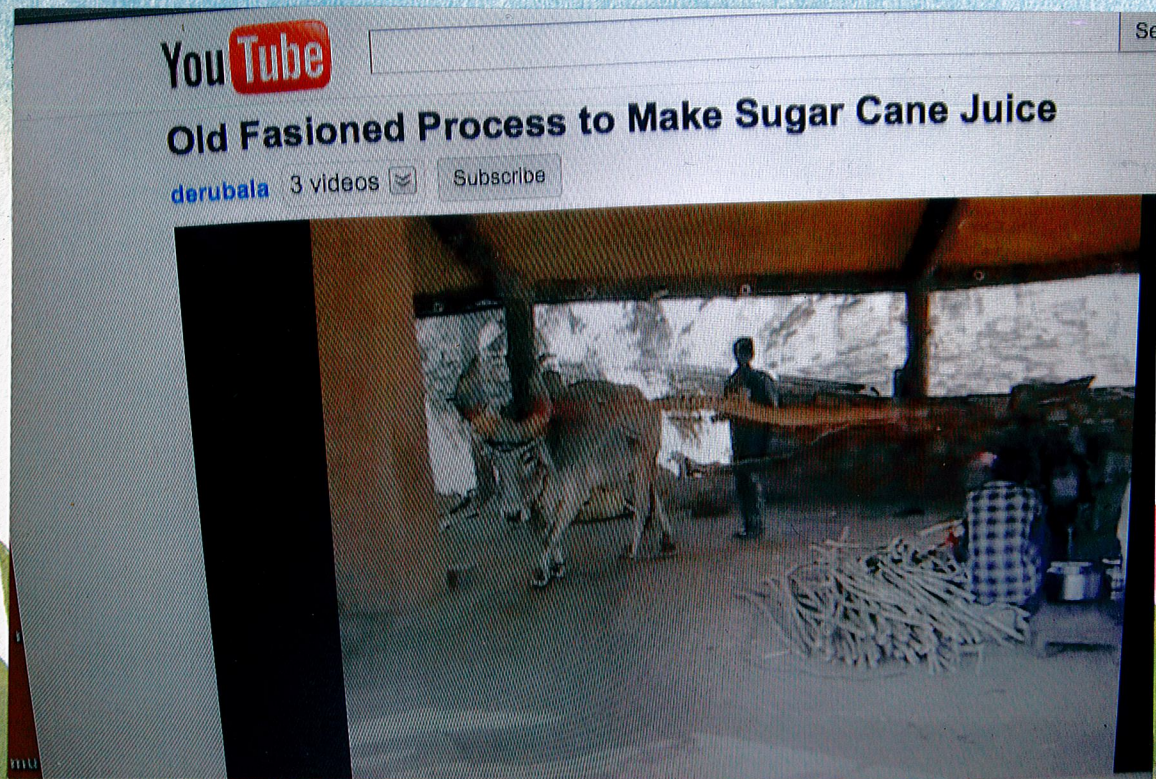


My adventure in making sugar

by Molly Murray





Step 1: I researched methods of making sugar. Originally I thought that I might try to make it out of sugar cane, since I saw some for sale at the West Side Market. But then I saw that in order to press the juice out of the cane, people use a contraption that runs on either a big motor or oxen power. So that was out of the question.



And I also found that some people use this new-fangled bike-powered version as well.



8 z ubu library music Wooster ted crapwellike the apt crafts noise fashion curiosities farm now world saw

North Coast ... Gmail - Inbox (1026) - spottyc ... e How to Make Sugar From Beets ...

## How to Make Sugar From Beets

By Kat Vargas, eHow Member

Like 73 Tweet 1

User-Submitted Article

Years ago, when sugar was an expensive commodity, many people of lesser means made their own sugar from sugar beets. Every farm and every home garden had a spot reserved for beets, and a day was set aside to cook the beets down into sugar. While beet sugar is now out of favor and most people no longer raise sugar beets in their gardens, making sugar is a wonderful project for kids. The process is simple and easy, just follow the below steps.

Difficulty: Moderate

### Instructions

1. Wash and scrub the beets to remove any dirt or residue.
2. Chop small or shred the beets.
3. Place the beets into a large pot and add enough water to keep them from sticking. Cook until the beets are soft and are losing their color.

**things you'll need:**

- A pound or more of sugar beets
- A large pan
- Colander

Related Ads

- Sugar
- Xylitol Sugar Substitute
- Can I Buy Turbinado Sugar

Top 5 To Try

- How to Make Raw Sugar
- How to Remove Sugar From Beet Juice
- How to Grow Garden Beets In Sun or Shade
- How to Extract Sugar From Sugar Beets
- Beet Sugar vs. Cane Sugar

Ads by Google

**Surgery to Stop Diabetes?**

Imagine, 30 min surgery stops Diabetes in 93% of Type II patients

No

Finally, I found some recipes that told me how to make sugar from beets. It seemed simple enough, and it is easy to get beets too. So I decided to give it a shot.





Step 2: Acquire beets. I went to my favorite stand at the market and bought five pounds of organic beets, grown in California.

Step 3: Process beets. First I washed them.



Then I juiced them. Here I made a creative twist on the recipe I had read. They all said to grate the beets, boil them in water, strain out the beets and then boil down the juice. I thought it would save a lot of mess and time to juice them and boil down the juice, since I had the option.

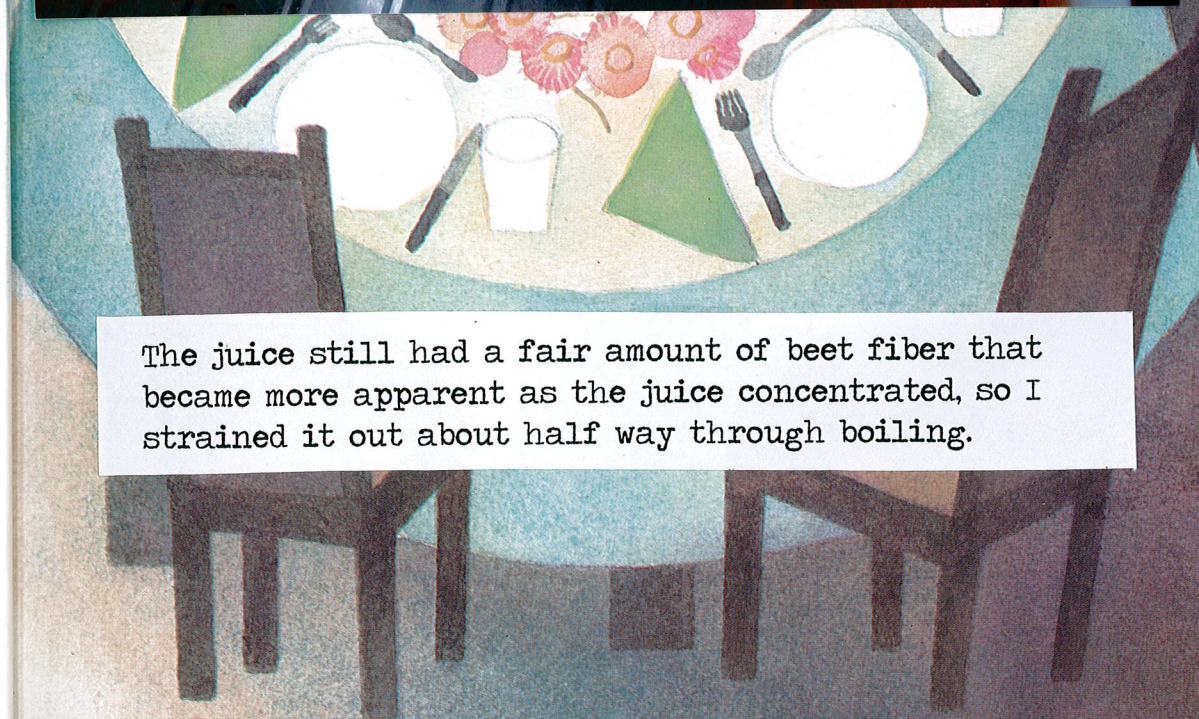




Then I boiled down the juice. It was a little uncontrollable at times; it wanted to boil over when I wasn't looking, but only got the best of me once. Here you can see the beet fiber on the left and the beet juice on the right.



The juice still had a fair amount of beet fiber that became more apparent as the juice concentrated, so I strained it out about half way through boiling.







I boiled and boiled until it reached a molasses-like texture and poured it into a pint jar.



Step 3: Wash the dishes! Clean the kitchen (especially that spill on the stove...!)





Step 4: Leave to cool and crystallize. The recipes said it would form crystals overnight and that I would remove them the next day. Well I've waited about three weeks for it to do that and a few sugar crystals have formed along the outside of the jar, but not enough to remove.

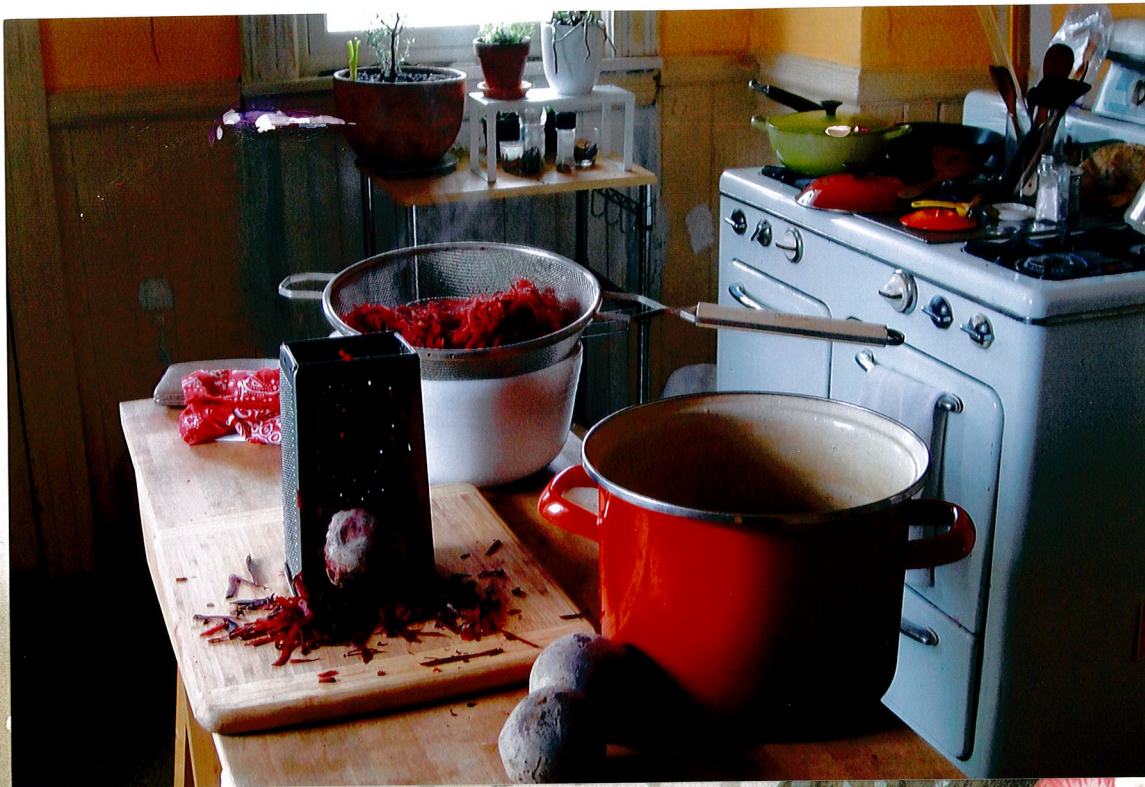
Step 5: Change perspective to understand success. I made molasses! Five pounds of beets made about one cup of molasses.

Since I had taken some creative liberty with the recipe, I thought I'd go back and try what it originally told me to do. So I gave it another shot. But I can't resist adding in my own methods... you'll see.

Step 6: Buy 5 more pounds of beets.







Step 7: Process beets. I washed and grated them. Then I added water and boiled them. The quantity of beets maxed out my pan, so I did this step in two batches.

Then I strained them.





And boiled the juice.



While the juice boiled I drilled a hole in popsicle stick and smeared it with maple syrup and left it to dry. This formed small crystals on the stick so that when I submerged it in the beet juice the sugar molecules in the will be inspired to attach themselves, forming sugar crystals on the stick. Brilliant! (Remember doing this in elementary school science class? That's where I got the idea)



When the beet juice had formed a syrup, I poured it into a jar. This method also created about 1 cup.



Step 8: Wait for syrup to cool and form crystals. I'm waiting! And nothing is happening! It has been a few days, I'll give it a few more to see if it works.







My posture: During this project I felt like a hearth keeper and kitchen cleaner. These are roles that I often take on, which is probably why this project was appealing to me. When I am in the kitchen doing projects like these, I like to think that I am carrying the spirit of Hestia, the Greek goddess of the hearth. Even she has to wash a sink of dishes from time to time, I'm sure!