

CANNING 101 AND STRAWBERRY JAM BY THE PIONEER WOMAN BLOG REFLECTION

Directions: Using a computer, tablet, or smartphone, visit the blog posts below. Read and enjoy the equally humorous and informative posts by “The Pioneer Woman.” Then, answer the questions for understanding. Canning 101 and Strawberry Jam Part I: <http://thepioneerwoman.com/cooking/2009/08/canning-101-and-strawberry-jam-part-1/>

Canning 101 and Strawberry Jam Part II: <http://thepioneerwoman.com/cooking/2009/08/strawberry-jam-part-ii/>

Questions for Understanding:

1. What are two ways that canning removes the risk of food spoilage by microorganisms in the air?
2. Explain the difference between the two main types of canning:
3. List three types of high acid foods:
4. What are three examples of low acid foods that must be canned in a pressure cooker?
5. What are the four ingredients used for strawberry jam?
6. Mason jars, rings, and lids are great containers for canning. What part of this set is NOT reusable from year to year?
7. What is pectin?
8. Why does Pioneer Woman suggest keeping your clean mason jars in hot water while you prepare the jam?
9. What piece of equipment is needed to hull the strawberries?
10. In relation to food spoilage, why is lemon juice added to the mashed strawberries?
11. What is the name of the “Ball Bible” that Pioneer Woman is referring to?
12. What is an ingredient that Pioneer Woman adds to her strawberry jam (after the pectin) that was not round in her previous recipe list?
13. What two pieces of equipment does Pioneer Woman use to get the jam inside of the mason jars?
14. What is headspace? How much headspace is needed for strawberry jam?
15. Why should you run a knife along the inside of the jar after the jam has been poured?
16. Why is it important to wipe down the outside of the jar, especially around the threads?
17. How tight should the rings be placed on the jar?
18. After filling the jars, how long should they be processed, or boiled, in the large pot?
19. How long must you wait before moving the jars or twisting the rings?
20. If you do not fill a jar completely with jam, can you still heat-process it? Why or why not?