

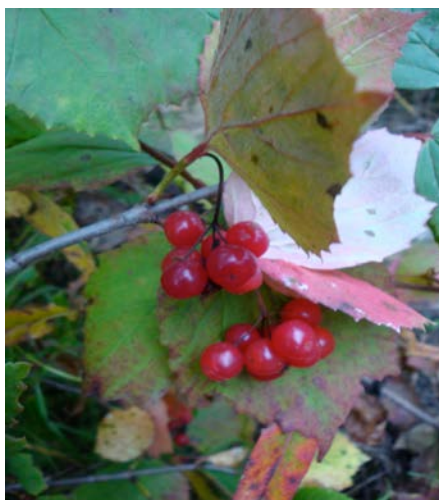
Resources

Berries of Interior Alaska Work Sheet 2.



I. Making Jams, Jellies, and Syrup

- 1) Discuss the difference between jam, jelly and syrup. (firmness, contents, method of preparation)
- 2) What causes the berry mixture to jell? What is pectin, and where does it come from? Look at instructions for making different kinds of jam with the commercial pectin. Why does the ratio of berries to pectin make a difference?
- 3) Make jam or jelly using two different methods with the same kind of berry.
 - A. use commercial pectin
 - B. without commercial pectinWhat are the differences in amounts of boiling time and sugar needed?
- 4) Compare jelling qualities of highbush cranberries.
 - A. Picked when they are still yellow and firm.
 - B. Picked when they are thoroughly ripe.



II. Compare jelling qualities of different kinds of berries.

- Use rosehips, and two other kinds of available berries.
- For each kind, boil two cups of berries with one cup of sugar for 10 minutes.
- Cool and test consistency.
- Compare. Which berry appears to have the most pectin? The least?
- For further experiment vary the amount of sugar or the length of boiling time.

III. Other questions to consider:

1. Does freezing the berries affect their jelling qualities?
2. Can you make your own pectin? How?
3. What local berries would make good mixtures?
(Low pectin versus high pectin content.)

Encourage students to come up with other preservation questions and experiments.



While *Highbush Cranberries* are still yellow, they have much more pectin than when the berries are fully ripe.