Food in Jars

- Salted Vanilla Fig Jam (2026/10/27 19:41)
  A lot has changed since I last published a post here. Back in July 2025, my family and I packed up our apartment in Center City Philadelphia and moved to Portland, OR. Portland is my hometown, so my expectation was that the transition would be pretty smooth. And honestly, while the number of logistical bumps […]
- How to Can Frozen Fruit (2025/02/13 17:10)
  Looking to learn more about how to can frozen fruit for the February Community Canning Challenge? Continue reading for some helpful advice! The February Community Canning Challenge is to gather up your frozen fruit and get it out of the deep freeze and transform it into something that is delicious and ready to use. I'm […]
- Health Salad Recipe (2025/01/27 17:21)
  This recipe for Health Salad is my own entry in this month's Community Canning Challenge. We are focusing on ways to preserve brassicas and root vegetables this month. For more information on the challenge, click here. To chat with other participants about what we've all made, you can either subscribe to my Substack (all challenge […]
- Brassicas and Root Vegetables for the Community Canning Challenge (2025/01/14 18:10)
  Hello friends! This post is here to help give you some ideas about how you might participate in this month's Brassicas and Root Vegetables Community Canning Challenge. If you missed the introductory post last week, you can find it here. Sign up to participate using this form, and join me over at Substack (all challenge […]
- The Community Canning Challenge (2025/01/10 18:37)
  Hello friends! It has been a VERY long time since I've shown my face around these parts. But with the start of the new year, it is time to shake the dust off, pull my brain back together and get back to the business of canning and making connections with all of you. Enter the […]
- Three Ingredient Fig Jam for Canning (2023/09/21 15:03)
  This three ingredient fig jam is designed for canning and uses just fresh figs, sugar, and lemon juice. It's bright, flavorful, and so easy to make. If you find yourself awash in figs every year, keep this recipe handy! Hello friends! I realize that it has been an absolute age (more than a year!) since […]
- Sugar Free Peach Jam (2022/08/30 13:52)
  Looking for a sugar free peach jam recipe that is spreadable, satisfying, and bursting with summer fruit flavor? You've found it! This post is sponsored by Mrs. Wages. For years and years, there have been a subset of people who have written to ask me about making jam with sugar substitutes. I tried a handful […]
- I Canned Fruit and My Jars are Sticky! Help! (2022/08/16 21:19)
  I get a lot of emails every summer (particularly during peach season) from people who have canned fruit for the first time and they're wondering if their sealed jars are safe to be tucked away on the shelf. The reason they're worried? The finished jars are sticky on the outside. Friends, this is

an entirely […]

- Getting Back to Blogging (2022/06/13 02:10)
  Hello friends! Goodness, it sure has been a long time, hasn't it. Between the pandemic, parenting, and burnout from all those sponsored posts last year, I forgot how to show up here. But after a little break, and the blessed addition of a regular babysitter, I'm finding myself itching to reclaim my identity and role […]
- Strawberry Hibiscus Butter (2022/06/08 14:16)
  Strawberry hibiscus butter. Smooth and spreadable, this low sugar preserve gets an added boost of color and brightness from the dried hibiscus blossoms. We are smack in the midst of strawberry season here in the Philadelphia region. I picked up a flat on Saturday and the boys and I (they are nearly three years old!) […]
- Mulled Apple Cider Syrup (2021/12/31 03:21)
  Make a batch of mulled apple cider syrup to keep in your fridge. You'll be ready for festive sparkling drinks all season long. This post is sponsored by the makers of Ball® home canning products.* Between fertility treatments, being pregnant, and time spent nursing, it's been over than four years since I've had more than a […]
- Spiced Nuts for Holiday Giving (2021/12/23 03:51)
  Sweet, crunchy spiced nuts are simple to make and win raves from everyone who tastes them. Add them to a cheese board or a hearty winter salad. This post is sponsored by the makers of Ball® home canning products.* My list of to-make holiday treats is ever evolving. Every year, I start baking thinking that […]

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