

## Florida Agricultural Facts



- Florida ranks second in the U. S. in production of strawberry
- Florida produces 15 % of the total U. S. crop and 100% of the domestically produced winter crop.
- During the 1999-00 crop year, 220,500,000 pounds of fresh berries were produced, valued in excess of \$167 million.
- There were 6,900 acres of strawberry production in 2002.

## Strawberry Nutrition Facts

- Naturally fat-free, sodium-free, and cholesterol-free.
- High in Vitamin C and folate which helps the body metabolize protein.
- Good source of potassium.
- 1 cup of strawberries has 45 calories.

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## Strawberry Jammin'



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# The Making of Freezer Jam



One way to preserve the fruits of Summer to enjoy later is by making jam. The results are remarkably like fresh fruit, since the jam is not cooked.

Use your favorite recipe or try one of ours, but it is vital

to follow the directions exactly to produce reliable, safe and delicious results.



## Ingredients:

- **Fruit**- Use perfectly ripe fruit. Since you won't be cooking it, the flavor of the jam will be much like the fresh so you don't want to use under-ripe or overripe fruit. The ripeness of the fruit also affects its pectin content.
- **Pectin**- Most recipes call for added pectin to thicken and jell. This gives the mixture the expected consistency to achieve the desired results. Commercially produced pectin is derived from fruit—usually apples or citrus. It comes in two forms, powder or liquid. These are not interchangeable, so you should use whichever form your recipe calls for. Most common freezer jam recipes call for powdered pectin. Follow the instructions on the package for dissolving the pectin.



- **Sugar**- Sugar inhibits the growth of bacteria, keeping your jam fresh, fruity, and safe to eat. Jam recipes are formulated to use a certain ratio of pectin to sugar, and they will not jell properly if the correct amounts of sugar is not used. For a less-sweet jam, a pectin specially formulated for lower sugar must be used.

## Preparations:

Before you begin making the jam, have all your jam jars or containers ready and waiting. Containers can either be short wide-mouthed glass jars that are made especially for the freezer or sturdy plastic containers with tight-fitting lids. Pint sized containers work best for jam..



## Making Jam:

The process is pretty simple.

1. Wash and stem the fruit.
2. Place in a wide-bottom pan and crush with a potato masher to a smooth consistency, leaving some chunks of fruit if desired or process in a food processor.
3. Stir in the sugar and let set for 20 minutes, stirring occasionally.
4. In the meantime, prepare the pectin. Mix pectin and water in a small saucepan until the powder is dissolved; bring to a boil over high heat, and let boil for 1 minute.
5. Pour pectin into fruit and stir for a couple of minutes.
6. Pour jam into prepared containers, leaving ½ inch headspace.
7. Cover the containers and let stand until set or overnight, but no longer than 24 hours.



## Storing the Jam:

As the name implies, freezer jam should be stored in the freezer. It should keep in the freezer for up to a year. Once you open freezer jam it will keep in the refrigerator for up to three weeks.

Do not keep freezer jam at room temperature or it will become moldy.

# Recipes

## Strawberry Freezer Jam

Ingredients:

- 2 cups crushed fresh strawberries
- 4 cups sugar
- 1 (1.75 oz) packaged dry pectin
- ¾ cup water



- Mix crushed strawberries with sugar; let stand for 10 minutes. Meanwhile, stir the pectin into the water in a small saucepan. Bring to a boil over medium-high heat, and boil for 1 minute. Stir the boiling water into the strawberries. Allow to stand for 3 minutes then pour into jars.
- Place tops on containers, leave for 24 hours. Place into freezer, store frozen until ready to use.



## Sugar Free Strawberry Jiffy Jam

Ingredients:

- 2 cups strawberries
- 1 cup cold water
- 1 (3 oz) package strawberry flavored gelatin, sugar-free



- Crush strawberries in a large saucepan. Add water and gelatin, mixing well.
- Over medium heat bring to a boil, stirring constantly. Reduce heat to low and simmer for 2 minutes.
- Pour into jars, allow to cool and then cover.
- Can be stored in refrigerator for 1 week or frozen for several weeks.