

JC SUMMARS
MAKING CHOKE CHERRY JELLY



FROM BUSH TO JAR

• Copyright •

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• Dedication •

Near the end of summer 2006—after too many long decades of stalling—I finally decided to embark upon independent endeavors promising as much risk as fun and opportunity. Well, risk actually dominated the mix but I had managed to survive to the semi-ripe age of fifty years in good health and knew that if I did not soon take the leap to try to do some or all of the creative things I have always wanted to do then I never would do very many (if any) of them.

An additional catalyst contributing to this decision to finally take the leap was a specific opportunity to create a documentary—something I had always wanted to do. This opportunity presented itself the previous winter while visiting friends who were doing their own independent creative things in a tiny town in southwestern Oklahoma.

Immediately after two solid months of on-site shooting for the documentary I returned to the studio to begin editing and post production work. Upon arriving at the studio I discovered that a bumper crop of choke cherries had bloomed and ripened during my absence—

a bumper crop of epic proportion like none I had ever seen before. Every bush I checked was overloaded with berries already growing dark purple, just begging to be harvested right away.

Having always wanted to make jelly from wild choke cherries I could not pass up this new opportunity and spent the next two months picking, mashing, juicing, cooking, and canning buckets upon buckets of choke cherries. By the time I finished, three hundred jars of jelly and syrup had been canned and cases of the stuff were stacked in any free space I could find in the studio.

Satiated after wrapping up the jelly making jag, I finally dove into editing footage to finish the documentary and its out there today being viewed by people around the planet. I am still doing my creative things, still healthy, and happier than I ever was working as a salaried employee and living in The Hard Gray Edge. All is good for me but the subjects of the documentary are now in a fight for life even as I create this little book.

This book is for you, Harley & Annabelle.

Update: Annabelle died on September 30, 2014

At Annabelle's urging, Harley plans to continue serving up redneck insanity at The Sandhills Curiosity Shop in Erick, Oklahoma.

• Foreward •

“Ya’ll not gonna ate them bones?”

– Navy Davy

Although I am no pro at it, I love to cook and then eat what I have cooked. I also love using anything from the land I can find to build a meal. Choke cherries fit the bill for that, at least for a portion of a meal.

Plains tribes consumed choke cherries eaten raw off the vine, pounded to a pulp and formed into fruit balls which were then dried in the sun, and in pemican, a mainstay winter food. Cooking choke cherries or drying them in the sun breaks down formation of prussic acid in the pits.

I use choke cherry syrup in numerous ways creating meals and drinks. One summer I even flashed back to childhood and chipped up ice, drizzled choke cherry syrup over it and happily relived unabashed joys of consuming snocones on the hottest days of summertime, giving myself a pink upper lip and deep red tongue. I use it in oriental chicken/pork/seafood with rice sweet and sour sauce dishes. It makes great pink lemonade too and I’ve been told my sister-in-law used some to make her baked beans.

Choke cherry jelly is great on biscuits, toast, and anything else jelly is good on including a completely empty spoon.

The entire process of making choke cherry jelly is equally rewarding. Hiking out to the pick from patches located in valleys, along creeks and fence lines, and scattered around the edges of oak groves is as relaxing a form of exercise as I can imagine...well almost. But this book is rated G so I won’t go there. Hiking home with a bucket full of choke cherries feels good too. Just looking at the beautiful red to deep purple berries heaped into a bucket makes me feel happy and optimistic. Juicing and cooking them down into syrup and jelly is a bit of a chore but not terribly so. A little planning and preparation goes a long way toward making it easy and trouble free.

My reasons for creating this book are not so much to convey the process of making choke cherry jelly and syrup as to encourage others to get up and out to discover the joy of the experience, from bush to jar, themselves. And if you do make some yourself, you’ll discover the joy continues beyond the point the last jar is lidded and you’ve cleaned up the kitchen and all of your jelly making gear after the cooking is done. You will find that people want your jelly. Friends and family and strangers alike. If you are enterprising, apart from the usual government intrusions, you will encounter little difficulty selling the stuff.

So get up, get out, and begin experiencing the joy of making choke cherry jelly, from bush to jar!

GETTING READY



Making choke cherry jelly requires preparation. The six Ps totally apply here.

Prior Preparation Prevents Piss Poor Performance



Perhaps the best way to gain some grasp of the steps required to turn choke cherries into jelly is to take a good look at all of the gear and materials involved in the process.

Besides obvious items such as berries, sugar, pots, pans, spoons and the like, some of the more essential tools may not be so obvious (or even available in some home kitchens). While a few of the tools used in this guide are not absolutely necessary, each one presented here serves a specific purpose to help things go more smoothly.

In a nutshell, these are the sequence of events required to whip up a batch of choke cherry jelly: 1) shop for stuff you'll need, 2) thoroughly wash and arrange all of the gear and materials, 3) gather the berries, 4) extract juice from the berries, 5) ready jars and lids for receiving jelly by boiling them, 6) cook down the berry juice into jelly, 7) jar up the jelly and finally, 8) inspect and

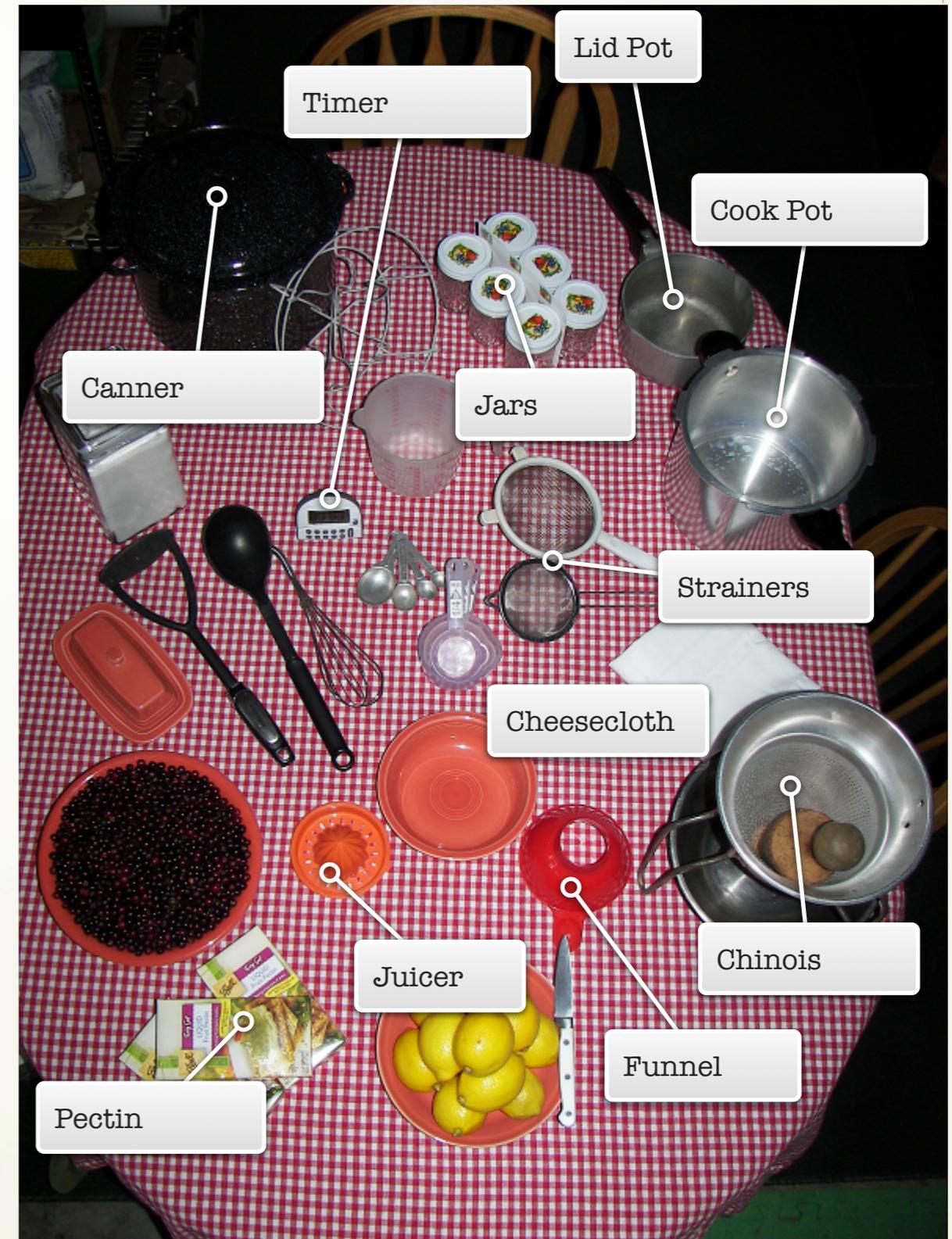
label the jars of glorious bounty you have so lovingly prepared!

Take a look at the table full of stuff here. Starting at the top left on the table, that black pot with the wire rack leaning against it is the canner. Canners come in different sizes to accommodate a number of jars of particular sizes. The canner used in this guide is big enough to handle six 8-oz jars at a time.

Canner size is more important than it may seem because getting hot jelly transferred from cook pot to individual jars is a time-critical task. Too few jars and you are left with cooling jelly on hand but no jars to put it in.

The next thing to consider carefully is the size of the pot the jelly will be cooked down in. Too small a cook pot will result in boil-over which can be extremely dangerous considering the high temperatures involved in the cook down process. Better to use too large a pot than too small.

• Process Overview •



Gear and materials used in the 8-step process.

My choice for cooking up enough jelly to fill six 8-oz jars—no more and no less—is a three gallon pressure cooker pot. Its size is more than adequate to prevent boil-over and its thick aluminum bottom and walls are perfect for evenly boiling choke cherry juice down to jelly at very high temperature.

Such a large, thick cook pot full of boiling jelly will be far too heavy to lift for pouring the cooked jelly into jars, not to mention far too dangerous to even attempt with such an extremely hot, sticky liquid. Spilling hot jelly in large quantities will almost invariably result in severe burns to one's body and a trip to the emergency room at the nearest hospital.



Touch the photo to find out how bad it hurts.

Here is a photo of a bad burn immediately after accidental spillage of boiling hot liquid. I thought about placing another photo here of a scald burn *after* it had blistered up but decided it was too gross to have in the body of this tutorial. I urge readers to brace for it then [check out that photo in the appendix](#).

So a large dipping spoon or ladle is needed to quickly but safely transfer the cooked jelly from pot to jars. My choice is a large, nylon spoon that serves both for dipping large amounts of jelly out of the pot and as a good second-stage-stir spoon (more about stirring stages in a moment).



Another good pot-to-jar transfer tool is a large-diameter funnel that fits loosely into the mouths of the jars. This will help cut down on dribbles and spillage of the precious jelly as it is being ladled from the pot into the jar.



A two-stage stir method for mixing ingredients in the pot works well.



Using a wire whisk during the first stage of stirring to combine the boiling extracted choke cherry juice with a large amount of sugar gets the sugar dissolved into solution faster.

Then using the large spoon or ladle to slowly keep stirring until the mixture comes to a full boil keeps tender fingers a safe distance from the scalding liquid.



Using an appropriately sized funnel in the jar filling step helps keep the work area neat and safe. Alert readers will notice I am pouring the jelly directly from the cook pot into the jar. For this photo, the pot was nearly empty and wasn't too heavy. I

was loath to leave any jelly in the pot but I do not recommend anyone pouring directly from the cook pot.

Handling the jars full of hot jelly liquid to lid them and then get them in and out of the canner is another dicey step. Use a pot holder, oven glove, or some other suitable hand protection to avoid being burned by the jars. Also, use a canner rack to make it safe and easy to immerse and extract the jars into and out of the hot water in the canner.

Also, make sure you do not set the hot jars on any surface that might melt or crack from their heat when you remove them from the canner. I like to use an old campfire hand grill which is just right for cooling down six 8-oz jars full of hot, new jelly.



So from the moment the stove is turned on, keep safety foremost in your thoughts as you work to avoid both annoying minor and devastating major burn injuries.

A final safety step is to inspect each jar after they have all cooled to make sure the pop-up domes on the jar lids have all been drawn down by vacuum action as they cooled. Any that did not draw down by the internal vacuum action as they cooled must be refrigerated for safe storage.

All carefully inspected jars whose pop-up lids drew down properly can now be labeled. Simple hand labeling will suffice but if you want to add a professional touch there are plenty of label printing solutions out there to leverage for doing that. After cooking up 300 jars of choke cherry jelly I began wondering what I was going to do with so much of the stuff. It occurred to me I could use it as a promotional freebie to get out the word about the documentary.



• Tools & Materials •

Tools of the Trade

- * Canner - 5 gallon (with good fitting lid and rack)
- * Cook pot (3 gallon metal with thick walls) and lid pot (1 qt)
- * Chinois (for extracting juice from berry mash)
- * Measuring cups (one large 4-cup, a 1/2 cup, and a 1/4 cup)
- * Measuring spoons (any old set of them will work)
- * Small hand juicer with large and small strainers (optional)
- * Potato masher and cookie sheet (for initial mashing of berries)
- * Large spoon or ladle and wire whisk (for lots of stirring)
- * A knife to cut lemons with and small bowl to hold their juice
- * A jar funnel (optional) and jar cooling rack (e.g. campfire grill)
- * Cheesecloth (to separate berry juice from berry mash)
- * Timer (for timing a few steps of the process)

Materials of the Trade

- * Choke cherries: lots - (4 lbs produces 3 cups of rich juice)
- * Sugar: lots - [4-1/2 cups per batch]
- * Pectin: one package per batch
- * Lemons: enough to squeeze out 1/4 cup of juice per batch
NOTE: *Bottled lemon juice sucks but can be used in a pinch.*
- * Butter: not much but important to have - 1/4 teaspoon per batch to minimize foaming
- * Four to five gallons of boiling water (in the canner)
NOTE: *Take care not to overfill canner. Remove some if needed.*
- * One half quart boiling water: to be poured over the lids in the lid pot to sterilize them
- * Eight ounce canning jars with new lids: 6 jars and lids per batch
- * Jar labels: not required, you can write contents on lids
- * Time: about 2 hours per batch *not including berry picking time*

Years of making choke cherry jelly have taught me that every single tool listed on the previous page is essential for execution of a safe, problem free cooking and canning process. Having every tool needed, near at hand, clean and ready for use is key for keeping the jelly making process moving smoothly along so it is always a predictable, easy, and happy experience.

Being in the middle of the canning session and discovering you need a tool buried deep in a drawer somewhere can result in a poorly cooked or ruined batch, or worse, an injury resulting from frantic rushing about to find the needed tool and accidental sloshing or spilling of some dangerously hot liquid. You don't want to get in a rush with so much hot stuff about. Remember the photo of the scalded hand? Good. Don't forget it.

Each season, I like to locate all of the tools before I even begin picking berries. If I can't find one of them in the kitchen then I can plan on purchasing it when I go to the grocer to buy needed materials. When I buy materials, I try to buy a little more than I need for making enough jelly to last through the year. Enough to last all year for me includes having plenty to give to friends and family which comes out to at least eight batches or forty eight 8oz jars (24 jars of jelly and 24 jars of syrup).

A batch of jelly requires one packet of pectin so I buy nine packets (enough for 48 jars and one packet accidentally spilled), a 25 lb bag of sugar, 30 lemons, and a stick of butter. I always have plenty of jars on hand but remember to buy those too if you need them as

well as the lids. I reuse jars but never the lids, so I buy at least 50 new lids each season.

Before leaving town with my purchases, I double check everything to make sure I have enough because making another seventy mile roundtrip for a couple of small items would be a shame.

When I get home I like to put the materials and tools all out on a clean work surface and check again to make sure everything is there. Obsessive compulsive, you say? Maybe. But it beats getting started on the canning process to discover I don't have everything I need at hand and ready to use without fuss or muss. And knowing that allows me to head out carefree to begin picking berries without a worry in my head that I will have to make another trip to town for this or that before cooking. Because once the berries are in the bucket, they should be mashed and their juice extracted as quickly as possible before mold has a chance to set in on them. Mold can set in on the berries very quickly even in dry, high altitude climates.

To find mold growing in a bucket full of berries after spending so much time and energy collecting them can be a discouraging experience. So the next thing to do before heading out to pick berries is to make sure you have plenty of time available to wash, mash and extract the juice from them within the next day or two. Once the juice is extracted it can be refrigerated for a few days before use. I can usually pick enough in the first half of a day to spend the evening extracting their juice before going to bed for the night. During picking season in late August and throughout September in the Sangre de Cristo mountains, monsoon rains are

usually rolling through in the afternoons and evening making this a good picking/juicing schedule.

To produce the forty eight jars I need to last through the year means picking at least 32 pounds of berries to produce at least 24 cups of juice. So I end up with at least six quarts (exactly four cups per quart) of juice sitting in the refrigerator before I begin cooking it into jelly or syrup and canning it up. Some seasons, like the 2007 season here, the berries are so plentiful that I may keep picking, juicing, and cooking as long as materials and stamina last.

A cooking/canning session of four batches is my maximum before I need a long break. So two comfortably manageable sessions of three batches (eighteen jars) each and one more session of two batches (twelve jars) produces enough jelly and syrup to last the year. Don't push yourself too far beyond this or accidents will happen. It is not worth the risk of sustaining a horrible scald burn that will throb with each heartbeat for a long time and balloon out into a huge blister that can burst and allow infection to set in before you know it and you lose your fingers, or hand, or entire arm by amputation. Well, maybe not amputation, but you get my drift.

Enough lecturing. Time to go pick choke cherries!



• CHAPTER 2 •

GATHERING THE BERRIES



• Finding Choke Cherry Patches •

Where To Look:

- * Margins of conifer forests
- * Amongst scrub oak groves
- * Along fence lines
- * Along stream and river banks
- * On northwestern facing slopes
- * Almost anywhere the sun shines a good portion of the day



Where Not To Look:

- * Beneath thick conifer forest
- * Near bears
- * Inside caves

Chokecherry Habitat

Choke cherries sprout on bushes that can grow fairly tall into small trees. From my experience locally, choke cherry bushes can be found almost anywhere they are able to get a good amount of sunshine. I haven't found any under thick conifer forests but have found many at the margins of such forests. Choke cherry bushes can often be found scattered amongst scrub oak groves too. Fence lines exposed to sunlight are a great place to look. This is probably because birds eat choke cherries, land on fences, sit on them long enough

pass the seed in their droppings as they cool their little claws sitting on the fence.

Another good place to look is along the edges of streams and rivers where a fair amount of sunshine hits the ground. And finally up on northwest-facing slopes where the sun shines. If you find one choke cherry bush, usually there will be many more nearby. So take your time when walking about looking for them. Getting in a rush may result in missing an overloaded bush.

BEARS!

Don't even think about openly competing with bears for choke cherries. Bears are cranky towards anyone encroaching on their feeding territory. If you always assume bears will attack you while gathering choke cherries near them then you will live to make jelly and happily enjoy it on a biscuit later.



Never assume because a bear has his or her back turned toward you that it isn't aware of you. They usually will know you are there before you know they are.

Keep an eye out for bear tracks and bear sign. Bear tracks are easily identified by the wide pad print and claw marks in front.



Unless you're a pro wildlife tracker, always assume any bear track you find is very fresh and the bear that made them may still be in the area. If that area happens to contain choke cherry bushes then the bear probably really is still around feeding from them.



No need to worry about orca attacks while picking choke cherries. They don't eat them. Besides, orca never attack people unless people have captured and enslaved them to perform stupid pet tricks in big tanks at sea aquarium amusement parks while other



people sit in bleachers watching and munching on popcorn and nachos and applauding idiotically at the suffering they witness.

The only other threats in a choke cherry patch might be poisonous snakes or wasp nests. I have yet to run across any poisonous snakes here in the Sangre de Cristos but there may be some in other locations. I've heard the slopes of the Capulin Volcano National Monument provide good choke cherry picking. I bet there are rattlesnakes there. As for wasps, the nests can get very big here, so stay alert and try not to bump into one as you are picking berries.



The wasp nest above is as big as the head that nearly bumped into it. Damn big.

Gather as many berries as you safely can. Remember, you'll need four pounds of berries to make three cups of juice, enough for one batch of jelly or syrup. Also, enjoy the scenery around you while you pick. It can be great personal therapy and costs nothing.

• CHAPTER 3 •



NOTE: Make sure not to mash any stems or leaves with the berries. Stems and leaves are extremely poisonous. They can kill you and if they don't kill you what is left of you will definitely wish you were dead.

After thoroughly washing and making sure no stems or leaves remain in the four pounds of choke cherries you have gathered, mashing them is easily accomplished using a potato masher or a chinois. I prefer to use a chinois because the juice is directed exactly where I want it to go. When I do use a potato masher, I use a heavy nylon one. Either way, I can get the mashing part of the job done on enough berries for making a batch of six jars in about eight or ten minutes.

A good check to make before deciding you have mashed the berries enough is to simply look and see if the majority of berries have been ruptured and partially denuded of skin and flesh. Getting the majority to this state prepares them for the next step: cooking the mash.

Cooking the mash does two things: 1) neutralizes natural poisons lurking in the choke cherries 2) maximizes the amount of juice extracted from the berries.

Sounds like we're making white lightning now but the syrup and jelly created from this mash will not contain any alcohol.

• Section 1 •

Mash Mash Mash Mash





Dump the mash into a large cookpot (I like to use an old aluminum pressure cooker pot), add enough water to just cover the berries and bring the mash to a simmer or very mild boil.



You will know the mash has simmered enough when a fair amount of foam has appeared on top. Boiling also neutralizes the naturally occurring hydrocyanic acid in the berries.



Dump the simmered mash into a doubled cheesecloth pushed down into a chinois with a bowl situated underneath. Leave it to drain until you see no more juice draining into the bowl. At this point, I do something everyone says not to do because it will cloud the jelly. I twist the top of the cheesecloth over the mash and begin twisting it tighter and tighter, compressing the mash.



I do this to get the maximum amount of juice out of the mash that may be left behind if it is not compressed. To date, doing this has not clouded the final product at all.

After the juice has been extracted from the mash, I take the leftover seeds out to a spot where other choke cherry bushes are growing near the house and scatter them there. Some will take root and increase your choke cherry supply someday. Be careful not to scatter the seeds someplace you don't want choke cherry bushes growing, though, because they can be very hard to get rid of once they are established.



At this point I do a second filtering of exactly four cups of extracted juice through a paper towel (or a coffeemaker filter will work) into a container large enough to hold a full quart. This may be why I never have cloudy jelly or syrup and I'm not even sure this step is necessary but I've always done it and the results have always been excellent.

If the extracted juice is shy of exactly four cups, it's okay to add a little water to bring it up to the exact amount needed. And there you have enough juice for making exactly one and one third batch of jelly or syrup (3 cups per batch).

But whoa, whoa, whoa you say! This juice is awful *cloudy*!

Yes it is, but never fear. It will cook into the clearest, prettiest deep red jelly or syrup you've ever seen.

At this point you can store the juice in the refrigerator for a few days until you have time to do the cooking and canning process.

I use all sorts of containers to store choke cherry juice in until I'm ready to cook it. See that orange juice jug in the upper right of the photo at left? It's a one-quart jug and is perfect for that. Each season I end up with at least six jugs in the refrigerator ready to cook and can into 48 jars. Last time a bumper crop hit the area, I went crazy picking berries and ended up with 37.5 quarts of extracted juice in the refrigerator before I started cooking and canning. It was great!

So now it's time to prepare to cook and can some choke cherry jelly!



• CHAPTER 4 •



• Setting Up For Canning •

Preparation List

1. Make sure all tools and materials of the trade are at hand
2. Thoroughly wash your hands and all tools and materials
3. Clear and arrange workspace
4. Prohibit child access to workspace while canning is in progress
5. Ensure no interruptions will occur during canning process
6. Wash choke cherries and lemons
7. Get water boiling in the canner
8. Get water boiling for lid sterilization



Your tools and you need to be nice and clean before you begin cooking and canning or you may introduce bad germs into the choke cherry jelly that will make you (and acquaintances you share the jelly with) deathly ill. That's pretty true of just about any cooking process but more so in the canning process because canned food gets sealed up in jars that sit on the shelf for a good while without refrigeration. Germs just love it.

The good thing about jelly making is that application of basic good hygiene will keep you safe because everything gets so darned hot

before it goes into the jars that it's pretty hard (but not impossible) to make a mistake.

So thoroughly wash your hands first with warm, soapy water and rinse thoroughly. Use a brush to get the gunk washed out from under those fingernails too and remember to not pick your nose or scratch anywhere jinky on your body after washing up.

Wash all jars and lids in warm, soapy water then thoroughly rinse them. Both jars and lids will be

sterilized in boiling water later but it's important to wash them first even if they are brand new.

With your hands, jars and lids, and all the rest of your cooking and canning equipment squeaky clean, fill the canner 2/3 full of water and get it boiling. When the water is at a full boil, place the six 8-oz jars on the wire rack and lower them (without their lids) into the canner. Add water if necessary to cover the tops of the jars with at least one inch of water and leave them boiling for no less than 10 minutes. Add 1 minute of boiling time for each 1000 feet you are



above sea level. At 8,000 ft above sea level I let the jars boil twenty minutes while I finish setting up to get into cooking the jelly batch.

The next thing I do is put a one quart saucepan full of water on to boil which will be poured over the jar lids when it's time to do that.



While that water is heating up, I wash and squeeze enough lemons to get 1/4 cup of *strained* juice (no pulp, no seeds).



The number of lemons depends on their size and juiciness.

Next I measure the 4-1/2 cups of sugar into a container that will make it easy to slowly add it to the juice with one hand while stirring with the other.



See the timer in the photo above? You'll need it for timing a few steps of both the cooking and the canning parts of the process. If you don't have a timer you can count through the required timed steps.

By now the jars should have been boiling long enough and the water for sterilizing the lids should be at a full boil, so pour that water over the lids and get ready to cook!

With the canner of six jars, six lids in the saucepan, 3 cups of choke cherry juice, 1/4 cup of lemon juice, 4-1/2 cups of sugar, 1/4 teaspoon of butter, a packet of pectin, your ladle and wide-mouth jar funnel all within easy reach of your cooking area it's time to get the juice cooking.

First lift the six jars out of the canner and arrange them near your cook surface for easy ladling of hot cooked jelly into them.

Empty the three cups of choke cherry juice into a large, heavy-walled pot (I like to use that old pressure cooker pot). **NOTE: the pot must be large to prevent the jelly boiling over the top—a mess that you don't want or need in the middle of the process.** Add the lemon juice, turn the heat on high under the pot and gradually add the packet of pectin, stirring the mixture until clear. Add the butter and bring that all to a full, rolling boil.



Upon achieving a full rolling boil, slowly stir the 4-1/2 cups of sugar into the rolling, boiling juice mixture being careful not to add too much sugar too fast. I like to use a wire whisk for this stage of stirring.



Once all of the sugar is stirred in, keep stirring constantly until the mixture comes to a full boil again and then keep it at a full boil for a full 2 minutes (used the timer or count it out).

If you haven't already pulled the sterilized jars out of the canner, do so now and arrange them near the pot with the cooking jelly in it for easy ladling. Get your handy-dandy wide-mouth funnel ready too, if you have one.



Constantly stir the jelly mixture as it heats up to prevent scorching it! You should see the mixture turn a deep, dark red color.



When it reaches a full, rolling boil, keep stirring the jelly for a full 2 minutes. Count it down or use the timer but be exact. As soon as 2 minutes of full rolling boil passes, remove all heat to the pot and begin carefully ladling the **super hot** jelly into the jars.





Fill each jar to within 1/4 inch of its lip. Wipe away any jelly on the lip using a clean, moist towel to prevent chance of a bad seal.

Once all jars are filled, carefully begin putting on the lids. I use tongs to lift a lid and band set out of their hot water bath in the saucepan and use a hand towel to tighten the band down firmly onto the jar.

Set the lidded jars back into the canner basket and lower all six at once back into the hot water. Make sure 1 to 2 inches of water cover the tops of the jars then bring the canner water back up to a gentle boil. Leave the jars fully immersed under the gently boiling water for between at least 5 minutes and a minute longer for every 1000

ft above sea level your cooking location is. At 8000 ft above sea level, I process my jars of jelly this way for 13 minutes.



When processing time is up, carefully lift the basket full of hot jars of jelly out of the canner and place the jars on a wire cooling rack or a nice, level, stable metal surface to cool. Take care not to accidentally press down on the top of the jars as you are handling them. The lids are domed and designed to pop down when the jar cools to indicate an air-tight seal of the lid has been established.



As the jars cool, the jelly and air inside them begins to contract. You will hear the musical “TINK” sound as the raised lid pops down signaling the airtight seal has been established.

Any jars whose lids do not pop down can be refrigerated.



And at last, it's time to enjoy your creation on your favorite toasted bread, or biscuit, or muffin!



• APPENDIX •

Things You SHOULD NOT DO

1. **DO NOT** allow children in the jelly making area.
2. **DO NOT** forget that all severe burns carry the danger of the casualty going into shock.
3. **DO NOT** overcool a burn casualty; this may dangerously lower body temperature.
4. **DO NOT** remove anything sticking to a burn: this may cause further damage to flesh and lead to infection.
5. **DO NOT** touch or interfere with a burn-injury.
6. **DO NOT** burst blisters.
7. **DO NOT** apply lotions, ointment, powders, or fat to the injury.

Go Back To The Fun!



Don't touch it!

SAFETY FIRST!

Yeah, it's gross to look at but I put it here to make sure readers thoroughly understand the risk involved in making jelly. Burns from fire, boiling water, boiling jelly, as well as accidental contact with hot pots and utensils are a real possibility no matter how carefully one proceeds with the jelly making process. Reducing risk is key to avoiding injury and experiencing the joy of jelly making.

Planning ahead by having all of the appropriate tools and materials at hand is an essential first step. Preparing ample workspace and laying out key tools and materials in areas of the workspace ahead of time is equally essential. Hurriedly fumbling and scrambling to get a tool or to move something that is out of position is just asking for trouble and a trip to the emergency room.

If burned severely, these following basic steps to minimize injury from the burn may need to be taken:

- * Lay the casualty down, protecting the burned area from contact with the ground, if possible.
- * Douse the burn with copious amounts of cold liquid. Thorough cooling may take 10 minutes or more, but this must not delay getting the casualty's to a hospital. Be careful not to overcool the casualty.
- * While cooling the burns, check airway, breathing, and pulse, and be prepared to resuscitate.
- * Gently remove any rings, watches, belts, shoes, or smoldering clothing from the injured area, before it starts to swell. Carefully remove burned clothing unless it is sticking to the burn.
- * Cover the injury with a sterile burns sheet or other suitable non-fluffy material, to protect from infection. A clean plastic bag or kitchen film may be used. Burns to the face should be cooled with water, not covered.
- * Ensure that the emergency service is on its way. While waiting, treat the casualty for shock. Monitor and record breathing and pulse, and resuscitate, if necessary.
- * Burns to the face, and burns in the mouth or throat are very dangerous, as they cause rapid swelling and inflammation of the

air passages. The swelling will rapidly block the airway, giving rise to a serious risk of suffocation. Immediate and highly specialised medical assistance is required.

Treatment of Minor Burns and Scalds

DO NOT use adhesive dressings.

DO NOT break blisters, or interfere with the injured area.

DO NOT apply lotions, ointments, creams, or fats to the injured area.

- * Cool the injured area with copious amounts of cold water for about 10 minutes to stop the burning and relieve the pain. If water is unavailable, any cold, harmless liquid such as milk or canned drinks will suffice.
- * Gently remove any jewelry, watches, or constricting clothing from the injured area before it starts to swell.
- * Cover the injury with a sterile dressing, or any clean, non-fluffy material to protect from infection. A clean plastic bag or kitchen film may be used.

DISCLAIMER

THIS INFORMATION (AND ANY ACCOMPANYING MATERIAL) PROVIDED HERE IS NOT INTENDED TO REPLACE THE ATTENTION OR ADVICE OF A PHYSICIAN OR OTHER HEALTH CARE PROFESSIONAL. ANYONE WISHING TO EMBARK ON ANY DIETARY, DRUG, EXERCISE, OR OTHER LIFESTYLE CHANGE INTENDED TO PREVENT OR TREAT A SPECIFIC DISEASE OR CONDITION SHOULD FIRST CONSULT AND SEEK CLEARANCE FROM A QUALIFIED HEALTH CARE PROFESSIONAL. I STRIVE TO ENSURE THAT INFORMATION PROVIDED ON THIS SITE IS AS ACCURATE AS POSSIBLE, BUT CANNOT NOT ACCEPT RESPONSIBILITY OR LIABILITY FOR ANY INACCURACIES.