Fruit Butters, Jam, Jelly and other Fruit Preserves
Compiled by Susan Mosbacher, UCCE Central Sierra

Allowable Canned Cottage Foods

- Jam: sweet spread that holds shape made from crushed or chopped fruit
- Jelly: firm gel made from juice
- Preserves: small whole fruits or uniform pieces in thick, gelled syrup
- Fruit butters: fruit pulp, sugar and spices cooked to a consistency that mounds on a spoon

Ingredients:

- Fruit: CF approved source
- Sugar: Preservative; High CF %
  - White sugar, agave syrup, corn syrup, honey, maple syrup
  - Low sugar: saccharine
- Pectin
- Acid: When needed, add commercial lemon juice or citric acid (5% acidity)
- Reducing Foam: butter vs vegetable oil

Cottage Food Title 21 Part 150 (FDA)

- Mandatory guidelines; Standard of identity for each product
- 4 allowed Cottage Food canned products: Fruit butter, jam, preserves, jelly
- Different fruits allowed in each product; Ingredients measured by weight not cups

Fruit Butters: Allowable fruits

- Apple, Apricot, Grape, Peach, Pear, Plum, Prune and Quince
- Combinations of up to 5 fruits
- Various other ingredients can be added to the fruit including spices and sugar
- Not less than 5 parts fruit to 2 parts sugar

Group 1 Allowable Fruits: Jams & Preserves

<table>
<thead>
<tr>
<th>Blackberry</th>
<th>Dewberry</th>
<th>Orange</th>
<th>Tangerine</th>
</tr>
</thead>
<tbody>
<tr>
<td>Black raspberry</td>
<td>Elderberry</td>
<td>Pineapple</td>
<td>Tomato</td>
</tr>
<tr>
<td>Blueberry</td>
<td>Grape</td>
<td>Raspberry</td>
<td>Yellow tomato</td>
</tr>
<tr>
<td>Boysenberry</td>
<td>Grapefruit</td>
<td>Red raspberry</td>
<td>Youngberry</td>
</tr>
<tr>
<td>Cherry</td>
<td>Huckleberry</td>
<td>Rhubarb</td>
<td></td>
</tr>
<tr>
<td>Crabapple</td>
<td>Loganberry</td>
<td>Strawberry</td>
<td></td>
</tr>
</tbody>
</table>

Group 2 Allowable Fruits: Jams & Preserves

<table>
<thead>
<tr>
<th>Apricot</th>
<th>Fig</th>
<th>Guava</th>
<th>Plum</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cranberry</td>
<td>Gooseberry</td>
<td>Nectarine</td>
<td>Quince</td>
</tr>
<tr>
<td>Damson</td>
<td>Greengage</td>
<td>Peach</td>
<td>Red currant</td>
</tr>
<tr>
<td>Damson plum</td>
<td>Greengage plum</td>
<td>Pear</td>
<td>Currant</td>
</tr>
</tbody>
</table>

Jams & Preserves Ingredient Ratios

- Jams & Preserves Group 1: fruit/sugar = 47/55 = .85
- Jams & Preserves Group 2: fruit/sugar = 45/55 = .82
- Can add other ingredients, including pectin & spices. Combinations are allowed.
- Read & follow document!
**Allowable Fruit Juices: Jellies**

<table>
<thead>
<tr>
<th>Apple</th>
<th>Damson plum</th>
<th>Loganberry</th>
<th>Red raspberry</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apricot</td>
<td>Dewberry</td>
<td>Orange</td>
<td>Red currant</td>
</tr>
<tr>
<td>Blackberry</td>
<td>Fig</td>
<td>Peach</td>
<td>Strawberry</td>
</tr>
<tr>
<td>Black raspberry</td>
<td>Gooseberry</td>
<td>Pineapple</td>
<td>Youngberry</td>
</tr>
<tr>
<td>Boysenberry</td>
<td>Grape</td>
<td>Plum</td>
<td>Combinations</td>
</tr>
<tr>
<td>Cherry</td>
<td>Grapefruit</td>
<td>Pomegranate</td>
<td></td>
</tr>
<tr>
<td>Crabapple</td>
<td>Greengage plum</td>
<td>Prickly pear</td>
<td></td>
</tr>
<tr>
<td>Cranberry</td>
<td>Guava</td>
<td>Quince</td>
<td></td>
</tr>
</tbody>
</table>

**Jelly Ingredient Ratios**

- fruit/sugar = 45/55 = .82
- Ingredients as measured in the guidelines
- Other ingredients including pectin may be added (see Title 21, Part 150.140 for more detail).

**Recipe Impact**

- Must adapt standard recipes to Cottage Food Title 21 Part 150 guidelines
- Test small batch modified recipes: Saleable product?
- ‘Allowable’ products may not be successful commercial products

**How Much Sugar?**

- Example: Strawberry jam
- Strawberries are in Group 1
- 47 parts of fruit to 55 parts of nutritive sweetener
- Ratio of fruit to sugar is 47 / 55 = .85
- Assume traditional recipe calls for 4 cups of hulled and crushed strawberries
  - Strawberries weigh 34 ounces; \( \text{Weight of fruit} / \text{weight of sugar} = .85 \)
  - \( S = \text{weight of sugar} \)
  - \( 34 / S = .85 \)
  - Solve for ‘S’, multiply both sides by \( S \):
  - \( S \times 34 / S = .85 \times S \)
  - Simplify:
  - \( 34 = .85 S \)
  - Divide both sides by .85:
  - \( 34 / .85 = 40 \)
  - \( S = \text{sugar} = 40 \text{ ounces} \)

**How Much Pectin?**

- Cottage Food Title 21 Part 150: No more than 3% by weight of finished product
- Note: do not use sugar amount listed in website recipe

**Include Pectin on Label**

Per Cottage Food Title 21 Part 150: The jelling ingredient used shall be named on the label by a statement "___ added" or "with added ___", the blank being filled in with the common name of the jelling ingredient used; for example, "pectin and methylcellulose added".

**Storing Canned Cottage Food**

- Store in a cool, dry, dark place
- Avoid temperature extremes
- Use within 1 year for best quality