

Fruit Butters, Jam, Jelly and other Fruit Preserves

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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

Blackberry	Dewberry	Orange	Tangerine
Black raspberry	Elderberry	Pineapple	Tomato
Blueberry	Grape	Raspberry	Yellow tomato
Boysenberry	Grapefruit	Red raspberry	Youngberry
Cherry	Huckleberry	Rhubarb	
Crabapple	Loganberry	Strawberry	

Group 2 Allowable Fruits: Jams & Preserves

Apricot	Fig	Guava	Plum
Cranberry	Gooseberry	Nectarine	Quince
Damson	Greengage	Peach	Red currant
Damson plum	Greengage plum	Pear	Currant

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

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

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; $Weight\ of\ fruit / weight\ of\ sugar = .85$

$$S = \text{weight of sugar} \quad 34 / S = .85$$

$$\text{Solve for 'S', multiply both sides by S:} \quad S \times 34 / S = .85 S$$

$$\text{Simplify:} \quad 34 = .85 S$$

$$\text{Divide both sides by .85:} \quad 34 / .85 = 40$$

$$\mathbf{S = sugar = 40 ounces}$$

How Much Pectin?

- Cottage Food Title 21 Part 150: No more than 3% by weight of finished product
- <http://www.freshpreserving.com/tools/pectin-calculator>
- *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