Fruit Spreads: More than Jam

UCCE Master Food Preservers of Sacramento County
“Jelly, jam, preserves, conserves and marmalades are fruit products that are jellied or thickened. Most are preserved by sugar. Their individual characteristics depend on the kind of fruit used and the way it is prepared, the proportions of different ingredients in the mixture and the method of cooking.”

*National Center for Home Food Preservation*
**Most Common:**

<table>
<thead>
<tr>
<th></th>
<th>Jellies</th>
<th>Jams</th>
<th>Preserves</th>
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</thead>
<tbody>
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<td>1</td>
<td>... are usually made by cooking fruit juice with sugar.</td>
<td>... are thick, sweet spreads made by cooking crushed or chopped fruits with sugar.</td>
<td>... are small, whole fruit or uniform size pieces in a clear, slightly gelled syrup.</td>
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<td>There are some special uncooked jelly recipes, but the majority are cooked.</td>
<td>Recipes also exist for uncooked jams.</td>
<td>Fruit should be tender and plump.</td>
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Also for your consideration:

4 | Conserves
... are jam-like products that may be made with a combination of fruits.
They’ll also contain nuts, raisins, or coconut.

5 | Marmalades
... are soft fruit jellies containing small pieces of fruit or peel evenly suspended in the transparent jelly.
They often contain citrus too.
And a few more:

1. **Butters**
   - sweet spreads made by cooking fruit pulp with sugar to a thick consistency
   - spices are often added

2. **Honeys & Syrups**
   - made by cooking fruit juice or pulp with sugar to the consistency of honey or syrup. No differentiation in the terms since the consistency is the same.
Source:
"So Easy to Preserve"
6th edition
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