

Consuming Thoughts

by
Fay Strickler

Penn State Extension Home
Economist For Berks Co.



Making Jams, Jellies and Preserves

Anyone can successfully make jams, jellies, and preserves with a few simple pieces of equipment, reliable modern tested recipes and a little know-how.

Basically these products are much alike; all of them are fruit preserved by sugar. Their individual characteristics depend on the kind of fruit used, its preparation, the proportions of ingredients and the method of cooking. Use Four Essential Ingredients In Correct Proportion:

- Fruit for flavor and pectin and acid required for successful gels.
- Pectin helps the product gel. Most fruits have some natural pectin, others require additional pectin. It comes in two forms, liquid and powdered. Most people prefer to add to low pectin fruits because it cuts down on cooking time and result in a fresher tasting product. Added pectin products are also of more consistent quality.
- Pectin should be stored in cool dry place and should not be

used after the expiration date on the package. It is possible to make jams and jellies without sugar. It can help dieters and persons on a low sugar diet add the luxury of jellied products to their meals. Keep in mind, however, it will not taste exactly like "grandma's homemade jam." Again, follow the recipes exactly as indicated with the gel forming product. Do not double the recipe or alter the recipes, which might cause the product to be runny and not gel properly.

- Acid is needed for flavor and gel formulation. Since acid content of fruits vary, some may not need additional acid. Lemon juice or citric acid are commonly used in making jellied products.

- Sugar helps form gel formation, contributes to the flavor and serves as a preserving agent. It also has a firming effect on the fruit.

Equipment And Containers Needed:

- A large kettle for cooking the product is essential; eight or ten-quart size with a flat bottom is best.

- For jelly, a commercial jelly bag or several thickness of firm unbleached muslin will work best.

- If you choose to make a jellied product without adding commercial pectin a jelly, candy or deep fat thermometer will be helpful.

- For processing jellied products you will need a large kettle with rack in the bottom, deep enough to hold jars with about one inch of water to cover jars. A boiling water bath canner is ideal.

- One-half pint or one pint canning jars with two piece lids are recommended for jellied fruit products. Be sure jar tops are perfect with no chips or cracks on the sealing surface. The insert portions of two piece lids should be used only once and purchased new lids each year. Old lids tend to dry out and the sealing compound can become ineffective.

- Other useful equipment includes tongs, a wide mouth funnel, long handled wooden spoon, measuring cups, a quart glass measure and a clock with a second hand.

M a k i n g
And Storing
Jellied Fruit
Products:

You will
have the
best results

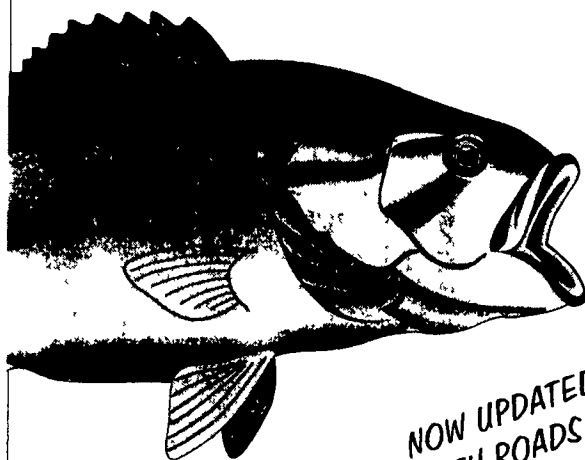
if you use recipes that accompany commercial pectin or from a reputable cookbook. Follow recipes precisely; measure carefully and time the cooking time exactly for best results. Pennsylvania State University food technologists recommend sterilizing jars for 15 minutes before filling and processing five minutes in a boiling waterbath. Always carefully wipe sealing edge of jars before placing lids on them; this will insure a tight seal.

For best shelf-life, jellied products should be stored in a cool, dry and dark place.

No-cook products can also be made following recommended recipes. They can be stored for three weeks in the refrigerator or in the freezer for longer periods. Ready To Try It?

Keep in mind the importance of proper equipment, a reliable recipe and processing in boiling waterbath and you can make perfect jellied fruit products for your family. To obtain complimentary copies of Low Calorie Jams & Jellies and Let's Preserve Jelly, Jam, Spreads, send a self-address, stamped envelope to Jams & Jellies, Berks County Cooperative Extension, Berks County Ag Center, 1238 County Welfare Road, P.O. Box 520, Leesport, PA 19533-0520.

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LOST STREAM MAP

The STREAM MAP OF PENNSYLVANIA was completed in 1965 after a thirty-year effort by Howard Higbee, a former Penn State Professor.

The map is also known as the LOST STREAM MAP to some anglers.

Professor Higbee succeeded in creating a map of the highest detail possible...a map that shows every stream and lake. He painstakingly plotted by hand, the location of 45,000 miles of streams onto a 3 x 5 foot map.

The map sold extremely well -- until it was lost several years later. Incredibly, the printer entrusted with the original drawing and printing plates declared bankruptcy, then carelessly hauled Higbee's 30 years of work to a landfill.

The few remaining dog-eared copies became a prized fisherman's possession. Professor Higbee was offered \$400 for one of his last maps. And state agencies were forced to keep their copies under lock and key.

Experts told Professor Higbee that reprints were impossible, because the maps were printed in non-photographic blue.

Then, in 1991, at the age of 91, Howard Higbee's dream came true. Computers made it possible to reprint the map. Holding an updated map, Howard said, "I never thought I'd live to see this day."

RAVE REVIEWS

"It is amazingly detailed and names some creeks in the Mohawk Valley that can't even be found on topographic maps."

John Pitarres
OBSERVER-DISPATCH-Utica

"If you're looking for the most definitive maps ever created depicting every single creek, river, stream, pond and lake then "Professor Higbee's Stream Maps" are without question the finest

Howard Brant
THE NEWARK STAR-LEDGER

"It is in showing where to find out-of-the-way trout streams that makes the map such a treasure to the fisherman Joe Gorden
TRIBUNE-DEMOCRAT-Johnstown

"The map is the most comprehensive charting of waterways we've ever run across"
Dave Henderson
THE ITHACA JOURNAL

Redwood Tree A Fossil?

Why is a dawn redwood tree a living fossil?

The Metasequoia or Dawn Redwood tree is a cousin of the mammoth redwood trees that grow in California. Dawn redwoods are deciduous and coniferous. That means they shed their leaves, but at the same time, they're conifers, or cone-bearing trees. Millions of years ago, dawn redwoods were common and they grew on several different continents. Eventually, the trees died off and until recently, scientists thought the dawn redwood tree was extinct. Why? Because they couldn't find a living tree anywhere--only fossil samples that were millions of years old.

In 1941, a Chinese forester discovered a strange tree growing in a mountain village in China. He had never seen a tree like it before. The man sent samples from the tree to a scientist at Harvard University.

The scientist concluded that the mystery tree was a dawn redwood. The tree wasn't extinct after all! Because of this discovery, the dawn redwood was nicknamed the "living fossil." More samples were collected from the tree and seedlings, grown from those samples, were sent to arboreta (large parks where people study trees) all over the world.

Today, dawn redwood trees are becoming more popular. Wouldn't it be neat to buy a seedling at a nursery and plant it in your yard? You'd have your own living fossil.

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