

# Home on the Range

## Jammin' Time

Making jams and jellies can be a great introduction to food preservation. You don't need a lot of expertise or fancy supplies and equipment to do it.

Only four basic ingredients are needed to prepare jam or jelly: fruit, sugar, acid (such as lemon juice) and pectin. Pectin is the ingredient that makes the jam or jelly set up or gel.

Although pectin is found naturally in fruits, some soft-spread recipes require using additional pectin.

If you are concerned about sugar intake, use a pectin specifically formulated for low or no sugar, but don't try to improvise yourself. If exact measurements are not used, many recipes will not jel.

### THREE-FRUIT JAM

2 cups cut-up, peeled peaches  
2 cups cut-up, peeled apples  
2 cups cut-up, peeled pears  
2 tablespoons lemon juice  
6 cups sugar  
1 package powdered fruit pectin  
1 teaspoon butter  
5 drops yellow food coloring  
Combine fruits and lemon juice

in a large saucepan. Cook over medium heat, stirring constantly, until fruit is almost tender. Stir in sugar, pectin, butter, and food coloring.

Place over high heat. Bring to a rolling boil being careful not to scorch. Boil 1 minute, stirring constantly. Remove from heat. Stir and skim off foam with a metal spoon for 5 minutes (a must) to cool slightly and prevent floating fruit. Ladle into hot, sterilized glasses. Cover immediately with ¼-inch hot paraffin. Makes 6 cups.

Sarah Clark  
Breezewood

### CIDER JELLY

4 cups fresh apple cider  
1 package Sure-Jell  
5 cups sugar

In 5 or 6 quart saucepan, mix cider and Sure-Jell, bring to a boil over high heat, stirring often.

Immediately stir in sugar, stirring constantly. Heat until mixture comes to a full boil. Boil one minute.

Remove from heat. Skim foam with metal spoon. Pour in jars and seal.

Glenna Shaner  
Hughesville

### PEACH PRESERVES

1½ quarts peaches, diced  
1 orange, diced and grated peel  
Juice of 2 lemons  
1 cup chopped maraschino cherries  
6 cups sugar

Mix together all ingredients and cook until desired consistency. Pour into hot sterilized jars; seal. Makes about 3½ pints.

Sarah Clark  
Breezewood

### RED BEET JELLY

4 cups red beet juice  
½ cup lemon juice  
6-ounce box raspberry gelatin  
1 box Sure-Jell  
6 cups sugar

Cook juices, gelatin, and Sure-Jell for 3 minutes. Add sugar and boil 5 minutes longer. Place in containers and seal.

Sarah Clark  
Breezewood

### DANDELION BLOSSOM JELLY

1 quart dandelion blossoms  
1 quart water  
1 box Sure-Jell  
1 teaspoon lemon juice  
4½ cups sugar

Clean blossoms and boil in water for 3 minutes. Strain juice through cloth. Three cups juice will take 1 box Sure-Jell. Add lemon juice and sugar and boil 3 minutes. Stir constantly. Pour in jars and seal.

Glenna Shaner  
Hughesville

### PEACH PINEAPPLE-STRAWBERRY JELLY

1 20-ounce can crushed pineapples  
5 cups finely crushed peaches  
7 cups sugar  
Boil together pineapples, peaches, and sugar. Add:  
6-ounces strawberry Jell-O

Bring to a full-rolling boil. Put in jars or freeze.

Mabel Kurtz  
Womelsdorf

### TOMATO JELLY

5 cups sugar  
5 cups tomato juice  
Boil together sugar and juice for 5 to 7 minutes. Add:

1 large box strawberry Jell-O  
Stir and refrigerate until ready to use.

Violet Darty  
Mercersburg



Great-tasting jams and jellies can be made at home so they're handy at mealtimes — or anytime.

### APPLE CINNAMON JELLY

4 cups bottled apple juice  
1 box pectin  
4 cups sugar  
¼ cup hot cinnamon candies

In large microwave bowl, stir pectin in juice until it is dissolved. Cover with plastic wrap. Cook 14 minutes, stir twice. Remove from microwave. Add sugar and candies, stir until sugar is dissolved. Cover and cook for 12 minutes. Skim if needed and put in jelly jars.

Glenna Shaner  
Hughesville

### DIABETIC GRAPE JELLY

2 tablespoons unflavored gelatin  
3 cups unsweetened grape juice  
2 tablespoons lemon juice, strained  
2 tablespoons liquid sweetener

In a saucepan, soften gelatin in grape juice and add lemon juice. Bring to a boil, dissolving gelatin. Boil one minute. Remove from heat. Stir in liquid sweetener. Pour into sterilized jars to ¼-inch of top. Cover with paraffin on cap and screw tight. When cool, store in refrigerator. Yields: 4 half pints.

Port Trevorton Reader

## Featured Recipe

A wonderful cookbook has been dedicated in memory of Ginger Groff, a young mother who died from cancer last year. Ginger and her husband had served as 4-H leaders of the 4-H Woolies Club. She was an active participant of Elizabethtown Brethren In Christ Church and a super cook.

In addition to several of Ginger's recipes, hundreds of recipes from members of the Elizabethtown Brethren In Christ Church appear in the tab-indexed spiral-bound cookbook that has about 350 pages.

The cookbook is available for purchase from church members and will be sold at a booth set up at the upcoming Elizabethtown Fair on August 22-26.

To order by mail, send \$15.25, which includes postage and handling, to Elizabethtown Brethren In Christ Church, 996 E. High St., Elizabethtown, PA 17022.

Here is a timely recipe, submitted by Shirl Bowers for the cookbook. To read more about the compilation of the cookbook and for more recipes, look for the feature story on page B 12.

### SLICED SWEET PICKLES

4 quarts thinly sliced pickles  
¼ cup salt (scant)  
3 cups sugar  
1½ cups water  
2 cups vinegar  
3 tablespoons pickling spice  
1 teaspoon tumeric

Spread sliced pickles on trays. Sprinkle with salt in layers with ice cubes. Let stand 3 hours. Pour off water (no need to rinse the pickles). Bring sugar, water, vinegar, and spices to a boil. Add pickle slices and bring to a boil again. Put into pint jars and seal immediately. Delicious and easy to do.

## 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.

### August

- 19- Covered Dish Favorites
- 26- Zucchini Recipes

### September

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