



# UGAIN

Urban **G**Ardens for the social  
**I**Ntegration of migrants

Activity:

Manufacturing of jam





**Harvesting fruits and making of marmalade/jam together and possible sell it. Learning language while working together.**



*"When working to utilise the crops in the garden they can make jam that can then be sold. This makes all the clients feel valuable and skilled and gives them new knowledge and their self-confidence increases."*

## Activity file

### 1. Name of the activity

**Manufacturing of jam**

### 2. Type of activity

**Cooking and gastronomy L**

### 3. Description of the activity

At the end of the season it should be harvested, and the berries and fruits should be made into jam. Everyone in the group helps with picking fruits and berries, they cleanse, rinse and use recipes that suit the different berries and fruits. They cook the jam and pour them into cans. Some sell them on a Christmas market to get money for buying new seeds for the next season for example.

## 4. Competences and training needed

The staff and some of the clients have made jam before. Together they helped to teach the others who have not made jam. By helping with the manufacturing, everyone can feel part of this process.

## 5. Steps for the implementation of the activity

- They start by picking berries and fruits in the garden. There is a meeting about which recipes to use, what ingredients are needed and which purchases to make. They need sugar, preservatives, cans and labels.
- Together in the Living Base's kitchen, the staff helps the clients to organise everything ahead of jam production.
- They start by clearing and rinsing berries and fruits, then they are measured up and put in a pot, then boiled and add sugar and preservatives.
- They take care of the jars to be used and they wash them and then the finished jam is poured into the jars which are then sealed with wax and then get a label that tells what kind of jam it is.

## 6. Materials and methods

- **Infrastructure:** There is a need for a kitchen and kitchen utensils such as kettles, jars, and ingredients that need to be purchased for example sugar and preservatives and labels.
- **Materials and human resources:** The material needed is the raw materials for jam production. In the kitchen at the Boendebasen they have all kind of kitchen utensils such as pots, ladles and other things needed to cook jam. There are 2 staff needed for a group of 6 clients.
- **Time/Workload:** About 4 hours, from starting to pick fruit, until they have cooked and put it in small jars.
- **Costs:** The costs for making jam is small, because they harvest berries and fruits from their own garden. It is only the cost of sugar and preservatives. The jars have been donated. The cost is about 50 cents per pot of finished jam.

## 7. Learning outcomes for the participants

The migrants who participate in the activity train in the Swedish language together with the others who are Swedes. They decide what kind of jam they should make and all together help with the production.

# Partners

Technical  
University  
of Munich



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of Munich  
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## Project Website

[www.ugain.online](http://www.ugain.online)



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