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**Fruits, Nuts, and Scurvy: Butters, Conserves, and Marmalades
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Dress It Up: Vinegars, Chutneys, and Condiments

By Geny Cassady

UCCE Master Food Preserver of El Dorado County

There are so many ways to use fruits and vegetables in our preserving that go beyond the typical jam or tomato sauce. A few different ways of preserving fruit include fruitful, spiced butters, complex conserves and zesty marmalades. Fruit butters are made by slow cooking fruit pulp and sugar to create a thick, smooth spread. Additional fruits and spices can be added to layer the flavor. Conserves are a combination of two or more fruits cooked to a thick consistency; they typically include dried fruit, nuts, or coconut which creates an interesting texture and complex flavor. Marmalades are sweet-tart spreads containing pieces of fruit and citrus peel suspended in a jelly. There are so many wonderful combinations that can be used to make any of these interesting types of spreads. A favorite in our family is Strawberry Lemon Marmalade, a vibrant combination that brings back taste memories of ripe, lovely strawberries and sweet lemonade all year. Join the UCCE Master Food Preservers for a delicious presentation entitled "Fruit, Nuts, and Scurvy: Butters, Conserves, and Marmalades" on Saturday, September 26th from 10am-12pm at the Bethell-Delfino Agriculture Building, 311 Fair Lane in Placerville.

Another interesting way to preserve our garden's or orchard's bounty is by making delightful flavored vinegars, rich, spicy chutneys, and fancy condiments. Simple vinegar will take on a whole new taste with the simple addition of berries, herbs or even a combination of the two. Chutneys are typically a combination of vegetables and/or fruits with sugar and vinegar. Additional spices are also added to develop a deep, complex flavor. Chutneys are a delicious accompaniment to many entrees such as pork tenderloin or even your Thanksgiving turkey. Simple condiments, such as ketchup, mustard and barbeque sauce, can take on a whole new dimension when made in our own kitchens. Tasty combinations such as cranberry mustard or peach barbeque sauce will take preserving to a whole new level. For more ideas and informative demonstrations, join us for "Dress It Up: Vinegars, Chutneys, and Condiments," held on Saturday, October 3rd from 10am-12pm at the Bethell-Delfino Agriculture Building, 311 Fair Lane in Placerville.

UCCE Master Food Preservers are available to answer home food preservation questions; leave a message at (530)621-5506 and a Master Food Preserver will return your call. The Master Food Preservers are also available to speak to organizations and clubs about food safety or food preservation topics. Just call the number above to arrange for a speaker for small or large groups. For more information about the public education classes and activities, go to the UCCE Master Food Preserver website at <http://ucanr.edu/edmf>. Sign up to receive our international E-Newsletter at <http://ucanr.org/mfpnews/>. Find us on Facebook, too (UCCE Master Food Preservers of El Dorado County).