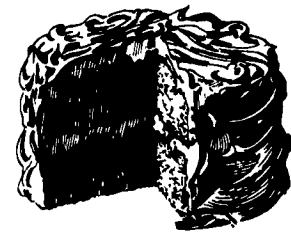


Home On The Range



Preserving Fruits And Vegetables

An old-fashioned tradition that is experiencing a new surge in popularity is putting up homemade preserves.

Take advantage of the season's harvest of fresh fruits and preserve it. Not only will you enjoy this bounty in the winter months, but you will also be proud of your accomplishments.

Happy canning!

COLORADO TOMATO SOUP

½ bushel tomatoes, washed and quartered, not peeled
4 teaspoons celery salt
4 teaspoons onion salt
2 tablespoons pickling salt
1½ cups sugar
2 cups flour
¼ teaspoon pepper

1 pound butter, melted

In a 15- to 18-quart pot, place tomatoes, celery salt, onion salt, and pickling salt. Cook until tomatoes are soft. Put through blender or sieve and pour through strainer. Return to pot; add sugar and flour mixing thoroughly. Melt butter and add to tomato mixture. Bring to a boil. Pour into clean, hot quart jars. Seal and process in boiling water bath for 30 minutes. Yields: 10 quarts.

To serve as soup, add enough hot milk to taste. May also be used in recipes for tomato sauce.

Betty J. Light
Lebanon

CANNED HUNGARIAN WAX PEPPERS

8 cups hot peppers (try to mix green, yellow, orange, red varieties for color)

8 cloves garlic
2 cups cider vinegar
1½ cups sugar
¼ cup water
1 teaspoon mustard seeds
½ teaspoon salt

Sterilize four 1-pint jars and lids. In large saucepan, place sliced peppers in enough water to cover. Heat to boiling and drain. Pack into jars. Place 2 cloves garlic in each jar. Heat vinegar, sugar, water, mustard, and salt to boiling. Pour over peppers in jars. Leave ¼-inch at top. Seal with lids and process 5 minutes in boiling water bath.

This is a good recipe for any type of hot peppers. Great on steak, subs, hamburgers, etc.

Laurie Donaldson
Stewartstown

ZUCCHINI RELISH

Grind:

6 cups sliced zucchini, unpeeled
2 cups sliced onions
1 red pepper
1 green pepper
Mix well with 2½ tablespoons salt and let stand overnight. Rinse with cold water and drain.

Combine:

1¼ cups vinegar
3 cups sugar
2 tablespoons cornstarch
½ teaspoon turmeric
¼ teaspoon celery seed
1¼ teaspoon dry mustard
¼ teaspoon nutmeg
¼ teaspoon black pepper

Cook until slightly thickened.

Add vegetables and cook slowly for 30 minutes, stirring occasionally to keep from scorching. Fill 3 pint jars and tighten bands.

Yields 3 pints.

My long-time friend Beulah shared this recipe with me. As teen-agers we grumbled about milking our dads' cows — especially on weekends. Now that we have families of our own, what are we doing but milking cows? Both of us married dairy farmers and continue to help milk — even on weekends.

Karen Stoner
East Earl

STRAWBERRY JELLY

2 quarts strawberries, crushed
5 pounds sugar

Boil together 20 minutes, add 1 teaspoon alum. Boil 15 minutes longer or until jelly stage.

This is an old recipe from my grandmother that I always used until I made freezer jam.

Floy Baker
Mohnton

APRICOT JAM

2 quarts crushed, peeled apricots

6 cups sugar
¼ cup lemon juice

Combine in large saucepan. Bring to a boil. Cook until thick, about 25 minutes. Stir frequently. Pour hot into hot jars. Leave ¼-inch headspace. Adjust caps and boil in water bath for 15 minutes.

Laurie Donaldson
Stewartstown

FROZEN CABBAGE

1 medium cabbage
1 carrot
1 green pepper
1 teaspoon salt
2 cups sugar
1 cup vinegar
¼ cup water

1 teaspoon whole mustard seed
1 teaspoon celery seed

Shred cabbage and add salt. Let stand for one hour. Add shredded carrot and chopped pepper. Let stand. Combine remaining ingredients and bring to a boil for one minute. Let this mixture cool until it is lukewarm. Then pour over cabbage mixture. Stir and freeze.

Sarah Ann Stoltzfus
Quarryville

SLICED ZUCCHINI PICKLES

1 quart vinegar
2 cups sugar
½ cup salt
2 teaspoons celery seeds
2 teaspoons ground turmeric*
1 teaspoon dry mustard
2 quarts sliced, unpeeled, seeded, zucchini

1 quart onion, sliced

Bring vinegar, sugar, salt, and spices to a boil; pour over zucchini and onions and let stand one hour.

Bring to a boil again for 3 minutes.

Pack into hot jars; adjust lids.

Process in boiling water bath at 212 degrees for 5 minutes. *For dill zucchini pickles, substitute 2 teaspoons dill seeds for turmeric.

Sarah Clark
Breezewood

GARDEN WALK PICKLES

6 large cucumbers, sliced
1 quart tomatoes, chopped
6 medium onions, sliced
4 green peppers, cut in strips
1 cup salt

1 gallon water
1 pint cut-up small green beans
1 pint lima beans
1 pound carrots, cut in slices
1 pint cut-up celery
1 medium cauliflower, cut in flowerets

8 cups white vinegar
7 cups sugar

¼ cup mixed pickling spices
4 tablespoons mustard seeds
2 tablespoons celery seed

Soak cucumbers, tomatoes, onions, and green peppers overnight in a brine made of 1 cup salt to 1 gallon water.

Next day, drain and cover with boiling water. Drain and set aside. Cook green beans, lima beans, carrots, celery, and cauliflower in salted water for 20 minutes. Drain and set aside. Boil together vinegar, sugar, pickling spices, mustard, and celery seeds. Add all vegetables.

Simmer for 15 minutes. Ladle into hot, sterilized jars, filling to within ¼-inch from top.

Adjust lids. Process in boiling water bath for 5 minutes. Remove jar from canner. Makes 6 quarts.

Sarah Clark
Breezewood



Update your canning methods by receiving up-to-date information from your county extension office. Many recipes passed down through the generations are no longer considered safe methods for food preservation.

PEAR HONEY

8 pounds pears
8 pounds sugar
2 cups crushed pineapple

Remove peelings and core from pears. Grind them. Add sugar and pineapples. Mix gradually and bring to a boil. Stir frequently and cook 30 minutes to one hour until it thickens.

I do not use fresh pineapples and I always use Bartlett pears.

Becky Martin
Penn Yan, N.Y.

PEACH PRESERVES

6 pounds peaches, sliced
6 pounds sugar
¼ cup water

Remove skins and seeds from peaches. Cut into thin slices. Add water to sliced peaches and bring to a boil. Add sugar. When it has dissolved, cook rapidly until fruit is clear and syrup is thickened. Pour into jars and seal.

Betty Light
Lebanon

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Featured Recipe

It's time to preserve blueberries for winter enjoyment. Fruit fillings are excellent and may be used as toppings on dessert of pastries. Each quart fills one 8-inch to 9-inch pie shell.

Here is a recipe from Penn State Cooperative Extension. If you would like additional recipes and detailed instructions for canning fruits and vegetables, contact your county extension office for information.

CANNED BLUEBERRY PIE FILLING

Makes 7 quarts

6 quarts blueberries
6 cups granulated sugar
2¼ cups Clear Jel
7 cups cold water
½ cup lemon juice
20 drops blue food coloring (optional)
7 drops red food coloring

Wash and drain blueberries. For fresh fruit, place 6 cups at a time in one gallon boiling water. Boil each batch one minute after the water returns to a boil. Drain but keep heated fruit in a covered bowl or pot. Combine sugar and Clear Jel in a large kettle. Stir. Add water and, if desired, food coloring. Cook on medium-high heat until mixture thickens and begins to bubble. Add lemon juice and boil one minute, stirring constantly. Fold in berries, fill jars immediately with mixture, leaving 1-inch headspace, and process in boiling water bath for 30 minutes.

After processing is completed, remove jars from canner with a jar lifter and place them on a towel or rack. Do not retighten screw bands. Air-cool jars 12 to 24 hours. Remove screw bands and check lid seals. A jar is sealed if the center of its lid is indented or concave.

Recipe Topics

If you have recipes for the topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients and clear instructions with each recipe you submit. Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522. Recipes should reach our office one week before publishing date.

July

30- Tomato Recipes

August

6- Pot Luck Suppers
13- Favorite Salads
20- Finger Foods