

Using Local Blackberries to Make Jam

Home canning jams, jellies, and other soft spreads is fun and satisfying. Soft spreads all contain four main ingredients (fruit, sugar, pectin, and acid), and they differ only in their consistency. The formation of a gel depends on the right amount of each of the main ingredients. Jams are made by cooking crushed or chopped fruits with sugar until the mixture will round up on a spoon. Jams do not hold their shape and are spreadable. In Kentucky, thornless blackberries are in season from mid-June until mid-September. Correctly following a good recipe can ensure you have the taste of summer all year round and give you a unique gift to share with family and friends. The following recipe is compliments of the National Center for Home Food Preservation.

Blackberry Jam

Yield: 11 or 12 half-pints

Ingredients:

6 cups crushed blackberries (about 3 quart boxes)

1 package powdered pectin

8 1/2 cups sugar

Procedure:

1. Sterilize canning jars and prepare two-piece canning lids according to manufacturer's directions.

2. To prepare fruit, sort and wash fully ripe berries; remove any stems or caps. Crush berries. If they are seedy, put part or all of them through a sieve or food mill.

3. To make jam, pour crushed berries into a large pot. Add pectin and stir well. Place on high heat and, stirring constantly, bring quick-

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ly to a full boil with bubbles over the entire surface. Add sugar, continue stirring and heat again to a full boil. Boil hard for 1 minute, stirring constantly. Remove from heat and skim.

4. Pour hot jam immediately into hot, sterile jars, leaving 1/4-inch headspace. Wipe rims of jars with a dampened clean paper towel; adjust two-piece metal canning lids.

5. Process in a boiling water canner – half-pint or pint jars for 10 minutes.

6. Remove jars from the canner, keeping them upright. Carefully place them onto a towel, leaving a one-inch space between the jars for proper cooling. After 12 to 24 hours, test seals and remove bands. Wash jars and lid surfaces, if needed. Label and store

sealed jars in a cool, dark, dry place.

For more information, check with your local Extension office for the publications the Principles of Home Canning and Home Canning Jams, Jellies, and Other Soft Spreads for more information.

Source: Sandra Bastin, Extension Professor

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ASK Dr. Angelia

Please Wear a Mask

We are faced, literally, with an important choice. To wear a mask in public places or not. Some are admittedly against facial masks. But why? As children, the greatest time was picking out a Halloween costume with a mask. They were unpleasant then, but we wore them. Please Wear a Mask!

For now, the Pandemic has changed the rules. Everyday when I arrive at work there is a safety process, a screening for symptoms, temperatures are taken with a handheld thermometer towards the forehead, then, deemed safe to enter the building and we can go to work. We social distance throughout the day. I appreciate the process; it is a safety

measure. Take All Precautions!

I wear a mask in stores and public places. A mask protects you from breathing air particles that are emitted when someone is talking. Also, it is respect for the people you encounter. Although, we have been fortunate in Kentucky, we should do everything we can do to protect us from another quarantine. Studies have proven the effectiveness of masks, social distancing and hand washing. You don't have to buy one – a bandana or scarf will work. Wear a Mask!

Do I love wearing a mask? No, it's hard to breathe and makes me sneeze – all the more reason to wear one. I miss smiling at people. Although, I have discovered I can smile with

my eyes when making eye contact. We are human and need contact with people. This time has been especially hard because I love to hug people and hugging is not possible. I have discovered the virtue of the "Air hug" instead.

Remember Romans 12:9-10, "Love must be sincere. Hate what is evil; cling to what is good. Be devoted to one another in love. Honor one another above yourselves."

This week, Be Mindful. Wear a Mask and Honor Others Above Yourself. Be Grateful in all things. Love God and People. Amen.

Dr. Angelia S. Bryant, Certified and Licensed Counselor at angelia.s.bryant@gmail.com

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for all classified line ads, display advertisements, community calendar events, as well as Letters to the Editor
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Friday, July 10th, 2020 at 1:30 CDT

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