Preparedness Hints

Zucchini, Rhubarb and Apple Pie



Do you have the Internet at home? Go to http://www.foodsafety.org for a wealth of information including this zucchini and rhubarb recipe.



Zucchini-Pineapple

4 qts cubed or shredded zucchini
46 oz canned unsweetened pineapple juice
1-1/2 cups bottled lemon juice
3 cups sugar

Yield: About 8 to 9 pints

Procedure: Peel zucchini and either cut into 1/2-inch cubes or shred. Mix zucchini with other ingredients in a large saucepan and bring to a boil. Simmer 20 minutes. Fill jars with hot mixture and cooking Liquid leaving 1/2-inch head space. Adjust lids and process. See below for recommended process time for using a boiling-water canner.
Style of Pack: Hot
Jar Size: Half-pints or pints
Process time: at altitudes of 0-1000' 15 minutes. Process time at altitudes of 1001·6000', 20 minutes. Process time at altitudes above 6000', 25 minutes.

Rhubarb- Stewed

Quantity: An average of 10-1/2 pounds is needed per canner load of 7 quarts, an average of 7 pounds is needed per canner load of 9 pints. A lug weighs 28 pounds and yields 14 to 28 quarts-an average of 1-1/2 pounds per quart.

Quality: Select young, tender, well colored stalks.

Procedure: Trim off leaves. Wash stalks and cut into 1/2-inch to 1-inch pieces. In a large saucepan add 1/2 cup sugar for each quart of fruit. Let stand until juice appears. Heat gently to boiling. Fill jars without delay, leaving 1/2-inch head space. Adjust lids and process.

Process directions for canning rhubarb in boiling-water are the same as the zucchini-pineapple except the jars are pints or quarts.



Apple Pie

Apples for Pie Filling
submitted by Lavon Hill
4 1/2 - 6 C sugar (depending on tartness of apples)
1 C. Cornstarch
1 1/2 T. cinnamon
1/2 t. nutmeg
1 t. salt
2 T. lemon juice
9 C. water



Directions: Add sugar to 7 C. of the water and bring to a boil. In separate bowl, add spices and cornstarch to 1 1/2 C. water, add to sugar/water mixture. Use the last 1/2 C. of your water to rinse the bowl with the spices and cornstarch and add to sugar/water mixture. Add the lemon juice and bring mixture to a boil. Peel your apples and slice as for apple pie. Pack tightly into quart jars. Pour mixture over raw apples, seal jars. Boil in a hot water bath canner for 30 minutes. You can use this recipe with any fruit. Lavon made cherry pie filling this year using the same recipe omitting the nutmeg, adding a little red food coloring, and 1/2 t. almond flavoring per quart.