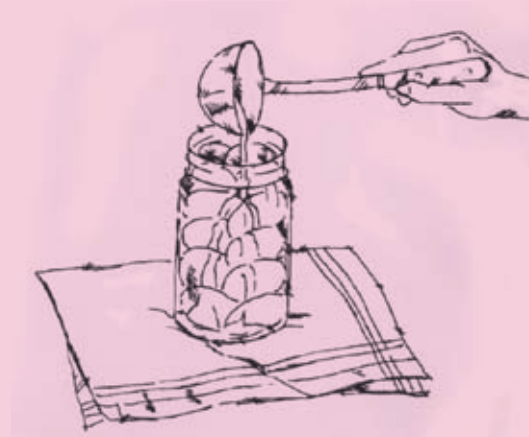
**Front cover image adapted from Preserving Summer's Bounty (Rodale 1998)*



Your Community-Owned Grocery Store
82 South Winooski Avenue
Downtown Burlington, VT 05401
(802) 861-9700 • www.CityMarket.coop
Get Fresh • Local is Good!

Learn more about...

Canning



Nothing spells comfort like a cupboard with a few jars of canned applesauce, jam, or pickles. To get started canning, you don't need any special equipment, just a large pot to fit some canning jars and a pair of tongs to lift them in and out. Once you get into it, you might want a few more things, but if this is your first time canning, look inside for a few easy starter recipes and instructions on how to can. You'll be thankful you did.

How to Can

30 Minutes Before Canning

Partially fill a canner with hot water. If you do not have a canner, use your largest pot. Put a metal trivet or a few extra screw bands (from canning jars) on the bottom so the jars are not resting on the bottom of the pot. Make sure the pot is high enough for 1 to 2 inches of water to cover the jars when they are resting on the trivet.

Place clean canning jars into the canner or pot. Have a kettle with boiling water handy to top up the water level in the canner after you have put in the jars, if necessary. Cover and bring the water to a boil over high heat. Boil for at least 10 minutes to sterilize jars.

5 Minutes Before Canning

About 5 minutes before you are ready to fill the jars, place lids in hot or boiling water.

Filling Jars

Remove jars from canner and pour or ladle the foods into hot jars to within 1/2 inch of top rim. If the food is in large pieces, remove trapped air bubbles by sliding a clean small wooden or plastic spatula between glass and food; readjust the head space to 1/2 inch. Wipe jar rim very well with a clean, damp dishcloth to remove any stickiness. Center lid on jar and screw on jar band until fingertip tight. Do not can any jars that are not filled completely. Simply refrigerate these for your own use.

Processing Jars

Place filled jars in canner and adjust water level to cover jars by 1 to 2 inches. Cover canner and return water to boil. Begin timing when water returns to a boil. Process for specified canning time.

Remove jars from canner to a clean surface and cool for 24 hours. Check jar seals (sealed lids turn downward). Label jars with contents and date and store in a cool, dark place.

Applesauce

14 pounds juicy apples, such as McIntosh, or a combination of varieties
juice from 1 lemon
cinnamon to taste (optional)
9 pint jars, lids, and screw bands

Wash and core the apples. If you do not have a food mill and do not want apple peels, remove the skin. Slice into quarters.

Place the apples in water with a little added lemon juice to prevent them from browning. Boil until tender, approximately 10-20 minutes, depending on the apples. Add cinnamon or other spices if you like.

When the apples are soft and tender, press them through a food mill to remove the skins or blend them in batches in your blender to break up the skins. If necessary, add more water to bring the applesauce to the desired consistency.

After milling or blending the apples, put the applesauce back in the pot to stay warm until you are ready for canning.

To can, place the applesauce in sterilized jars and wipe rims well. Make sure you leave at least 1/2 space at the top of the jar to prevent applesauce from leaking out and ruining your seal. Place lids and screw bands on jars.

Boil for 20 minutes. Remove the jars of applesauce from the boiling water and allow them to rest undisturbed overnight.



Dill Pickles

4 pounds 3-4 inch long pickling cucumbers

3/4 cup kosher salt

1 gallon cold water

5 cups water

3 cups apple cider vinegar

1/3 cup kosher salt

2 Tbs. granulated sugar

3 Tbs. yellow mustard seeds

1 Tbs. coriander seeds

1/2 tsp. red pepper flakes

1 large white onion, thinly sliced

21 fresh dill sprigs

7 pint jars, lids, and screw bands

Slice cucumbers lengthwise in half or into quarters.

Brine the cucumbers by dissolving 3/4 cup salt in the water in a large bowl. Add the cucumbers and let stand 8 hours or overnight.

For the pickle, bring the water, vinegar, salt, sugar, mustard seeds, coriander seeds, and red pepper flakes to a boil in a large pot. Drain the cucumbers, discarding the brine; do not rinse cucumbers.

Pack the cucumbers, onion, and dill into the sterilized jars. Ladle the boiling pickling liquid over them, evenly distribute the spices among the jars, and leave 1/2" headroom. Wipe the rims and seal the jars. Process in a boiling water bath for 10 minutes.

From Recipes from Home, by David Page and Barbara Shinn