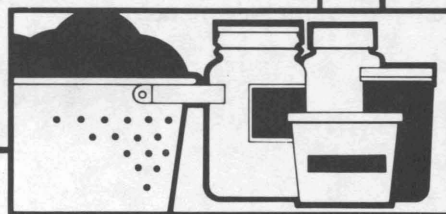
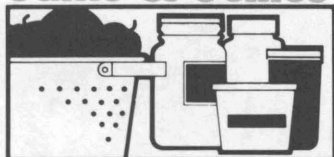


# Preserving Food at Home

L-2026  
6/11/82  
New  
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## Jams & Jellies



### Lesson 4 Jam Session

Dear Home Food Preserver,

Jams, jellies, marmalades, preserves and butters add zest to breakfast and other meals. Fruit not at its best for canning, freezing or drying can often be used to make jellies and jams.

Jelly made from fruit juice is clear and firm enough to hold its shape when turned out of the container. *Jam* is made from crushed or ground fruit and holds its shape but is generally less firm than jelly. *Preserves* are whole fruits or large pieces of fruit in thick syrup, often slightly jellied. *Marmalades* are jelly-like preserves made of the pulp and rind of fruits, especially citrus fruits. *Fruit butters* are made from fruit pulp cooked with sugar until the mixture has a uniform, thick consistency that is soft enough to spread easily when cold. Butters contain less sugar than other jellied fruit products and are a good choice for cutting calories while still enjoying a bit of sweetness with meals.

Proper amounts of fruit, pectin, acid and sugar are necessary to make a jellied fruit product. Some fruits contain enough natural pectin to make high-quality products while others require the addition of commercial pectin. Since fully ripened fruits have less pectin than underripe fruits, it is a good idea to use some slightly underripe fruit. Recipes using commercial pectin yield about twice as much jelly or jams as products made without added pectin, but contain more sugar cup-for-cup than products made without added pectin. Even with the extra cost of commercial pectin, jellies made with added pectin will generally cost less per jar than jellies made without it.

Process jams, preserves, marmalades and fruit butters in a boiling waterbath instead of using paraffin which tends to loosen and break the seals on them. Paraffin can be used on jellies. A single, thin layer of paraffin seals better than one thick or two thin layers. Be careful melting paraffin, and never heat it to the smoking point. Remember, paraffin is flammable!

B-1219, *Jellies, Jams, Preserves, Marmalades and Butters*, is your guide to making sweetened fruit products, testing for pectin, acid and jell, storing and answers to commonly asked questions. Information sheets in commercial pectin packages usually include additional tested recipes. Follow directions carefully and you will have tasty complements to your family meals.

Sincerely,

*Educational programs conducted by the Texas Agricultural Extension Service serve people of all ages regardless of socioeconomic level, race, color, sex, religion or national origin.*

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