

MAKE YOUR OWN JAM

A copy at: <http://chicoclasses.org/More%20Information/10%20JAM/10b%20Jam.pdf>

UNIVERSAL POMONA PECTIN IS USED WITH LITTLE OR NO SUGAR

Buy it at S&S, Chico Natural or Collier Hardware Store

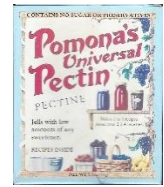
Or on line: <https://pomonapectin.com/>

Recipes inside box are at:

<http://chicoclasses.org/More%20Information/10%20JAM/10%20Pomona%20Sheet.pdf>

The jams are in groups: A, B, C, D & E as shown on the above sheet

There is a 8 1/2 by 11 sheet for each group of Jam recipes shown below



GET THE FRUIT

1. Choose the fruit from the following list on the next page
2. Buy the fruit from Costco or a super market - Fresh or Frozen
3. Or get them from your tree, a neighbor, friend, or local fruit stand
4. As a sample run, 1/2 pound fruit makes about 1 cups of jam (1/4 of a recipe)

Then fruit to make jam to fill designated area in your freezer for jam

Or can it in mason jars & store the jam outside the freezer

GET SOME OTHER STUFF

1. A knife, food processor or blender to cut up the fruit
2. Some paper cups or mason jars with lids the size of desired batch
3. Get 8 1/2 by 11 plastic recipe holder from Office Depot

YOU ARE READY TO BEGIN

1. Cut up the fruit **Knife: Big chunks**
Food Processor: Mid size pieces
Blender: Fine ground
2. Print fruit recipe sheet that is 8 1/2 by 11 sheet
Put recipe in plastic holder from Office Depot
3. Follow the steps in the recipe for the fruit
Use left over cooked fruit in the bowl for some other use
4. Put jam in paper cups with lids or can in mason jars
5. Put rest of jam in a container & put in the refig - use within 2 weeks

WHEN YOU WANT SOME JAM

Open a mason jar & store in frig

Or take one serving out of the freezer the night before for the next day

JAM RECIPES by Group

Group A	Group B	Group C	Group D
Recipe on Page 4	Recipe on Page 5	Recipe on Page 6	Recipe on Page 7
Blackberry, Sour	Apple	Apricot	Orange
Cherry, Sour	Blackberry, Sweet	Cherry, Sweet	Marmalade
Gooseberry	Blueberry	Guava	
Kiwi	Elderberry	Mango	
Pineapple	Mulberry	Nectarine	
Plum, Sour	Quince, Ripe	Peach	
Raspberry		Pear	
Strawberry		Plum, Sweet	

To make jam using other fruits or vegetables: See Page 8 of 8

To process fruit & make Jam later, see Page 8 of 8

FRUIT	% SUGAR
Apple	13%
Apricot	9%
Blackberry, Sour	
Blackberry, Sweet	8%
Blueberry	7%
Cherry, Sour	8%
Cherry, Sweet	15%
Elderberry	7%
Gooseberry	0%
Grape, Sweet	18%
Guava	6%
Kiwi	11%
Mango	15%

FRUIT	% SUGAR
Mulberry	8%
Nectarine	9%
Orange	9%
Peach	9%
Pear	11%
Pineapple	12%
Plum, Sour	
Plum, Sweet	8%
Pomegranate	10%
Quince, Ripe	
Raspberry	10%
Strawberry	6%

<https://thepaleodiet.com/fruits-and-sugars/>

SUGAR EQUIVALENTS

JAM D Orange Marmalade Jam (50% sugar)

50% sugar = 4 cups fruit to 2 cup sugar

Sweetener	SR	X	Full	1/2	1/4	1.5x	2x	of recipe
S&L-B	0.16	16	3	1	1	4	5	ounces (L)
S&L-L	0.19	16	3	2	1	5	6	ounces (L)
Honey	0.66	16	11	5	3	16	21	ounces (L)
Agave	0.80	16	13	6	3	19	26	ounces (L)
Sugar	1.00	16	16	8	4	24	32	ounces (L)
Sugar	1.00		2	1	1/2	3	4	cups

All Other Jams, Jelly & Freezer Jam (19% Sugar)

19% sugar = 4 cups fruit to 3/4 cup sugar

Sweetener	SR	X	Full	1/2	1/4	1.5x	2x	of recipe
S&L-B	0.16	6	1	0	0	1	2	ounces (L)
S&L-L	0.19	6	1	1	0	2	2	ounces (L)
Honey	0.66	6	4	2	1	6	8	ounces (L)
Agave	0.80	6	5	2	1	7	10	ounces (L)
Sugar	1.00	6	6	3	1.5	9	12	ounces (L)
Sugar	1.00		3/4	3/8	3/16	1 1/8	1 1/2	cups

S&L-B = Bulk Sweet&Low

S&L-L = Liquid Sweet&Low

SR = Sweetness ratio = Sweetener/Sugar (Fluid Ounces)

10 ounce of sugar = Sweetness of 8 ounces of Agave

JAM A

6 to 12% sugar

Blackberry, Sour	Gooseberry	Plum, Sour
Cherry, Sour	Kiwi	Raspberry
Currant	Pineapple	Strawberry

	Recipe	Full	1/2	1/4	1.5x	2x
Yield:	cups	4	2	1	6	8

Wash & Pit Fruit and Add to pot

Raw Fruit	cups	6	3	1.5	9	12
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Bring to boil at high heat; Simmer & Stir for 3 minutes

Put in bowl Put cooked fruit in bowl

Add one cup of cooked fruit to pint Mason jar

Add cups below to pot from bowl

Cooked Fruit	cups	3	1	0	5	7
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Use left over cooked fruit in the bowl for some other use

Add ingredients below to Mason jar with pectin on top

Shack CA water jar well before using

Pectin	teaspoons	2	1	0.5	3	4
CA water	teaspoons	2	1	0.5	3	4
Fruit	cups	1	1	1	1	1

Mix with stick blender in Mason jar; Add to Pot & Mix
(Add sweetener to taste, stir - See Page 3 of 8)

Bring to boil at high heat; Simmer/Stir for 3 minutes

Test for jell 1. Add a Table Spoon of Jam/Jelly into pint Mason jar

2. Put in freezer until cool (3 minutes)

3. Check for jell: Try to pour Jam/Jelly from jar

4. If no jell, Add some pectin/CA water & return to heat

JAM B

7 to 13% sugar

Apple Blueberry Mulberry
 Blackberry Elderberry Quince

	Recipe	Full	1/2	1/4	1.5x	2x
Yield:	cups	4	2	1	6	8
Fresh Quince	lbs	3	1.5	0.75	4.5	6
Water	cups	3	1.5	0.75	4.5	6

Wah/Peel/Corte/Grind Quince & Add to pot with water
 Bring to boil at high heat & Simmer 15 minute

Go to: "Put in bowl"

Fresh Apple	lbs	3	1.5	0.75	4.5	6
Water	ounces (L)	4	2	1	6	8

Wash/Core/Dice apples & Add to pot with water

Other Raw Fruit	cups	6	3	1.5	9	12
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Bring to boil at high heat; Simmer & Stir for 3 minutes

Put in bowl Put cooked fruit in bowl

Add one cup of cooked fruit to pint Mason jar

Add cups below to pot from bowl

Cooked Fruit	cups	3	1.5	0.75	4.5	6
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Use left over cooked fruit in the bowl for some other use

Add ingredients below to Mason jar with pectin on top

Shack CA water jar well before using

Pectin	teaspoons	3	1.5	0.75	4.5	6
Lemon juice	ounces	2	1	0.5	3	4
CA water	teaspoons	2	1	0.5	3	4
Fruit	cups	1	1	1	1	1

Mix with stick blender in Mason jar; Add to Pot & Mix
 (Add sweetener to taste, stir - See Page 3 of 8)

Bring to boil at high heat; Simmer/Stir for 3 minutes

Test for jell 1. Add a Table Spoon of Jam/Jelly into pint Mason jar

2. Put in freezer until cool (3 minutes)

3. Check for jell: Try to pour Jam/Jelly from jar

4. If no jell, Add some pectin/CA water & return to heat

JAM C 6 to 18% sugar
Apricot **Grape, Sweet Mango** **Peach** **Plum, Sweet**
Cherry, Sweet **Guava** **Nectarine** **Pear**

	Recipe	Full	1/2	1/4	1.5x	2x
Yield:	cups	4	2	1	6	8

Fresh Fruit	lbs	3	1.5	0.75	4.5	6
Water	ounces (L)	6	3	1.5	9	12

Pit, Dice fruit & Add to pot with water

Frozen Fruit	cups	6	3	1.5	9	12
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Bring to boil at high heat & Simmer 3 minute

Put in bowl Put cooked fruit in bowl

Add one cup of cooked fruit to pint Mason jar

Add cups below to pot from bowl

Cooked Fruit	cups	3	1	0	5	7
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Use cooked fruit in the bowl for some other use

Add ingredients below to Mason jar with pectin on top

Shack CA water jar well before using

Pectin	teaspoons	3	1.5	0.75	4.5	6
Lemon juice	ounces	2	1	0.5	3	4
CA water	teaspoons	4	2	1	6	8
Fruit	cups	1	1	1	1	1

Mix with stick blender in Mason jar; Add to Pot & Mix
 (Add sweetener to taste, stir - See Page 3 of 8)

Bring to boil at high heat; Simmer/Stir for 3 minutes

Test for jell 1. Add a Table Spoon of Jam/Jelly into pint Mason jar

2. Put in freezer until cool (3 minutes)

3. Check for jell: Try to pour Jam/Jelly from jar

4. If no jell, Add some pectin/CA water & return to heat

JAM D Orange Marmalade 9% sugar

	Recipe	Full	1/2	1/4	1.5x	2x
Yield:	cups	6	3	1.5	9	12

Grapefruit	lbs Organic	0.5	0.25	0.125	0.75	1
Orange	lbs Organic	3	1.5	0.75	4.5	6
Water	cups	3	1.5	0.75	4.5	6

Wash, Cut in quarters & Cut meat from peel

Discard seeds & 1/2 of the peels

Finely chop meat & Add to pot with water

With the other half of the peels:

Use knife to scrap off white membrane

Slice peels 1/8" thin by one inch long

Add to pot

Simmer 20 minutes

Put in bowl Put cooked fruit in bowl

Add one cup of cooked fruit to pint Mason jar

Add cups below to pot from bowl

Cooke Fruit	cups	5	2	0.5	8	11
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Use cooked fruit in the bowl for some other use

Add ingredients below to Mason jar with pectin on top

Shack CA water jar well before using

Pectin	teaspoons	4.5	2.25	1.125	6.75	9
Lemon juice	Tablespoons	3	1.5	0.75	4.5	6
CA water	teaspoons	3	1.5	0.75	4.5	6
Fruit	cups	1	1	1	1	1

Mix with stick blender in Mason jar; Add to Pot & Mix

(Add sweetener to taste, stir - See Page 3 of 8)

Bring to boil at high heat; Simmer/Stir for 3 minutes

Test for jell 1. Add a Table Spoon of Jam/Jelly into pint Mason jar

2. Put in freezer until cool (3 minutes)

3. Check for jell: Try to pour Jam/Jelly from jar

4. If no jell, Add some pectin/CA water & return to heat

How to make jam using other fruits or vegetables

1. Find jam recipe with same sugar content as new fruit/vegetable
2. Make 1/4 of the recipe
3. Test its for jell
4. Add or subtract pectin to get the correct jell
5. Write the recipe in the given format

PREPARE & FREEZE - FINISH LATER

Prepare large patch of fruit for JAM

Wash & prepare fruit & put in pot

Bring to a boil at high heat; Simmer & Stir for 3 minutes

Store in equal number of two contain sizes:

1 cup contains

Cups in "**Yield**" section of recipe

Use ZIP lock bags, paper cups w/ lids or mason jars

Put in freezer

Make Jam Later:

Put 1 cup container in pint mason jar

Put other container in pot

Wait until both come to room temperature

Follow instructions on recipe sheet