

**CONGRATULATIONS!** You have just purchased the 100% pure citrus pectin that is the most versatile and reliable pectin available: **POMONA'S UNIVERSAL PECTIN**. In the box you will find a packet of tan pectin powder and a smaller packet of white calcium powder.

**Pomona's works differently from other pectins. Please read our directions and recipes carefully. If you have questions or need additional information:**

**Go to:** [www.pomonapectin.com](http://www.pomonapectin.com) to watch our video with step-by-step instructions; read our FAQs; find more recipes; buy in bulk.

**Email:** [info@pomonapectin.com](mailto:info@pomonapectin.com)

**Jamline:** (413) 772-6816

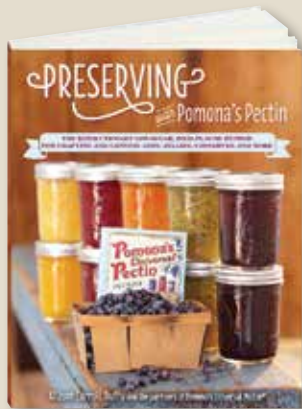
Keeps indefinitely. Store cool, dry & air-tight. Kosher manufactured. Vegan. Gluten-free. Non-GMO.

Workstead Industries, PO Box 1083, Greenfield, MA 01302

Our Book  
Is Now  
Available!

75 inspiring  
recipes for:

- jams
- jellies
- preserves
- conserves
- marmalades



Available in Bookstores and Online  
Paperback and eBook  
ISBN: 978-1-59233-559-6



## BEFORE YOU START JAMMING MAKE CALCIUM WATER!



1. Put ½ teaspoon white calcium powder and ½ cup water in a small, clear jar with lid. Shake well.
2. Lasts many months in refrigerator. Freeze for long-term storage. Do not discard unless settled white powder discolors or you see mold. Shake well before using.

## Directions for Cooked Jam, Jelly, Marmalade & Jello – Low Sugar or Honey

To make with Juice Concentrate, Stevia Concentrate, or No Sweetener, see other side. For Jello, follow steps 2 thru 5.



- 1. Wash and rinse jars** (4 oz up to 16 oz); let stand in hot water. Bring lids to simmer; turn off heat; let stand in hot water. Wash screw bands; set aside.
- 2. Prepare fruit or juice.** Measure fruit or juice into pan with lemon or lime juice (if called for in recipe).
- 3. Add proper amount of calcium water** from jar into pan; stir well.
- 4. Measure sugar or room temperature honey** into separate bowl. Thoroughly **mix** proper amount of **pectin powder** into honey or sugar.
- Bring fruit or juice to a **full boil**. Add pectin-sweetener. Stir vigorously 1-2 min. to **dissolve** pectin while mixture returns to full boil. Remove from heat.  
  
**For Jello:** pour into bowl(s); cool; refrigerate until jelled.
- 6. Fill jars to ¼" of top.** Wipe rims clean. Screw on 2-piece lids. Put filled jars in boiling water to cover. **Boil** 10 min. (add 1 min. more for every 1,000 ft. above sea level). Remove from water. Let jars **cool**. **Check** seals; lids should be sucked down. Eat within 1 year. Lasts 3 weeks once opened & refrigerated.

## Recipes for Cooked Jam, Jelly, Marmalade & Jello – Low Sugar or Honey

Recipes can be doubled, tripled, halved, or quartered. Dry or liquid sweeteners that measure like sugar or honey can be used.\* T=tablespoon, t=teaspoon, C=cup

Jam	How to Prepare Washed Fruit	Measured Ingredients	Pectin Calcium Water	Yield (cups)
<b>Strawberry, Kiwi, Currant, Raspberry, Gooseberry, Sour Blackberry, Sour Cherry, Sour Plum, Pineapple</b>	Remove hulls, stems, pits, skin as required; mash fruit.	4C mashed fruit ½C to 1C honey or ¾C to 2C sugar	2t pectin 2t calcium water	<b>4-5</b>
<b>Blueberry, Sweet Blackberry, Mulberry, Elderberry, Ripe Quince, Apple</b>	Berries: remove stems, mash fruit. Quince: peel, core, grind 3 lbs. Simmer covered with 3C water for 15 min. Apple: peel, core & simmer soft with a little water.	4C mashed or simmered fruit ¼C lemon or lime juice ½C to 1C honey or ¾C to 2C sugar	2t pectin 2t calcium water	<b>4-5</b>
<b>Peach, Nectarine, Apricot, Sweet Cherry, Sweet Plum, Pear, Mango, Guava</b>	Pit, chop, and mash <b>or</b> peel, pit, and mash fruit. Measure 4C mashed fruit. <b>Optional:</b> to soften firm fruit, bring to boil with ½C water, simmer 5 min. stirring occasionally.	4C mashed or simmered fruit ¼C lemon or lime juice ½C to 1C honey or ¾C to 2C sugar	3t pectin 4t calcium water	<b>4-5</b>
<b>Light &amp; Fresh Orange Marmalade</b> (Other citrus can be used in place of the orange and grapefruit.)	Peel, seed, remove membrane, finely chop ½ grapefruit and 4 oranges. Scrape the white, then thinly slice the peel from 2 oranges. Bring fruit to boil with 3C water or juice. Simmer covered 20 min. stirring occasionally.	6C cooked fruit 3T lemon or lime juice 1C to 1½C honey or 2C to 3C sugar	4½t pectin 3t calcium water	<b>7-8</b>
<b>Jelly or Jello (Unsweetened bottled juice can be used.)</b>				
<b>Sweet Apple*, Tart Apple, Crab Apple, Ripe Quince*</b>	Remove stems and blossom ends from 3 lbs. fruit. Do not peel or core. Cut in small pieces. Bring to boil with 3C water. Simmer covered 10 min; stir & mash; simmer 5 min. more. Pour into jelly bag. Let drip until juice stops.	4C juice *¼C lemon or lime juice ½C to 1C honey or ¾C to 2C sugar	4t pectin 4t calcium water	<b>4-5</b>
<b>Sweet Blackberry*, Sour Blackberry, Raspberry, Elderberry*, Strawberry, Sour Cherry, Currant, Pomegranate‡</b>	Mash raw fruit through fine sieve and collect juice. <b>Or</b> lightly mash fruit and simmer with a little water; pour simmered fruit into jelly bag and let drip until juice stops.	4C juice *¼C lemon or lime juice †4t lemon juice ½C to 1C honey or ¾C to 2C sugar	4t pectin 4t calcium water	<b>4-5</b>
<b>Concord Grape, Sweet Grape*, Sour Plum, Sweet Plum*, Peach*</b>	Remove stems & mash 4 lbs fruit. Bring to boil with ½C water (grape) or 1¼C water (plum, peach). Simmer covered 10 min. Pour into jelly bag. Let drip until juice stops. To avoid <b>crystals</b> , Concord grape juice must sit overnight in refrigerator. Pour off juice; don't disturb sediment.	4C juice *¼C lemon or lime juice ½C to 1C honey or ¾C to 2C sugar	4t pectin 4t calcium water	<b>4-5</b>
<b>Hot Pepper</b>	Bring 1C finely chopped bell peppers, ½C finely chopped jalapeño peppers, and 1½C vinegar to a boil. Simmer covered 5 min.	Simmered peppers and vinegar 1½C honey or 2½C sugar <b>Stir pectin</b> into ½C honey or ½C sugar. <b>Add remaining</b> sweetener after pectin is dissolved. (step 5)	1½t pectin 2t calcium water	<b>3-4</b>

\* e.g., Xylitol, Sucanat, cup-for-cup Stevia, Splenda, Fructose, Agave, Maple Syrup, Concentrated Fruit Sweetener

## Directions for Cooked Jam, Jelly, Jello – Stevia Concentrate or No Sweetener

Follow **Cooked Directions** (other side) for Steps 1, 2 & 3.

- For jam:** bring ¾C water or juice to boil. **For jelly or jello:** bring 1C of your measured juice to boil. Put in blender/food processor. **Add** proper amount of **pectin powder**; vent lid; **blend** 1-2 min. until all powder is dissolved.
- Bring your 4C mashed fruit or 3C juice to **boil**. **Add** pectin-water or pectin-juice and stevia to taste (if using). Stir while mixture returns to full boil. Remove from heat.
- For jam & jelly:** same as other side. **For jello:** pour hot jello into serving bowl or individual dishes. Let cool. Refrigerate until jelled.

**Recipes:** See other side. Omit sugar or honey.

## DEVELOPING YOUR OWN RECIPES

### Cooked Jam or Jelly

Fruit = mashed fruit or juice

Pectin: ½t to ¾t per C mashed fruit for Jam

Pectin: ¾t to 1t per C juice for Jelly

Calcium Water: ½t to 1t per C fruit

Lemon Juice: for low-acid fruits, 1T per C fruit

Sugar: scant ¼C to ½C per C fruit

Honey: 2T to ¼C per C fruit



### HELPFUL HINTS

- To stop foaming**, add ½t butter per 4C batch.
- Taste test for sweetness after pectin is dissolved in mixture. **Not sweet enough?** Add more sweetener. Stir 1 min. at full boil.
- Pectin only dissolves properly in a low-sweetener mixture.** For higher sweetener recipes, stir pectin into low sweetener (no more than ½ the amount of mashed fruit or juice); add remaining sweetener after pectin is dissolved.
- If, after jars are sealed, you discover you need to add sweetener, lemon juice, calcium water, fruit, or juice,** you can empty jars into a pan with new ingredients. Bring mixture to a full boil, stir well 1 min. & re-can.
- Pectin jells when thoroughly **cool**. If jam or jelly **didn't jell**, go to [www.pomonapectin.com/jell](http://www.pomonapectin.com/jell) to find solutions.
- Color changes** over time do not affect flavor or quality.
- For a softer jell**, use less pectin.
- Cannot be safely sealed with paraffin.



## Directions for Cooked Jam & Jelly – Juice Concentrate – Blender/Food Processor Required

© 2016 Workstead Industries

- Wash and rinse jars;** let stand in hot water. Bring lids to simmer; turn off heat; let stand in hot water. Wash screw bands.
- Prepare fruit or juice. Measure** fruit or juice into pan with lemon or lime juice (if called for in recipe). **Do not add** 1C juice concentrate (or 1C apple cider).
- Add** proper amount of **calcium water** from jar into pan; stir well.
- Bring **1C** concentrate (or 1C apple cider for cider jelly) to a **boil** separately. Put in blender/food processor. **Add** proper amount of **pectin powder**; **vent lid**; blend 1-2 min. until all powder is dissolved.
- Bring fruit in pan to a **full boil**. **Add** pectin-concentrate (or pectin-cider). Stir 1 min. while mixture returns to full boil. Remove from heat.
- Fill** jars to ¼" of top. Wipe rims clean. Screw on 2-piece lids. Put

filled **jars** in boiling water to cover. **Boil** 10 min. (add 1 min. more for every 1,000 ft. above sea level). Remove from water. Let jars **cool**. **Check** seals; lids should be sucked down. Eat within 1 year. Lasts 3 weeks once opened & refrigerated.

## Recipes for Cooked Jam & Jelly – Juice Concentrate

Recipes can be doubled, tripled, halved, or quartered. T=tablespoon, t=teaspoon, C=cup

Jam or Jelly	How to Prepare Washed Fruit	Measured Ingredients	Pectin Calcium Water	Yield (cups)
<b>Strawberry, Raspberry, Kiwi, Apple* Sweet Blackberry*, Blueberry* Concord Grape, Sweet Grape*</b>	<b>Jam:</b> Remove hulls, stems, cores, seeds, skin as required; mash fruit or simmer with a little water. <b>Jelly:</b> See other side for juice instructions.	3C mashed or simmered fruit or juice *¼C lemon or lime juice 1C juice concentrate (white grape, apple)	<b>Jam:</b> 2t pectin <b>Jelly:</b> 4t pectin <b>Jam &amp; Jelly:</b> 2t calcium water	<b>4</b>
<b>Peach, Nectarine, Apricot Sweet Cherry, Sweet Plum Pear, Mango, Guava</b>	<b>Jam:</b> Pit, chop, and mash <b>or</b> peel, pit, and mash fruit. For firm fruit, simmer with a little water. <b>Jelly:</b> See other side for juice instructions.	3C mashed or simmered fruit or juice ¼C lemon or lime juice 1C juice concentrate (white grape, apple)	<b>Jam:</b> 3t pectin <b>Jelly:</b> 4t pectin <b>Jam &amp; Jelly:</b> 4t calcium water	<b>4</b>
<b>Apple Cider</b>	<b>Jelly:</b> Boil 8C apple cider down to 4C.	4C boiled down cider 1C apple cider	4t pectin 4t calcium water	<b>5</b>

## Directions for Freezer Jam – Blender/Food Processor Required

- Wash and rinse** freezer containers. lemon or lime juice (if called for in recipe).
- Prepare fruit. Measure** fruit into large bowl with
- Measure** sweetener; **add** to fruit; stir well.
- Bring ¾C water to a **boil**. Put in blender/food processor. **Add** proper amount of **pectin powder**; **vent lid**; blend 1-2 min. until all powder is dissolved.
- Add hot liquid pectin** to fruit; stir until well mixed. 1t calcium water at a time until jam jells. Stop adding calcium water when no improvement in jell is seen. See **Note** below.
- Add** 4t calcium water from jar; stir well. Jell should **appear**. If not, stir in
- Fill** containers to ½" of top. Put on lids. **Store** in freezer **immediately** for up to 1 year. Keep in refrigerator after thawing. Lasts about 1 week in refrigerator.

**Note:** Some fruits may not jell well as raw jam. Put runny jam in pan, bring to boil & stir 1-2 min. Jells when cool. Store cooled jam in freezer. Lasts 2-3 weeks in refrigerator.

## Recipes for Freezer Jam

Any sweetener can be used. See website FAQs for doubling. T=tablespoon, t=teaspoon, C=cup.

Jam	How to Prepare Washed Fruit	Measured Ingredients	Pectin Calcium Water	Yield (cups)
<b>Strawberry, Blueberry, Raspberry Sour Cherry, Sweet Cherry, Pear Kiwi, Blackberry, Plum</b>	Remove hulls, stems, pits, skin as required; mash or grind room temperature fruit.	4C mashed fruit ¼C lemon or lime juice (optional) ½C to 1C honey or ¾C to 2C sugar ¾C water - for dissolving pectin	3t pectin 4t calcium water plus more if needed	<b>5-6</b>
<b>Peach, Apricot, Nectarine</b>	Pit, chop, and mash <b>or</b> peel, pit, and mash fruit. Bring to boil in pan. Boil for 2 min. while stirring. Let cool in bowl.	4C mashed, boiled, cooled fruit ¼C lemon or lime juice ½C to 1C honey or ¾C to 2C sugar ¾C water - for dissolving pectin	4t pectin 4t calcium water plus more if needed	<b>5-6</b>

