

# RADIO ROUNDUP

a collection of features, oddities,  
and helpful tips



**NORTH AMERICAN  
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176 WORDS, 60 SECONDS

## FRESH FLAVOR ALL YEAR LONG

HOME CANNING, THE ART OF PRESERVING FRESH FOOD FOR LATER USE, IS ENJOYING A RESURGENCE. THERE ARE MANY REASONS FOR THIS, INCLUDING THE DESIRE TO PRESERVE THE FLAVOR OF FRESH, LOCAL FOODS FOR USE THROUGHOUT THE YEAR. HOME CANNERS ALSO WANT TO KNOW EXACTLY WHAT'S IN THE FOOD THEY SERVE. ONCE PEOPLE DISCOVER HOW EASY IT IS TO CAN, THEY MAY WANT TO FREQUENT FARMER'S MARKETS OR GROW THEIR OWN PRODUCE. THAT MAY BE ONE REASON FARMER'S MARKETS GREW BY TWENTY PERCENT LAST YEAR AND WHY THE NUMBER OF HOMES WITH GARDENS IN THE U-S HAS INCREASED TO NINETY MILLION. WITH NEWER TECHNIQUES AND EQUIPMENT, CANNING FRESH FOODS IS EASIER THAN EVER. FOR THOSE NEW TO HOME CANNING, A LIKELY STARTING PLACE IS STRAWBERRY JAM. COMBINING FRESH STRAWBERRIES, BALL REAL-FRUIT PECTIN AND SUGAR, YOU CAN HAVE HOMEMADE JAM IN THIRTY MINUTES OR LESS. YOU CAN PERSONALIZE THE JAM WITH VANILLA, LEMON, LAVENDER OR OTHER FRUIT TO CREATE SPECIAL FLAVORS. CLASSIC RECIPES, LOW-SUGAR AND SUGAR-FREE RECIPES ARE AVAILABLE AT [FRESH-PRESERVING--DOT--COM](http://FRESH-PRESERVING--DOT--COM).