

MAKE YOUR OWN FREEZER JAM

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

UNIVERSAL POMONA PECTIN IS USED WITH LITTLE OR NO SUGAR

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

<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 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 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**
- 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

FREEZER JAM RECIPES by Group

Group A Recipe on Page 4	Group B Recipe on Page 5
Blackberry, Sweet	Apricot
Blueberry	Nectarine
Cherry, Sour	Peach
Cherry, Sweet	
Kiwi	
Pear	
Plum, Sweet	
Raspberry	
Strawberry	

Fruit	% Sugar
Apricot	9%
Blackberry, Sweet	8%
Blueberry	7%
Cherry, Sour	8%
Cherry, Sweet	15%
Kiwi	11%
Nectarine	9%
Peach	9%
Pear	11%
Plum, Sweet	8%
Raspberry	10%
Strawberry	6%

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

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

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 Freezer A

6 to 15% sugar

Blackberry
Blueberry
Cherry, Sour

Cherry, Sweet
Kiwi
Pear

Plum
Raspberry
Strawberry

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

Wash, Pit & Dice Fruit and Add to bowl

Mash or Use blender to chop fruit

Raw Fruit	cups	6	3	1.5	9	12
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Add one cup of fruit to pint Mason jar

Add cups below to measuring cup

Fruit	cups	3	1	0	5	7
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Use 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 measuring cup & Mix

(Add sweetener to taste, stir - See Page 3 of 6)

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 cup
4. If no jell, add pectin/CA water & re-test

JAM Freezer B

9% sugar

1
2
3
4
5
6

Apricot

Peach

Nectarine

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

7
8
9

Wash, Pit & Dice Fruit and Add to bowl

Mash or Use blender to chop fruit

10
11

Raw Fruit	cups	6	3	1.5	9	12
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12
13

Add one cup of fruit to pint Mason jar

Add cups below to measuring cup

14
15

Fruit	cups	3	1	0	5	7
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16
17

Use fruit in the bowl for some other use

18
19

Add ingredients below to mason jar with pectin on top

Shack CA water jar well before using

20
21

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

22
23

Mix with stick blender in Mason jar

Add to measuring cup & Mix

(Add sweetener to taste, stir - See Page 3 of 6)

24
25

26
27

28
29

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 cup

4. If no jell, add pectin/CA water & re-test

30
31

32
33

34

How to make jam using other fruits or vegetables

1. Find a recipe that has about the same sugar content
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