

Canning Jams, Jellies, Preserves and Pickles

The family with its own garden will want to use every available method to preserve for future use what they do not consume at once. Most vegetables and fruits may be canned, pickled or preserved in some form, see pages 658-700.

Honey may be used instead of part or all of the sugar in preparing canned fruits, jams, jellies, preserves, conserves, fruit butters, pickles and similar products.

Fruit may be canned without sweetening. When sweetening is desired, tart fruits such as cherries, plums and apples do well with the following:

ALL HONEY SIRUP

3¾ cups water
2 cups honey

HONEY AND SUGAR SIRUP

4 cups water
1 cup sugar, 1 cup honey

For other fruits such as strawberries, pineapple, raspberries, peaches and sweet cherries, use either of the following:

ALL HONEY SIRUP

2 cups water
1 cup honey

HONEY AND SUGAR SIRUP

2¼ cups water
½ cup sugar, ½ cup honey

To prepare all honey sirup, heat water to boiling, add honey and heat to full rolling boil. Skim, strain and use as sugar sirup, page 662.

To prepare sugar and honey sirup, heat water and sugar to boiling, add honey, stir and heat to a full rolling boil. Skim, strain and use as sugar sirup, page 662.

Make sun-cooked preserves with honey by using honey instead of sugar and water.

Honey may be used to replace half the sugar in most kinds of jelly. If the juice is rich in pectin (crab apple, apple, quince, currant, etc.), all honey may be used. With some types of fruit, however, all honey may produce a gummy texture and mask the fruit flavor. When all honey is used boil the juice 10 minutes, add honey and cook 3 minutes after mixture gives jelly test.

Since honey foams when boiling use a large kettle for cooking. Slightly longer cooking than usual will be required since the honey itself contains water.