



## UCCE Master Food Preservers of Amador/Calaveras County

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# Everything Herbs

## Food Safety Basics

### *Wash Hands Frequently*

- Personal cleanliness is a must. Wash your hands thoroughly and frequently. *E. Coli* resides in the human nose and intestines. Wash your hands if you rub your nose, or if you wipe your face or skin.
- Bandage any cuts or burns on hands before handling food, or use disposable gloves.
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### *Avoid Cross Contamination*

- Rinse all fresh fruits and vegetables well under running water before preparing or eating them.
- ALWAYS wash your hands, knives, cutting boards, and food preparation surfaces well with soapy water before and after any contact with raw meat, fish, or poultry.
- Run sponges through the dishwasher several times a week. Change dishcloths daily.
- Use paper towels to mop up spilled juices from meat, fish, or poultry.
- Use a disinfecting solution of 1-1/2 teaspoons chlorine bleach to 1 pint of water. Dispense with a spray bottle to disinfect countertops, cutting surfaces, sinks, etc. Make a new solution weekly.

### *When in doubt, throw it out!*

- Never taste food that looks or smells strange to see if it can still be used.
- Most bacteria that cause food-borne illnesses are odorless, colorless, and tasteless.

### *Prevent botulism by following a reputable recipe*

- There must be a minimum, uniform level of acid throughout the mixed product to prevent the growth of botulinum bacteria.
- Use a current recipe from one of the sources listed at the end of this publication. Grandma's recipe may not use the correct proportions of water and vinegar, or may have assumed a higher level of acidity in the vinegar.

## Recipes: Jams and Jellies

### Apricot-Lavender Jam

Yield: About six 1/2 pint jars

#### Ingredients:

4 teaspoons dried lavender buds	3 pounds apricots, pitted and chopped (about 6 cups)
Cheesecloth	4 cups sugar
Kitchen string	3 tablespoons bottled lemon juice

#### Directions:

1. Place lavender buds on a 4-inch square of cheesecloth, tie with kitchen string.
2. Place apricots in a large bowl; mash with a potato masher until crushed. Stir in sugar and lemon juice; add cheesecloth bag, stirring until moistened. Cover and chill 4 hours or overnight.
3. Pour apricot mixture into 6-quart stainless steel or enameled Dutch oven. Bring to a boil over medium heat, stirring until sugar dissolves. Increase heat to medium-high. Cook, stirring constantly, 45 minutes or until mixture is thickened and a candy thermometer registers 220 degrees F. Remove from heat and discard cheesecloth bag.
4. Ladle hot jam into a hot jar, leaving 1/4-inch headspace. Remove air bubbles. Wipe jar rim. Center lid on jar. Apply band, and adjust to fingertip-tight. Place jar in boiling water or atmospheric steam canner. Repeat until all jars are filled.
5. Process jars 10 minutes at 0-1,000 feet elevation; 15 minutes at 1,001-3,000 feet; 20 minutes at 3,001-6,000 feet; 25 minutes at 6,001-8,000 feet; and 30 minutes at 8,001-10,000 feet. When finished processing for boiling water canner, remove lid and wait 5 minutes; for atmospheric steam canner, wait 3 minutes before removing lid. Remove jars from canner. Let cool, undisturbed, 12-24 hours and check for seals. Remove rings, clean and label jars. Store sealed jars in a cool, dry, dark location.

*Source: The All New Ball Book of Canning and Preserving, 2023*

### Meyer Lemon Thyme Jelly

Yield: About four 1/2 pint jars

#### Ingredients:

2 pounds Meyer lemons to equal 2 cups juice	Pinch of salt (1/16 teaspoon)
1 cup water	6 tablespoons Ball Real Fruit Classic Pectin or one
1 tablespoon Meyer lemon zest	package powdered pectin
2 teaspoons fresh thyme leaves plus four small sprigs	3 cups sugar

#### Directions:

1. Grate zest from 2 lemons, to equal 1 tablespoon; set zest aside. Juice enough of the lemons to equal 2 cups juice. Strain juice through a fine mesh strainer to collect any remaining solids.
2. Combine juice, water, zest, thyme leaves, and pinch of salt in a 4-quart stainless saucepan; whisk in pectin. Stirring constantly, bring mixture to a full rolling boil over high heat.
3. Add sugar, stirring to dissolve. Return jelly to a full rolling boil that cannot be stirred down; boil hard for 1 minute. Remove from heat. Skim foam if necessary.

4. Place one sprig of thyme into a hot jar, ladle hot jelly into jar leaving 1/4-inch headspace. Remove air bubbles. Wipe jar rim. Center lid on jar. Apply band until fit is fingertip tight.
5. Process jars 10 minutes at 0-1,000 feet elevation; 15 minutes at 1,001-3,000 feet; 20 minutes at 3,001-6,000 feet; 25 minutes at 6,001-8,000 feet; and 30 minutes at 8,001-10,000 feet. When finished processing for boiling water canner, remove lid and wait 5 minutes; for atmospheric steam canner, wait 3 minutes before removing lid. Remove jars from canner. Let cool, undisturbed, 12-24 hours and check for seals. Remove rings, clean and label jars. Store sealed jars in a cool, dry, dark location.

*Source: fresh preserving.com 2018*

## Strawberry Basil Jam

Yield: About five 1/2 pint jars

### Ingredients:

3 cups crushed strawberries (about 3 pounds whole strawberries)	2 tablespoons bottled lemon juice
3-1/2 tablespoons Ball Classic Pectin	2-1/2 cups sugar
	1/4 cup minced fresh basil

### Directions:

1. Wash strawberries under cold running water; drain. Remove stem and cap from strawberries. Crush strawberries, one layer at a time using a potato masher. Wash and dry basil leaves. Mince basil.
2. Combine strawberries, pectin, and lemon juice in a large saucepan, stirring to blend in pectin. Bring mixture to a boil over medium-high heat. Add sugar, stirring until sugar dissolves. Bring mixture to a rolling boil that cannot be stirred down. Boil hard for 1 minute, stirring constantly. Remove from heat. Add basil and stir. Skim off foam if necessary.
3. Ladle hot jam into a hot jar, leaving 1/4-inch headspace. Remove air bubbles. Clean jar rim. Center lid of jar and adjust band to fingertip-tight. Place jar on rack in boiling water canner containing simmering water (180 degrees F.) or atmospheric steam canner. Repeat until all jars are filled.
4. Process jars 10 minutes at 0-1,000 feet; 15 minutes at 1,001-3,000 feet; 20 minutes at 3,001-6,000 feet; 25 minutes at 6,001-8,000 feet; and 30 minutes at 8,001-10,000 feet. When finished processing for boiling water canner, remove lid and wait 5 minutes; for atmospheric steam canner, wait 3 minutes before removing lid. Remove jars from canner. Let cool, undisturbed, 12-24 hours and check for seals. Remove rings, clean and label jars. Store sealed jars in a cool, dry, dark location.

*Source: Ball Blue Book Guide to Preserving, 38th Edition, 2024*

## White Balsamic Rosemary Jelly

Yield: Five 1/2 pint jars

### Ingredients:

2-1/2 cups 100% apple juice	One 4-inch fresh rosemary sprig
3/4 cup white balsamic vinegar	3-1/3 cups sugar
4 tablespoons Ball Classic Pectin	

**Directions:**

1. Combine first 4 ingredients in a 4-quart stainless steel or enameled Dutch oven. Bring mixture to a full rolling boil that cannot be stirred down, over high heat, stirring constantly.
2. Add sugar, stirring to dissolve. Return mixture to a full rolling boil. Boil hard 1 minute, stirring constantly. Remove from heat. Discard rosemary. Skim foam, if necessary.
3. Ladle hot jelly into a hot jar, leaving 1/4-inch headspace. Wipe jar rim. Center lid on jar. Apply band, and adjust to fingertip-tight. Place jar in canner. Repeat until all jars are filled.
4. Process jars 10 minutes at 0-1,000 feet; 15 minutes at 1,001-3,000 feet; 20 minutes at 3,001-6,000 feet; 25 minutes at 6,001-8,000 feet; and 30 minutes at 8,001-10,000 feet. When finished processing for boiling water canner, remove lid and wait 5 minutes; for atmospheric steam canner, wait 3 minutes before removing lid. Remove jars from canner. Let cool, undisturbed, 12-24 hours and check for seals. Remove rings, clean and label jars. Store sealed jars in a cool, dry, dark location.

*Source: The All New Ball Book of Canning and Preserving, 2023*

**Fresh Herb Jelly**

Yield: About five 8-ounce jars

*Tip: Use fresh parsley, basil, thyme and/or dill for this jelly. Reduce quantity to 1 cup for stronger herbs such as rosemary and savory.*

**Ingredients:**

2 cups loosely-packed, coarsely chopped herbs	1 cup white wine vinegar
1-1/2 cups unsweetened apple juice or dry white wine	1 package (1.75 ounce) regular powdered fruit pectin
1 cup water	5-1/4 cups granulated sugar

**Directions:**

1. In a large stainless steel saucepan, combine herbs, apple juice, water, and vinegar. Bring to a boil over medium heat. Remove from heat, cover, and let steep for 15 minutes. Stir well, pressing herbs to extract flavor.
2. Transfer herb mixture to a dampened jelly bag or a strainer lined with several layers of dampened cheesecloth set over a deep bowl. Let drip, undisturbed, for 30 minutes. Measure 3-1/4 cups herbed juice.
3. Meanwhile, prepare canner, jars, and lids.
4. Transfer herb juice to a clean large, deep stainless steel saucepan. Whisk in pectin until dissolved. Bring to a boil over high heat, stirring frequently. Add sugar all at once and return to a full rolling boil, stirring constantly. Boil hard, stirring constantly, for 1 minute. Remove from heat and quickly skim off foam.
5. Quickly pour hot jelly into hot jars, leaving 1/4 inch headspace. Wipe rim. Center lid on jar. Apply band, adjust to fingertip tight. Place jar in canner. Repeat until all jars are filled.
6. Process jars 10 minutes at 0-1,000 feet, 15 minutes at 1,001-3,000 feet; 20 minutes at 3,001-6,000 feet; 25 minutes at 6,001-8,000 feet; and 30 minutes at 8,001-10,000 feet. When finished processing for boiling water canner, remove lid and wait 5 minutes; for atmospheric steam canner, wait 3 minutes before removing lid. Remove jars from canner. Let cool, undisturbed 12-24 hours and check for seals. Remove rings, clean

and label jars. Store sealed jars in a cool, dry, dark location.

*Source: Ball Complete Book of Home Preserving, 2024*

## Recipes: Flavored Vinegars

### Blueberry Basil Vinegar

Yield: About 2 pint jars

#### Ingredients:

4 cups blueberries	1 cup fresh basil, loosely packed
4 cups white wine vinegar, at least 5% acidity, divided	Peel of 1 lemon

#### Directions:

1. Wash blueberries, basil, and lemon under cold running water; drain. Combine blueberries and 1 cup white wine vinegar in a large glass bowl. Lightly crush blueberries using a potato masher. Add remaining white wine vinegar. Crush basil and add to blueberry mixture. Remove only the yellow peel from lemon using a vegetable peeler; add lemon peel to blueberry mixture. Cover bowl with waxed paper or plastic wrap and secure. Let vinegar steep in a cool, dark place for 4 weeks, stirring every 2 to 3 days. Taste vinegar each week for desired flavor. Strain mixture through a damp jelly bag or several layers of cheesecloth.
2. Pour blueberry vinegar into a medium saucepan. Bring vinegar to a simmer (180 degrees F.) over medium heat.
3. Ladle hot vinegar into a hot jar, leaving 1/4-inch headspace. Wipe rim. Center lid on jar. Apply band, adjust to fingertip-tight. Place jar in canner. Repeat until all jars are filled.
4. Process pint jars 10 minutes at 0-1,000 feet, 15 minutes at 1,001-3,000 feet; 20 minutes at 3001-6,000 feet; 25 minutes at 6,001-8,000 feet; and 30 minutes at 8,001-10,000 feet. When finished processing for boiling water canner, remove lid and wait 5 minutes; for atmospheric steam canner, wait 3 minutes before removing lid. Remove jars from canner. Let cool, undisturbed 12-24 hours and check for seals. Remove rings, clean and label jars. Store sealed jars in a cool, dry, dark location.

*Source: Ball Blue Book Guide to Preserving, 38th Edition, 2024*

### Blueberry-Basil Dressing

In a blender or a food processor fitted with a metal blade, combine 1 clove garlic, 1 tablespoon chopped fresh basil, 2 tablespoons **each** Blueberry Basil Vinegar and olive oil, and 1 teaspoon **each** Dijon mustard and granulated sugar, plus the zest of half a lemon. Process until smooth. Drizzle over a bed of spinach for a light and healthy salad.

*Source: Ball Complete Book of Home Preserving, 2024*

## Lemon-Mint Vinegar

Yield: About 2 pint jars

### Ingredients:

4 cups white wine vinegar, at least 5%  
acidity  
1/4 cup sugar

2 cups fresh mint leaves, loosely packed  
Peel of 2 lemons

### Directions:

1. Wash mint and lemons under cold running water; drain. Remove only the yellow peel from the lemon using a vegetable peeler. Set aside 2 strips of lemon peel and 2 sprigs of mint. Lightly crush remaining mint leaves.
2. Combine white wine vinegar and sugar in a medium saucepan. Heat mixture to a simmer (180 degrees F.), stirring until sugar dissolves. Pour mixture into a large glass bowl. Add crushed mint leaves and lemon peel. Cover bowl with waxed paper or plastic wrap and secure. Let vinegar steep in a cool, dark place for 1 to 4 weeks, stirring every 2 to 3 days. Taste vinegar each week to determine desired flavor. Strain vinegar through a damp jelly bag or several layers of cheesecloth. Pour vinegar into a medium saucepan. Bring vinegar to a simmer (180 degrees F.) over medium heat.
3. Put one strip of lemon peel and 1 sprig of mint into a hot jar. Ladle hot vinegar into jar, leaving 1/4-inch headspace. Wipe rim. Center lid on jar. Apply band, adjust to fingertip tight. Place jar in canner. Repeat until all jars are filled.
4. Process pint jars 10 minutes at 0-1,000 feet; 15 minutes at 1,001-3,000 feet; 20 minutes at 3,001-6,000 feet; 25 minutes at 6,001-8,000 feet; and 30 minutes at 8,001-10,000 feet. When finished processing for boiling water canner, remove lid and wait 5 minutes; for atmospheric steam canner, wait 3 minutes before removing lid. Remove jars from canner. Let cool, undisturbed 12-24 hours and check for seals. Remove rings, clean and label jars. Store sealed jars in a cool, dry, dark location.

*Source: Ball Blue Book Guide to Preserving, 38th Edition, 2024*

## Herb Blends

### Herbes de Provence Seasoning

Yield: 11 tablespoons

### Ingredients:

3 tablespoons dried thyme  
2 tablespoons dried savory  
2 tablespoons dried oregano  
1 tablespoon dried rosemary

1 tablespoon dried marjoram  
2 tablespoons dried parsley  
1 tablespoon dried lavender flowers (optional)

### Directions:

Mix all ingredients together and store in airtight container. For a finer blend, use a spice grinder or mortar and pestle.

Source: [rachelcooks.com](http://rachelcooks.com)

## Herbes de Provence Red Potato Oven Fries

Yield: 4 servings

### Ingredients:

2 to 2-1/2 pounds red potatoes, washed  
3 tablespoons extra virgin olive oil

2 tablespoons Herbes de Provence seasoning

### Directions:

1. Preheat oven to 450 degrees F. Line a cookie sheet with foil for easy clean-up.
2. Cut potatoes into wedges and drop on to cookie sheet. Coat potatoes with oil and season with Herbes de Provence seasoning.
3. Roast for 25 minutes turning once.

Source: *Food Network.com, Rachel Ray*

## Italian Herb Seasoning

Yield: 8 teaspoons

### Ingredients:

1 teaspoon dried oregano leaves  
1 teaspoon dried basil leaves  
1 teaspoon dried marjoram leaves  
1 teaspoon dried rosemary leaves

1 teaspoon dried thyme leaves  
1 teaspoon dried sage leaves  
1 teaspoon dried savory

### Directions:

Mix all ingredients together and store in airtight food storage container.

Source: *University of Alaska Fairbanks Cooperative Extension Service*

## Basil Salt

Yield: Approximately 1 cup

### Ingredients:

1 cup loosely-packed fresh basil leaves  
1 cup kosher salt

### Directions:

Heat oven to 200 degrees F., and then turn off oven. Combine fresh basil leaves and salt together in a food processor and blend until the basil is fully incorporated into the salt. This usually takes a minute or two. Spread the basil salt onto a rimmed baking tray and put into oven. Close door and let sit overnight to dry. Store in an airtight container for up to 6 months.

Source: [farmbelly.com](http://farmbelly.com)

## Mexican Seasoning

Yield: Approximately 3/4 cup

### Ingredients:

1/4 cup chili powder	2 tablespoons ground coriander
2 tablespoons dried basil leaves	1 tablespoon garlic powder
2 tablespoons ground cumin	2 tablespoons dried oregano leaves
1 tablespoon dried thyme leaves	3/4 teaspoon cayenne powder

### Directions:

Mix all ingredients together and store in airtight food storage container.

Source: University of Alaska Fairbanks Cooperative Extension Service, PUB FNH-00060

## Mixed Herb Dressing

### Ingredients (Dry Herb Mix):

Yield: Approximately 3 cups dry mix

1 cup dried parsley	1/2 cup dried savory
1/2 cup dried basil	1/2 cup dried marjoram
1/2 cup dried thyme	

### Directions:

Mix together dry ingredients and store in airtight container. Thirty minutes before serving dressing, shake together 1 tablespoon of the dry herb mix with 3/4 cup olive oil and 1/4 cup vinegar. Store in refrigerator until ready to use. Makes about 1 cup dressing.

Source: Rodale's Successful Organic Gardening, "Herbs"

## Salt-free Seasoning

Yield: Approximately 1/4 cup

### Ingredients:

1 tablespoon garlic powder	1 teaspoon onion powder
1 teaspoon dried basil	1 teaspoon rubbed sage
1 teaspoon dried parsley flakes	1 teaspoon ground mace
1 teaspoon dried thyme	1 teaspoon pepper



1 teaspoon dried savory  
1 teaspoon dried marjoram

1/8 teaspoon cayenne pepper

**Directions:**

Stir or shake ingredients together. Store in a closed, small container. Seasonings will stay fresh for 3 to 6 months.

*Source: UMass Extension Nutrition Education Program*

**Poultry Seasoning**

Yield: Approximately 5 tablespoons

**Ingredients:**

4 tablespoons dried sage leaves  
1 teaspoon dried thyme leaves

1 teaspoon onion salt  
1 teaspoon dried marjoram leaves

**Directions:**

Mix all ingredients together and store in an airtight food storage container.

*Source: University of Alaska Fairbanks Cooperative Extension Service, PUB FNH-00060*

**Kitchen Herb Garden Spice Rub**

Yield: Approximately 2 cups

**Ingredients:**

1 cup dried parsley  
1/2 cup dried oregano  
1/4 cup dried rosemary  
2 tablespoons dried tarragon

2 tablespoons dried thyme  
1 tablespoon coarse salt  
1 teaspoon coarse ground black pepper

**Directions:**

Crush or grind herbs to a coarse powder. Stir in salt and pepper. Store in home canning jar or vacuum package. Label and date.

Recommended use with chicken or fish, coat meat lightly with olive oil. Apply rub. Let chicken and fish stand 2 to 4 hours in refrigerator. Grill.

*Source: Ball Blue Book of Preserving, 2006*

**Spaghetti Sauce Seasoning**

Yield: Approximately 3 tablespoons

**Ingredients:**

1 teaspoon dried basil leaves  
1 teaspoon dried marjoram leaves

1 teaspoon dried savory leaves  
1 teaspoon garlic salt

1 teaspoon dried rosemary  
1 teaspoon celery salt

1 teaspoon dried thyme leaves  
1 teaspoon dried oregano leaves

**Directions:**

Mix all ingredients together and store in an airtight food storage container.

Add 2 teaspoons to your favorite spaghetti sauce or 2 teaspoons to your pizza dough.

For a sweeter spaghetti sauce add: ¼ bay leaf, 1/8 teaspoon allspice and 1/8 teaspoon cinnamon

*Source: University of Alaska Fairbanks Cooperative Extension Service, PUB FNH-00060*

## Herb Butters

### Dill Butter

Yield: Approximately 1/2 cup

**Ingredients:**

1/2 cup unsalted butter  
1 tablespoon minced fresh dill

1/2 teaspoon grated lemon peel  
1/8 teaspoon salt

**Directions:**

Bring butter to room temperature. Combine butter, dill, lemon peel, and salt in medium bowl, stirring until well blended and smooth. Pack into a freezer container or shape into a log and wrap in freezer wrap. Seal, label, and freeze.

*Source: Ball Blue Book Guide to Preserving, 2024*

### Lemon Balm Butter

Yield: Approximately 1/2 cup

**Ingredients:**

1/2 cup unsalted butter  
1 tablespoon minced fresh lemon balm  
1 tablespoon minced fresh parsley

1 tablespoon minced fresh chives  
1/8 teaspoon salt

**Directions:**

Bring butter to room temperature. Combine butter, herbs, and salt in a medium bowl, stirring until well blended and smooth. Pack into a freezer container or shape into a log and wrap in freezer wrap. Seal, label, and freeze.

*Source: Ball Blue Book Guide to Preserving, 2024*

**Fresh Herb Butter**

Yield: Approximately 1/2 cup

**Ingredients:**

1/2 cup unsalted butter	1 teaspoon minced fresh thyme
1-1/2 teaspoons minced fresh flat leaf parsley	1 teaspoon minced fresh oregano
1 teaspoon minced fresh tarragon	1/4 teaspoon freshly-ground black pepper

**Directions:**

Bring butter to room temperature. Combine butter, herbs, and pepper in a medium bowl, stirring until well blended and smooth. Pack into freezer container or shape into a log and wrap in freezer wrap. Seal, label, and freeze.

*Source: Ball Blue Book Guide to Preserving, 2024*

***Resources:***

National Center for Home Food Preservation: <http://nchfp.uga.edu/>

Core Canning Techniques: [https://ucanr.edu/sites/mfp\\_of\\_cs/files/387202.pdf](https://ucanr.edu/sites/mfp_of_cs/files/387202.pdf)

Ball Complete Book of Home Preserving, 2024

Ball Blue Book Guide to Preserving 2024

The All New Ball Book of Canning and Preserving, 2023

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