

MAKE YOUR OWN JAM CONCENTRATE

Copy at: <http://chicoclasses.org/More%20Information/10%20JAM/10d%20Jam%20Con.pdf>

UNIVERSAL POMONA PECTIN IS USED WITH LITTLE OR NO SUGAR

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

Recipes inside box are at:

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

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



The jams are in groups: A & B as shown on the next page

There is a 8 1/2 by 11 sheet for each group

GET THE FRUIT

1. Choose the fruit from the 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
4. Buy the juice concentrate

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 CONCENTRATE RECIPES by Group

Group A	Group B
Recipe on Page 4	Recipe on Page 5
Apple	Apricot
Blackberry, Sweet	Cherry, Sweet
Blueberry	Guava
Grape, Concord	Mango
Grape, Sweet	Nectarine
Kiwi	Peach
Raspberry	Pear
Strawberry	Plum, Sweet

To make jam using other fruits or vegetables: See Page 6 of 6

To process fruit & make Jam later, see Page 6 of 6

Fruit	% Sugar
Apple	13%
Apricot	9%
Blackberry, Sweet	8%
Blueberry	7%
Cherry, Sweet	15%
Grape, Concord	
Grape, Sweet	18%
Guava	6%

Fruit	% Sugar
Kiwi	11%
Mango	15%
Nectarine	9%
Peach	9%
Pear	11%
Plum, Sweet	8%
Raspberry	10%
Strawberry	6%

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

SUGAR EQUIVALENTS

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 Concentrate A

6 to 18% sugar

Requires Lemon Juice

Grape, Concord

Apple

Blackberry, Sweet

Kiwi

Strawberry

Blueberry

Grape, Sweet

Raspberry

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

Frozen Juice Concentrate at room temperature: White Grape or Apple

Add cups below to pot

Concentrate	cups	1	0.5	0.25	1.5	2

Wash Fruit and Add to pot (Core & Dice Apples)

Raw Fruit	cups	4	2.25	1.125	6.75	9

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

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

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
Lemon juice	ounces	2	1	0.5	3	4
CA water	teaspoons	2	1	0.5	3	4
Cooked 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 6)

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 Concentrate B

6 to 13% sugar

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4
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6
7
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Apricot
Cherry, Sweet
Guava

Mango
Nectarine
Peach

Pear
Plum, Sweet

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

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Add cups below to pot

Concentrate	cups	1	0.5	0.25	1.5	2
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Wash, Pit & Dice Fruit and Add to pot

Raw Fruit	cups	4	2.25	1.125	6.75	9
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Lemon juice	ounces	2	1	0.5	3	4
CA water	teaspoons	4	2	1	6	8
Cooked 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 6)

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

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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