



Mindful Marmalade & Jam Jamboree

Instructor:

Jemima Jelly

Location:

York

Course Type:

Mindfulness

Cost:

£75.00

Learning Objectives

- Master the art of mindful fruit selection and slicing
- Understand the science behind perfect jam and marmalade setting
- Learn to enhance mindfulness through sensory engagement with food
- Develop creative flair in flavor combinations
- Gain insight into traditional British preserve-making techniques

Provided Materials

- Assorted seasonal fruits
- Sugar and pectin
- Mason jars and lids
- Labels and decorative ribbons
- Recipe booklets

Skills Developed

Mindfulness

Cooking

Creative Arts

Traditional Crafts

Sensory Engagement

Course Description

Step into the world of mindful marmalade making with Jemima Jelly, where the art of preserving becomes a meditative journey. Join us in York for a delightful class that merges the tranquility of mindfulness with the creativity of jam crafting. In this immersive session, participants will learn to select fruits with care, appreciating their textures, colors, and aromas. Jemima will guide you through the process of slicing and preparing fruits mindfully, turning what seems like a simple task into a soothing ritual. Discover the chemistry of sugar and pectin as you achieve the perfect setting for your preserves, ensuring every jar is a triumph of taste and texture. The class encourages sensory engagement, focusing on the gentle simmering sounds, the vibrant colors of bubbling potions, and the sweet, tangy aromas that fill the air. You'll have the chance to experiment with creative flavor pairings, giving your jams a unique twist, be it a hint of lavender or a dash of ginger. By the end of the session, you'll not only leave with jars of your own signature marmalade and jam but also a deep appreciation for the mindfulness that can be woven into everyday activities. The decorative labels and ribbons will add a personal touch, making your preserves perfect gifts or treasured pantry staples.

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