

## MAKE YOUR OWN JELLY

Copy at: <http://chicoclasses.org/More%20Information/10%20JAM/10c%20%20Jelly.pdf>

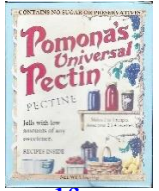
## UNIVERSAL POMONA PECTIN IS USED WITH LITTLE OR NO SUGAR

Buy it at S&S, Chico Natural or Collier Hardware Store,, Or order it on line from:

Recipes inside box are at:

<https://pomonapectin.com/>

<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 JUICE

1. Choose the fruit from the following list on the next page

2, Buy juice from Costco or a super market

Or get them from your tree, a neighbor, friend, or local fruit stand

Make the juice

Most small appliance stores have several types of juicers

Coller's Hardware store, Bed, Bath & Beyond

I use a Champion Juicer

3. Make 1/4 recipe to start

Then enough that will fill the designated area in your freezer for jelly

Or can in mason jars

### GET SOME OTHER STUFF

1. A knife to cut the fruit if needed

2. Some paper cups with lids or mason jars the size of one serving

Or mason jars

### YOU ARE READY TO BEGIN

1. Print fruit recipe sheet that is 8 1/2 by 11 sheet

Put recipe in plastic holder from Office Depot

2. Follow the steps in the recipe for the fruit

3. Follow the steps in the recipe for the fruit

Use left over cooked fruit in the bowl for some other use

4. Put jel.ly 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 JELLY

Open a mason jar & store in frig

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

## JELLY by Groups

<b>Group A</b> Recipe on Page 4	<b>Group B</b> Recipe on Page 5	<b>Group C</b> Recipe on Page 6	<b>Group D</b> Recipe on Page 7	<b>Group E</b> Recipe on Page 8
Apple Apple, Crab Apple, Tart Quince, Ripe	Blackberry, Sour Blackberry, Sweet Cherry, Sour Currant Elderberry Pomegranate Raspberry Strawberry	Grape, Concord Grape, Sweet Peach Plum, Sour Plum, Sweet	Hot Pepper	Orange       Added Group

**To make jelly using other fruits or vegetables: See Page 9 of 9**

**To process fruit & make Jelly later, see Page 9 of 9**

<b>Fruit</b>	<b>% Sugar</b>
Apple	<b>13%</b>
Apple, Crab	
Apple, Tart	
Quince, Ripe	
Blackberry, Sour	
Blackberry, Sweet	<b>8%</b>
Cherry, Sour	<b>8%</b>
Currant	
Orange	
Elderberry	<b>7%</b>

<b>Fruit</b>	<b>% Sugar</b>
Pomegranate	<b>10%</b>
Raspberry	<b>10%</b>
Strawberry	<b>6%</b>
Grape, Concord	
Grape, Sweet	<b>18%</b>
Peach	<b>9%</b>
Plum, Sour	
Plum, Sweet	<b>8%</b>
Hot Pepper	

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

# SUGAR EQUIVALENTS

## JELLY D

## Hot Pepper Jelly (63% Sugar)

63% sugar = 4 cups fruit to 2.5 cup sugar

Sweetener	SR	X	Full	1/2	1/4	1.5x	2x
S&L-B	0.16	20	3	2	1	5	6
S&L-L	0.19	20	4	2	1	6	8
Honey	0.66	20	13	7	3	20	26
Agave	0.80	20	16	8	4	24	32
<b>Sugar</b>	1.00	<b>20</b>	<b>20</b>	<b>10</b>	<b>5</b>	<b>30</b>	<b>40</b>
<b>Sugar</b>	1.00		<b>2 1/2</b>	<b>1 1/4</b>	<b>5/8</b>	<b>3 3/4</b>	<b>5</b>

## 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
S&L-B	0.16	6	1	0	0	1	2
S&L-L	0.19	6	1	1	0	2	2
Honey	0.66	6	4	2	1	6	8
Agave	0.80	6	5	2	1	7	10
<b>Sugar</b>	1.00	<b>6</b>	<b>6</b>	<b>3</b>	<b>1.5</b>	<b>9</b>	<b>12</b>
<b>Sugar</b>	1.00		<b>3/4</b>	<b>3/8</b>	<b>3/16</b>	<b>1 1/8</b>	<b>1 1/2</b>

S&L-B = Bulk Sweet&Low

S&L-L = Liquid Sweet&I

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

10 ounce of sugar = Sweetness of 8 ounces of Agave

**JELLY A Use Un-Sweated Juice** 6 to 13%  
**For Jello: Double pectin & CA water**

Apple, Crab  
 Apple, Tart

**Requires Lemon**  
**Apple, S**  
**Quince,**

of recipe
ounces (L)
ounces (L)
ounces (L)
ounces (L)
ounces (L)
<b>cups</b>

	<b>Recipe</b>	<b>Full</b>	<b>1/2</b>	<b>1/4</b>
<b>Yield:</b>	<b>cups</b>	<b>4</b>	<b>2</b>	<b>1</b>

Make or buy juice

Add one cup of juice to pint Mason jar

Add cups below to pot

<b>Juice</b>	<b>cups</b>	<b>4</b>	<b>2</b>	<b>1</b>
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Add ingredients below to Mason jar with  
**Shack CA water jar well before using**

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of recipe
ounces (L)
ounces (L)
ounces (L)
ounces (L)
ounces (L)
<b>cups</b>

<b>Pectin</b>	<b>teaspoons</b>	<b>4</b>	<b>2</b>	<b>1</b>
<b>Lemon juice</b>	<b>ounces</b>	<b>2</b>	<b>1</b>	<b>0.5</b>
<b>CA water</b>	<b>teaspoons</b>	<b>4</b>	<b>2</b>	<b>1</b>
<b>Juice</b>	<b>cups</b>	<b>1</b>	<b>1</b>	<b>1</b>

Mix with stick blender in Mason jar; Add  
 (Add sweetener to taste, stir - See Page 3  
 Bring to boil at high heat; Simmer/Stir for

**Test for jell**

1. Add a Table Spoon of Jam/Jelly into pi
2. Put in freezer until cool (3 minutes)
3. Check for jell: Try to pour Jam/Jelly fr
4. If no jell, Add some pectin/CA water &

ow

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 z return to heat 34

**JELLY B**

**Use Un-Sweated Juice**

6 to 10%

**For Jello: Double pectin & CA water**

**Cherry, Sour**  
**Currant**  
**Raspberry**  
**Strawberry**

**Requires Lemon Juice**

**Elderberry**  
**Blackberry, Sou**  
**Blackberry, Sw**

**Pomegranate 4 teaspoons Lemon Juice**

<b>1.5x</b>	<b>2x</b>
<b>6</b>	<b>8</b>

	<b>Recipe</b>	<b>Full</b>	<b>1/2</b>	<b>1/4</b>
<b>Yield:</b>	<b>cups</b>	<b>4</b>	<b>2</b>	<b>1</b>

Make or buy juice

Add one cup of juice to pint Mason jar

Add cups below to pot

<b>6</b>	<b>8</b>
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<b>Juice</b>	<b>cups</b>	<b>4</b>	<b>2</b>	<b>1</b>
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Add ingredients below to Mason jar with Shack CA water jar well before using

<b>6</b>	<b>8</b>
<b>3</b>	<b>4</b>
<b>6</b>	<b>8</b>
<b>1</b>	<b>1</b>

<b>Pectin</b>	<b>teaspoons</b>	<b>4</b>	<b>2</b>	<b>1</b>
<b>Lemon juice</b>	<b>ounces</b>	<b>2</b>	<b>1</b>	<b>0.5</b>
<b>L.J. for Pom</b>	<b>teaspoons</b>	<b>4</b>	<b>2</b>	<b>1</b>
<b>CA water</b>	<b>teaspoons</b>	<b>4</b>	<b>2</b>	<b>1</b>
<b>Juice</b>	<b>cups</b>	<b>1</b>	<b>1</b>	<b>1</b>

Mix with stick blender in Mason jar; Add (Add sweetener to taste, stir - See Page 3 Bring to boil at high heat; Simmer/Stir for

**Test for jell**

1. Add a Table Spoon of Jam/Jelly into pi
2. Put in freezer until cool (3 minutes)
3. Check for jell: Try to pour Jam/Jelly fr
4. If no jell, Add some pectin/CA water &

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**JELLY C Use Un-Sweated Juice 8 to 18%**  
**For Jello: Double pectin & CA water**

**Grape, Concord  
 Plum, Sour**

**Requires Lemon Juice  
 Grape, Sweet  
 Peach  
 Plum, Sweet**

<b>1.5x</b>	<b>2x</b>
<b>6</b>	<b>8</b>

	<b>Recipe</b>	<b>Full</b>	<b>1/2</b>	<b>1/4</b>
<b>Yield:</b>	<b>cups</b>	<b>4</b>	<b>2</b>	<b>1</b>

Make or buy juice

Add one cup of juice to pint Mason jar  
 Add cups below to pot

<b>6</b>	<b>8</b>
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<b>Juice</b>	<b>cups</b>	<b>4</b>	<b>2</b>	<b>1</b>
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Add ingredients below to Mason jar with  
**Shack CA water jar well before using**

<b>6</b>	<b>8</b>
<b>3</b>	<b>4</b>
<b>6</b>	<b>8</b>
<b>6</b>	<b>8</b>
<b>1</b>	<b>1</b>

<b>Pectin</b>	<b>teaspoons</b>	<b>4</b>	<b>2</b>	<b>1</b>
<b>Lemon juice</b>	<b>ounces</b>	<b>2</b>	<b>1</b>	<b>0.5</b>
<b>CA water</b>	<b>teaspoons</b>	<b>4</b>	<b>2</b>	<b>1</b>
<b>Juice</b>	<b>cups</b>	<b>1</b>	<b>1</b>	<b>1</b>

to Pot & Mix  
 of 9)  
 r 3 minutes  
 nt Mason jar  
 om jar  
 z return to heat

Mix with stick blender in Mason jar; Add  
 (Add sweetener to taste, stir - See Page 3  
 Bring to boil at high heat; Simmer/Stir for

**Test for jell**

1. Add a Table Spoon of Jam/Jelly into pi
2. Put in freezer until cool (3 minutes)
3. Check for jell: Try to pour Jam/Jelly fr
4. If no jell, Add some pectin/CA water &

5 sugar



<b>1.5x</b>	<b>2x</b>
<b>6</b>	<b>8</b>

<b>6</b>	<b>8</b>
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<b>6</b>	<b>8</b>
<b>3</b>	<b>4</b>
<b>6</b>	<b>8</b>
<b>1</b>	<b>1</b>

to Pot & Mix  
of 9)  
r 3 minutes  
nt Mason jar  
om jar  
z return to heat

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**JELLY D**  
**Pepper, Hot**    **For Jello: Double pectin & CA water**

	<b>Recipe</b>	<b>Full</b>	<b>1/2</b>	<b>1/4</b>
<b>Yield:</b>	<b>cups</b>	<b>4</b>	<b>2</b>	<b>1</b>

<b>Bell Peppers</b>	<b>cups</b>	<b>4</b>	<b>2</b>	<b>1</b>
<b>Jalapeno</b>	<b>cups</b>	<b>1</b>	<b>0.5</b>	<b>0.5</b>
<b>Vinegar</b>	<b>cups</b>	<b>5</b>	<b>2.5</b>	<b>1.5</b>

Finely chop peppers & add to pot  
Add Vinegar to pot  
Bring pot to boil at high heat  
Cover & Simmer/Stir for 5 minutes  
  
Add one cup of cooked peppers to pint M  
Add cups below to pot

<b>Mixture</b>	<b>cups</b>	<b>4</b>	<b>2</b>	<b>1</b>
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Add ingredients below to Mason jar with  
**Shack CA water jar well before using**

<b>Pectin</b>	<b>teaspoons</b>	<b>6</b>	<b>3</b>	<b>1.5</b>
<b>CA water</b>	<b>teaspoons</b>	<b>8</b>	<b>4</b>	<b>2</b>
<b>Peppers</b>	<b>cups</b>	<b>1</b>	<b>1</b>	<b>1</b>

**Test for jell**

Mix with stick blender in Mason jar; Add  
(Add sweetener to taste, stir - See Page 3  
Bring to boil at high heat; Simmer/Stir fo  
1. Add a Table Spoon of Jam/Jelly into pi  
2. Put in freezer until cool (3 minutes)  
3. Check for jell: Try to pour Jam/Jelly fr  
4. If no jell, Add some pectin/CA water &

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**E JELLY**      **Use Un-Sweated Juice**  
**Orange**            **For Jello: Double pectin & CA**

<b>1.5x</b>	<b>2x</b>
<b>6</b>	<b>8</b>

	<b>Recipe</b>	<b>Full</b>	<b>1/2</b>
<b>Yield:</b>	<b>cups</b>	<b>4</b>	<b>2</b>

<b>6</b>	<b>8</b>
<b>1.5</b>	<b>2</b>
<b>7.5</b>	<b>10</b>

<b>Orange</b>	<b>lbs Organic</b>	<b>4</b>	<b>2</b>
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Half oranges  
Juice oranges

Mason jar

Add one cup of juice to pint Mas  
Add cups below to pot

<b>6</b>	<b>8</b>
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<b>Orange Juice</b>	<b>cups</b>	<b>4</b>	<b>2</b>
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pectin on top

Add ingredients below to Mason  
**Shack CA water jar well before**

<b>9</b>	<b>12</b>
<b>12</b>	<b>16</b>
<b>1</b>	<b>1</b>

<b>Pectin</b>	<b>teaspoons</b>	<b>4</b>	<b>2</b>
<b>Lemon juice</b>	<b>Tablespoons</b>	<b>3</b>	<b>1.5</b>
<b>CA water</b>	<b>teaspoons</b>	<b>4</b>	<b>2</b>
<b>Juice</b>	<b>cups</b>	<b>1</b>	<b>1</b>

to Pot & Mix  
of 9)

Mix with stick blender in Mason  
(Add sweetener to taste, stir - See  
Bring to boil at high heat; Simme

r 3 minutes

nt Mason jar

- Test for jell**
1. Add a Table Spoon of Jam/Jell
  2. Put in freezer until cool (3 min
  3. Check for jell: Try to pour Jar
  4. If no jell, Add some pectin/CA

om jar

z return to heat



9% sugar

water

<b>1/4</b>	<b>1.5x</b>	<b>2x</b>
<b>1</b>	<b>6</b>	<b>8</b>

<b>1</b>	<b>6</b>	<b>8</b>
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on jar

<b>1</b>	<b>6</b>	<b>8</b>
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jar with pectin on top

e using

<b>1</b>	<b>6</b>	<b>8</b>
<b>0.75</b>	<b>4.5</b>	<b>6</b>
<b>1</b>	<b>6</b>	<b>8</b>
<b>1</b>	<b>1</b>	<b>1</b>

jar; Add to Pot & Mix

e Page 3 of 9)

r/Stir for 3 minutes

ly into pint Mason jar

utes)

1/Jelly from jar

a water & return to heat

## How to make jelly using other fruits or v

1. Find a recipe that has about the same sug
2. Make 1/4 of the recipe
3. Test its for jell
4. Add or subtract pectin to get the correct j
5. Write the recipe in the given format

## PREPARE & FREEZE - FINI

### Prepare large patch of fruit for JELLY

Wash & prepare fruit

Make juice from fruit

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 ma

Put in freezer

### Make Jelly 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

**vegetables**

gar content

**SH LATER**