

Fruit Spreads

Presented by Dee Denton
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San Bernardino & Riverside Counties
March 13 & 14, 2025



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Today's Goals

- Understand the purpose of sugar and pectin in fruit spreads.
- Know the difference between common types of pectin.
- Understand the role of MFPs attending other program's classes.

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Pre-Class Activities

- You read chapter 7
- You completed the quiz
- You watched the fruit spread pre-class videos

<ol style="list-style-type: none"> 1. <i>Product Types</i> 2. <i>Produce & Acid</i> 3. <i>Sugar</i> 4. <i>Pectin</i> 	<ol style="list-style-type: none"> 5. <i>Juice</i> 6. <i>Making Jam & Jelly</i> 7. <i>Processing Times</i>
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Agenda

Opening info

Mini breakout room: Methods Not Recommended

Fruit Spread Q&A

Break (around 7:30/3:00)

Being a MFP: Attending Public Classes

Program breakout rooms

Wrap up

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Student Experience: Fruit Spreads Poll

What produce used to make a *jelly*?

- None, I'm new to making jelly
- Fruit jelly using home-made juice
- Fruit jelly using commercial juice
- Vegetable jelly (pepper, herb, onion, garlic, etc.)

What produce used to make a *jam*?

- None, I'm new to making jam
- Single fruit jam
- Multi-fruit jam
- Marmalade using citrus
- Vegetables

What type of pectin have you used to create the gel?

- None, still a newbie
- Full-sugar powdered pectin
- Full-sugar liquid pectin
- Low-sugar powdered pectin
- Pomona's pectin
- Freezer jam pectin
- Homemade liquid pectin
- No pectin - long/slow/traditional boil

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Student Breakout Room Questions (5 min)

- What is the food safety purpose of sugar in fruit spreads?
- Why do low-sugar jams mold quickly once opened?
- What causes regular pectin and modified (low/no sugar) pectin to gel?

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Acid **Poll**

1. What's the purpose of acid in fruit spreads?
2. How does the ripeness of fruit impact its acidity?
3. What is weeping?
4. When is it ok to use fresh lemon juice in a fruit spread?

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Sugar **Poll**

1. What is the cosmetic purpose of sugar in fruit spreads?
2. What is the food safety purpose of sugar in fruit spreads?
3. What percentage of sugar in a fruit spread creates a good gel strength and texture?
4. Which types of sugar are recommended for jams & jellies?

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Measuring Tip



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Poll

Sugar Substitutes

- What is the purpose of a sugar substitute in a low-sugar fruit spread?
- The advantage of making a low/no-sugar fruit spread is that it can help reduce a person's sugar intake. What are some disadvantages?
- Which sugar substitutes are recommended for use?

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Poll


Pectin

- What is pectin?
- You can substitute liquid pectin for regular pectin.
- What causes the chemical reaction that forms a gel when a high-methoxyl pectin is used in a jam recipe?
- What causes the chemical reaction that forms a gel when a low-methoxyl pectin is used in a jam recipe?

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Poll

Pectin: When do you add it?



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Ball's Pectin Calculator

- Small batch preserving
 - Pick your fruit
 - Pick your pectin
 - Full sugar
 - Low/No sugar
 - Freezer
 - Pick # pairs of jars
- <https://www.ballmasonjars.com/pectin-calculator.html>

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Sure-Jell Freezer Jam w/Regular Pectin



Ingredients

- Crushed fruit
- Sugar
- Water
- Box of pectin

Directions

- Mix crushed fruit and sugar
- Let stand for 10 minutes
- Mix water & pectin in small pot; bring to boil
- Boil 1 minute
- Add pectin/water mixture to fruit/sugar mixture
- Stir 3 minutes
- Fill jars, add lids, let stand at room temp 24 hours
- Refrigerate or freeze

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Tools/Techniques



- Skim foam (quickly)
- Spice bags or tea bags
- Supreming Citrus by hand or with pectinase

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Go for Blue!

- Jam/Jelly Standard of Perfection
- National Center for Home Food Preservation website (nchfp.uga.edu)
 - Judging Home Preserved Foods Manual
 - For Educators, Additional Resources



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Questions?

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Break

- 5-10 minutes

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 Wrap up

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Being a MFP: Attending Public Classes

If you're teaching, ***you're the instructor***

- Set the expectations at the beginning for how/when you want questions, suggestions, and feedback
- Redirect as needed. (Parking lot/bike rack for off-topic questions)
- Have a plan with your teaching team on how to make corrections
- Online class?
 - Put MFP at the beginning of your display name
 - Suggestion: Once class starts, close chat to all, direct them to one person to keep side conversations down

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Being a MFP: Attending Public Classes

If you're attending, sit back, ***listen and enjoy the class***

- Let the presenters present the class
- You may have lots of tips, but interjecting them throughout class can be disruptive & impact the class schedule
- Online?
 - Keep your display name as only your name, you're not teaching so no need for MFP in your name
 - Send suggestions and links to the person handling the questions, not to everyone; constant chat conversations make people miss content

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Breakout room Part 1: Methods Not Recommended

Open Kettle Canning	Oven Canning	Paraffin Wax
		

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Breakout Room: 30 minutes

Part 1: Practice responding to people who use non-recommended methods (10 minutes)

- Use *handout with Sue's explanation as a reference – do not just read it; use your own words as if you're talking 1-1 with someone*
- Each person takes a scenario and responds

1. My mom turns the jars upside down after filling them and no one got sick.
2. My daughter showed me tic toc videos of canning in the oven at high temperatures; the people in the videos are experienced.
3. My grandma always sealed her jars of jam with paraffin wax; they still sell it in stores with the canning supplies, so that's what she taught me to use.

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Breakout Room: 30 minutes


Part 2: Research an answer to a short helpline question. (20 minutes)

Search topic site:.edu

- Come up with a response in this format: Based on <resource site>, the research-based recommendation is because
- 1 person from each group posts their response in chat to all in main room

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Next Class: Low-Acid Canning

- Read Chapter 5 in training manual
- Complete Low Acid Quiz
- Watch Low Acid Canning pre-class recordings
- Case Study #2 (*due March 21*)
- Case Study #3 (*due April 4*)
- Explore low-acid canning Resources section

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Attend a Public Class

***Due May 9:
In-person or
on-line***

On-line or in-person public class

Upcoming online classes at <https://mfp.ucanr.edu/Events>

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