

# Let's Jam! // Making Homemade Jams and Jellies



*With berries and other fruits in season, right now is the best time to start jamming!*

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## Making Jam is Berry Easy

If you have berries from your garden coming out of your ears, making fruit spreads is a wonderful way to use them up. It might seem intimidating, but with the right recipes and tips, making jams and jellies is fun and simple.

## Jam or Jelly?

First things first, do you know the difference between jam and jelly?

**Jam** is made by boiling fruit and sugar to a thick consistency and has fruit bits.

**Jelly** is made by boiling sugar, the juice of fruit with gelatin or pectin, and doesn't have fruit bits.

There are also other delicious spreads made with fruit such as marmalade, fruit preserves, fruit compote and fruit butter!

Don't know where to get started? **Here is a fact sheet** from USU Extension with more than ***20 delicious recipes!***

For a great way to enjoy your delicious garden strawberries all year long, try this simple freezer jam recipe. Not only is it easy, but this jam will last in your freezer for up to one year. Now that's a good reason to get into a sticky situation!

## Freezer Strawberry Jam

- 2 cups crushed fresh strawberries
- 4 cups sugar
- 1 (1.75 ounce) package dry pectin
- 3/4 cup water

Mix crushed strawberries with sugar, and let stand for 10 minutes. Meanwhile, stir the pectin into the water in a small saucepan. Bring to a boil over medium-high heat and boil for 1 minute. Stir the boiling water into the strawberries. Allow to stand for 3 minutes before pouring into jars or other storage containers.

Place tops on the containers and leave for 24 hours. Place into freezer, and store frozen until ready to use.

Recipe courtesy of Carolyn Washburn, Extension professor.

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# References

Freezer Jams

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