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Jam and Jelly Season is On

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Wild, homegrown and commercially-grown fruits are nearing their peaks. If you are tempted to capture some of their mid-summer goodness in jams and jellies, the Agricultural Extension Service of the University of Minnesota has some informative publications to help you.

"Making Jelly," Food Science and Nutrition Fact Sheet 23, discusses the two methods for jelly-making that make it a good project for the beginning canner. The fact sheet suggests easy tests for pectin and acid levels and lists the equipment needed for a successful product. Charts and sample recipes are included.

"Making Jams, Marmalades, Preserves and Conserves," Food Science and Nutrition Fact Sheet 24, outlines the differences between these products and discusses the roles that the fruit, pectin, acid and sugar play in the final product. It includes recipes for three types of strawberry jam, orange marmalade, tomato preserves and plum conserves.

"Using Minnesota's Wild Fruits," Food Science and Nutrition Fact Sheet 25, lists cooking times to prepare juice from a variety of wild fruits. It includes recipes for syrup and jam or jelly made from the fruit juices.

Extension Foods and Nutrition Specialist Isabel Wolf is the author of the fact sheets. They are available free to individuals at local county Agricultural Extension Service offices or from the Bulletin Room, 3 Coffey Hall, University of Minnesota, St. Paul 55108.

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