

# Freezer jams allow quick and easy preparation

If you thought jam making was a forgotten art, think again. More and more cooks are discovering the benefits that come from capturing the fresh taste of summer fruit for enjoyment later in the year. Freezer jams with their simplicity and quickness of preparation are the easiest, and sometimes tastiest, way to preserve.

According to the home economists at McCormick Canada, which makes Garden Fare Freezer Jam thickening powder, freezer jam offers several advantages over traditional time-consuming cooked

jam. Freezer jam has a fresher, more natural fruit taste and a brighter color than cooked jam and it doesn't require constant stirring and skimming to ensure a smooth product. If you haven't made freezer jam before, you will find that it does have a thinner, more spreadable texture than cooked jam.

While both types of jam contain fruit or fruit juices, a gelling agent and sugar, freezer jams are not cooked until they set. Instead, the crushed or chopped fruit is combined with sugar and

left to stand for approximately 15 minutes. Then after the gelling agent is added, the fruit mixture is ladled into sterilized jars or containers and labelled. Freezer jam recipes using carrageenan for thickening require far less sugar than either conventional cooked jams or freezer jams made with pectin.

Carrageenan, an all-natural plant ingredient, is the thickening agent in Garden Fare Freezer Jam. Unlike fruit pectins, carrageenan requires considerably less sugar (up to 60 per cent less) and will set the jam in less than

half an hour.

When carrageenan is used as the thickener, the proportion of ingredients is always the same: four cups fruit, one and a half cups sugar and a 45 gram package of Garden Fare Freezer Jam. As with all jams, be sure to carefully measure the ingredients, and don't reduce the amount of sugar or the jam won't set.

Freezer jam can be used right away or stored in the freezer for up to one year. To serve, remove the jam from the freezer and let stand for one hour at room temperature.

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## HOME IMPROVEMENT TIPS

Today's Beaver home improvement tip is about solving water problems in your basement.

Open water in a basement not only damages the structure of your house, it also causes rot and mildew, destroys your belongings and costs money. And that's not to mention the mess that it makes.

A serious basement water problem can usually be traced to rising ground water that comes up through the basement floor and the lower levels of the foundation wall.

Here's a checklist to help you identify the source of the problem.

First, are the eavestroughs of the house in good repair? Do they drain properly, away from the foundation? If they leak, they should be replaced, and then sloped toward the downspouts at a decline of about 1/16 of an inch per foot.

Second, is the foundation in good repair? Mortar joint cracks and concrete foundations may have to be patched.

Finally, is the soil sloped away from the house at the foundation and are all holes and depressions filled? If not, water will collect and be drawn toward the foundation and seep from the holes.

If there's a lot of water in your basement, a sump pump is an inexpensive solution. You can do most — if not all — the installation yourself.

Sump pumps are rated in gallons per minute and by motor capacity. It's worth investing a bit more money in a high capacity sump pump with at least a 1/2 horsepower motor. To determine the best pump for your needs, ask your Beaver salesperson.

Good luck, and remember, if you need further advice or assistance, pick up a brochure or talk to the approachable home improvement experts at Beaver Lumber.

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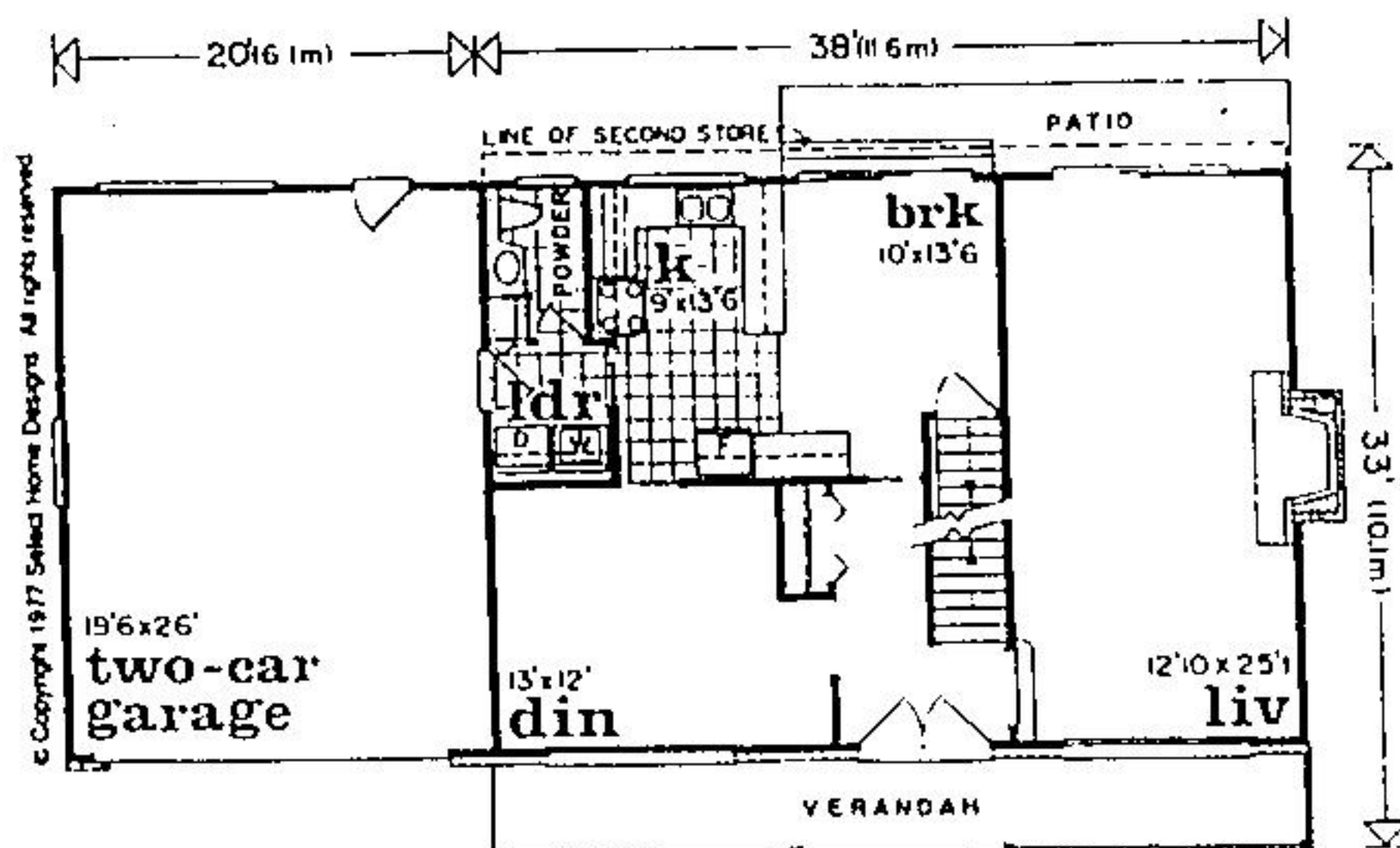
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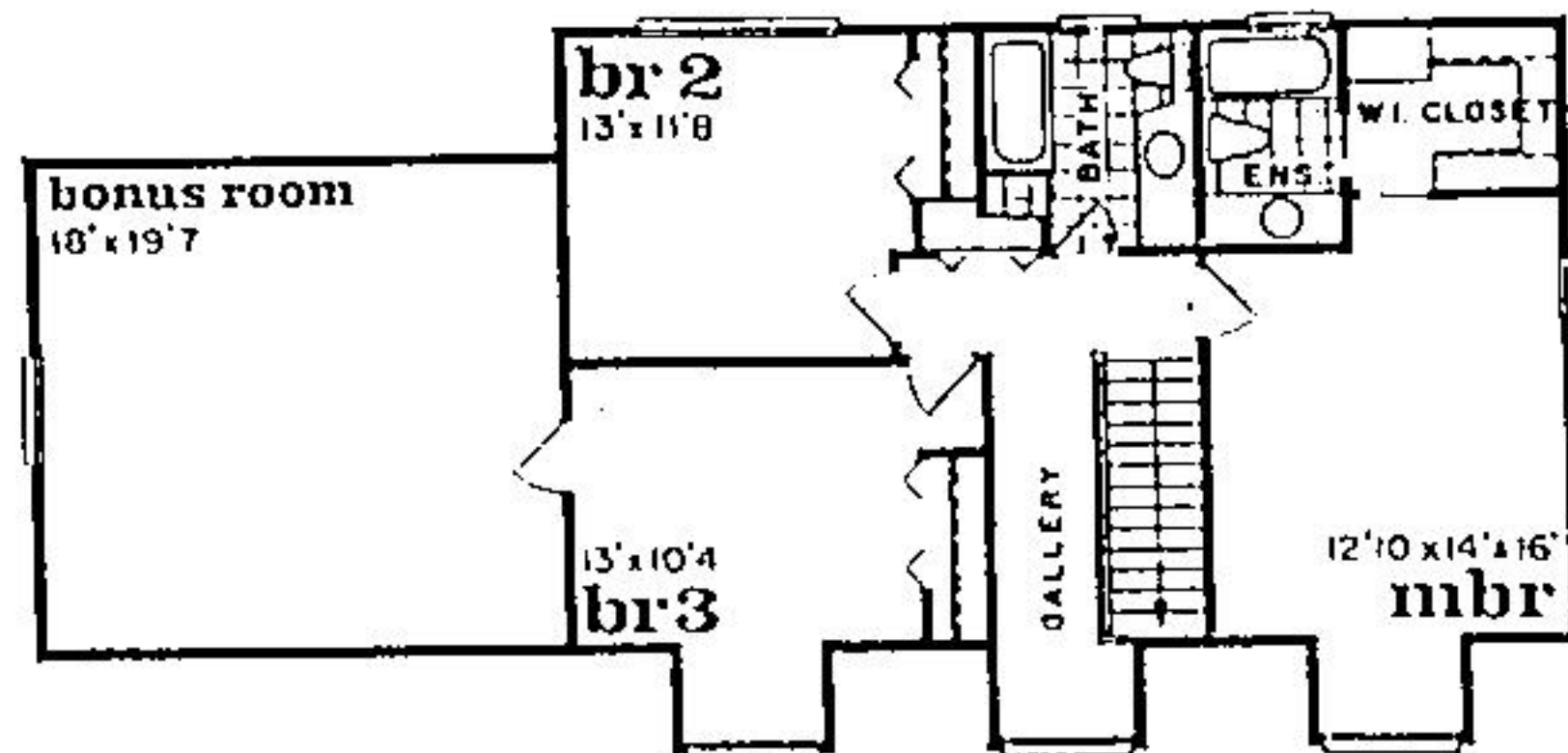
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