



## **CANNING SAFELY AT HOME**

**By Monique Wilber**

**UCCE / El Dorado County Master Food Preserver**

The Master Food Preservers of El Dorado County will kick off their summer and fall safe home food preservation classes and will offer a food safety and basic water bath canning class on Tuesday, July 9, at the El Dorado County Fairgrounds Board Room in Placerville. The class will be repeated on Saturday, July 13 at the same location. Both classes are from 10:00 a.m. to noon and include instructions and demonstrations of techniques.

Interest in safe home food preservation is on the rise. People are “putting up” preserved food for many different reasons. The local food movement, as well as the rise of gardens interest in preserving traditions, among other reasons, has spurred this increase. You do need to know some basics about food safety, using safe and approved recipes, and core techniques to keep you and your family safe.

This is a basic recipe for Peach Freezer Jam; no canning equipment is needed, but you do need to use liquid pectin.

### **Peach Freezer Jam**

- 4 fresh peaches, finely chopped (about 2 cups)
- 2 cups sugar
- 1/4 tsp. ground nutmeg
- 1 (3 oz.) pouch liquid fruit pectin
- 2 tbs. lemon juice

Combine peaches, sugar and nutmeg. Let stand 10 minutes until juices run. Add pectin and lemon juice; let stand 3 minutes, stirring frequently. Ladle into clean 1/2 pint glass jars or freezer storage bags. Let stand for several hours at room temperature or until jam is set. Store up to 3 weeks in refrigerator or up to 1 year in freezer.

For more safe and approved freezer jam recipes, go to the Utah State University Extension at <https://extension.usu.edu/washington/files/uploads/Home%20Preservation/Freezer%20Jams.pdf>

For questions about safe home food preservation, or to schedule a speaker for organizations or clubs on the topics of food safety or food preservation, call the Master Food Preservers at (530) 621-5506.

For more information, be sure to go to the Master Food Preserver website at [http://cecentralsierra.ucanr.org/Master\\_Food\\_Preservers/](http://cecentralsierra.ucanr.org/Master_Food_Preservers/). Sign up to receive our Master Food Preservers E-Newsletter at <http://ucanr.org/mfpenews/>.