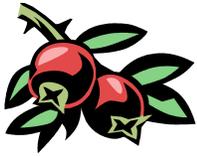


## PRESERVING CRANBERRIES



Cranberries are truly an America fruit. The cranberry is native to North America and was here long before the pilgrims arrived. Indians combined crushed cranberries with venison and melted fat to make a convenience food that would keep a long time. Over the years, cranberries have been in the news for their medicinal properties. In recent years they have been combined with many fruits to make nutritious fruit spreads, juices, chutneys, relishes and even catsup.

Fresh cranberries are available after the fall harvest which is usually September – December. They may be stored in the refrigerator for up to a month or can also be frozen, canned and dried. Twelve ounces of cranberries are equal to 3 cups.

### Selection

Cranberries should be bright in color, fully red or yellowish-red with a smooth, glossy, firm skin. Shriveled, soft, wrinkled berries or those with surface blemishes should be discarded.

**Cranberry Sauce**      **Yield:** approximately 1 quart, 2 pints or 4 half-pints

- 1 quart cranberries
  - 1 cup water
  - 2 cups sugar
- Wash and sort cranberries.
  - Cook berries in water until soft. Press through a fine sieve.
  - Add sugar and bring to a boil, simmer for 3 minutes.
  - Pour hot cranberry sauce into clean hot jars leaving ½ inch head space. Remove air bubbles, wipe rims and adjust lid and rings.
  - Process in a boiling water canner in half-pints, pints or quarts 15 minutes, 0-1,000 feet.; 20 minutes, 1,001-6,000 feet., 25 minutes above 6,000 feet.
  - After processing, take canner off heat. Remove lid and wait 5 minutes before removing jars.

**For whole berries:** mix sugar and water together and bring to a boil. Add berries and boil for 3 minutes. Pack into hot jars leaving ½ inch head space. Remove air bubbles, wipe rims and adjust lids. Process in boiling water canner half-pints, pints or quarts 15 minutes, 0-1,000 feet: 20 minutes, 1,001-6,000 feet., 25 minutes above 6,000 feet. After processing, take canner off heat. Remove lid and wait 5 minutes before removing jars.

**Freezing:** Choose firm, deep-red berries with glossy skins. Stem and sort. Wash and drain.

**Dry Pack:** For individual frozen berries spread clean berries on a cookie sheet and freeze. When frozen, package in freezer bags or freezer containers. Label and use within one year. OR, washed berries can be placed directly in freezer bags or containers, labeled and frozen.

**Syrup Pack:** Prepare a heavy syrup (equal parts sugar and water). Cook syrup to dissolve the sugar. Cool. Pack berries into freezer containers. Cover with syrup, leaving 1 inch head space. Seal, label and freeze. To use berries, cook the frozen berries in the syrup until they are tender. Cool and serve as whole cranberry sauce.

**Drying:** Select fresh, firm, glossy berries, wash. Dip berries in boiling water to crack the skins. Place on dryer sheets and dry until shriveled, light in weight, and no signs of moisture. For sweeter dried berries make a heavy sugar syrup (equal parts water and sugar) Bring syrup to a boil. Add berries and return to a boil. Remove from heat and let sit to cool. When cool, drain juice from berries and place on dryer sheets. Dry until leathery. Dry 24-48 hours depending on the size of berry and the drying method.

### **Spicy Cranberry Salsa**

**Yield:** About 6 pint jars.

- 6 cups chopped red onion
  - 4 finely chopped large Serrano peppers\*
  - 1 ½ cups water
  - 1 ½ cups cider vinegar (5%)
  - 1 Tbsp. canning salt
  - 1 ⅓ cups sugar
  - 6 Tbsp. clover honey
  - 12 cups (2 ¾ pounds) rinsed, fresh whole cranberries
- Combine all ingredients except the cranberries in a large kettle.
  - Bring to a boil over high heat; reduce heat and gently boil for 5 minutes. Add cranberries, reduce heat and simmer mixture for 20 minutes, stirring occasionally to prevent scorching.
  - Fill hot clean pints and half-pint jars leaving ¼ inch head space. Remove air bubbles. Wipe rims with a clean damp paper towel. Adjust lids and rings.
  - Process in a boiling water canner in half-pints or pints: 10 minutes 0-1,000 feet, 15 minutes, 1,000- 6,000 feet, 20 minutes over 6,000 feet. Check seals. After processing, take canner off heat. Remove lid and wait 5 minutes before removing jars.

**\*Caution:** *Wear plastic or rubber gloves and do not touch your face while handling or cutting hot peppers. If you do not wear gloves, wash hands thoroughly with soap and water before touching your face or eyes.*

*Recipe from National Center for Home Food Preservation, University of Georgia.*

**Cranberry Orange Chutney**      **Yield:** About 6 pint jars

- 24 ounces (6 cups) fresh whole cranberries
  - 2 cups chopped white onion
  - 2 cups golden raisins
  - 1½ cups white sugar
  - 1½ cups packed brown sugar
  - 2 cups distilled vinegar (5%)
  - 1 cup orange juice
  - 2 Tbsps. grated orange zest
  - 4 tsps. peeled, grated fresh ginger
  - 3 sticks cinnamon
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- Rinse cranberries well. Combine all ingredients in a large heavy bottomed pan.
  - Bring to a boil over high heat; reduce heat and simmer 15 minutes or until the cranberries are tender. Stir often to prevent scorching.
  - Remove cinnamon sticks.
  - Fill hot clean half-pint or pint jars leaving ½ inch head space. Remove air bubbles. Wipe rims of jars with a damp paper towel, apply lids and rings.
  - Process in a boiling water canner in pints or half-pints: 10 minutes, 0-1,000 feet, 15 minutes, 1,000-6,000 feet, 20 minutes over 6,000 feet. Check seals. After processing, take canner off heat. Remove lid and wait 5 minutes before removing jars.

*Recipe from National Center for Home Food Preservation, University of Georgia.*

**Source:** OSU Master Food Preserver Program