

## Fact Sheet



# THE ROYAL JAM COMPETITION KEEPS THINGS STICKY AND SWEET

Looking for something to satisfy your sweet tooth? Madonna's Tour isn't the only thing offering something sticky and sweet, check out the jelly and preserves competition at The Royal Agricultural Winter Fair, where sugary concoctions have been submitted to take home the prized red ribbon. Grandmothers no longer rein over this competition as fashionista's and hipsters alike try their hand at homemade jams. If you think your preserves are top-shelf, submit your creation for the chance to win.

### Important dates for entrants:

- The entry closing date for the jelly and preserve gift competition is **October 21, 2009**.
- Judging for the jelly and preserve competitions will take place Wednesday, November 4, 2009 at 9:00 a.m. in Salon 103, Direct Energy Centre.

### Rules and Regulations:

- Samples for jelly and preserve competitions must be received between Monday, October 26, 2009 and Friday October 30, 2009 from 9:00 a.m. to 5:00 p.m. Late entries will not be accepted.
- Entries must be delivered to the Vegetables and Field Crops Clerk, Royal Agricultural Winter Fair, The Coliseum, Direct Energy Centre, Toronto, M6K 3C3.
- All entries must be labeled with the ingredients used. Due to peanut allergies, all nuts must be clearly labeled.
- For the jam and jelly competition exhibitors must submit two jars of jam/jelly.
- The preserve competition requires exhibitors to submit a shelf-stable homemade gift following the theme of their choice. The entry must include two full mason jars containing home made preserves, with a third jar containing additional preserves or a gift of sorts which follows the theme of the basket.

### Fun Facts

- Jam or Jelly? The basic difference between jam and jelly is that jelly is made only using the juice of a fruit while jams incorporate crushed fruit and even the seeds!
- Looking for an energy boost? A spoon full of jam offers a quick energy fix, comes in delicious flavours with just 48 calories per tablespoon.
- The healthy choice! A jam or preserve with no added sugar is called a fruit spread.
- Lady Marmalade? Not quite but citrus preserves are generally called marmalades and differ slightly from jams and jellies. Marmalade incorporates the fruit peel into the mix and is sometimes referred to as jam with fruit peel.
- Sticky and SWEET! Jams and jellies must consist of 45 per cent fruit while the rest is mostly sugar.

Learn more about jellies and preserves at The Royal this November!

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For more information visit [www.royalfair.org](http://www.royalfair.org) – November 6-15, 2009

Materials and images can be downloaded for media use

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