

CONGRATULATIONS! You have just purchased the 100% pure citrus pectin that is the most versatile pectin available; **POMONA'S UNIVERSAL PECTIN.**

Use our suggested recipes (feel free to double and triple them) but don't be afraid to experiment and develop your own recipes.

In the box you will find 2 packets:

Pectin 8-9 t tan powder	Calcium (Monocalcium Phosphate) Helps Activate Pectin 1/2-1 t white powder
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t=teaspoon, T=tablespoon, C=cup, 3t=1T, 4T=1/4C, 1t pectin=1T gelatin (jelled pies)

Our **JAMLINE** is available to answer questions, help with developing or converting recipes, and hear comments.

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

 **WRITE:** Workstead Industries
 P.O. Box 1083
 Greenfield, MA 01302

 **www.pomonapectin.com**
 Additional recipes posted
 or send SASE and 25¢.

 Directions printed on recycled paper.
 Box made from recycled cardboard.

Kosher manufactured. Keeps indefinitely.
 Store cool and dry.


Before you start jamming: 

MAKE CALCIUM WATER

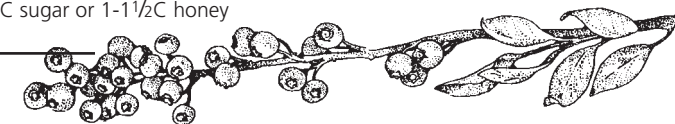
- Put 1/2t white calcium powder and 1/2C water in a small, clear jar with lid.
- Store in refrigerator between uses. Lasts a number of months—discard if settled white powder discolors or you see mold.
- Shake well before using.

Cooked Recipes – Low Sugar or Honey

(Other dry* and liquid sweeteners can be substituted for the sugar or honey. See other side for some artificial sweeteners♦ and juice concentrate.)

Jam	How to Prepare Washed Fruit	Measured Ingredients	Pectin Calcium Water	Yield (cups)	
Strawberry, Kiwi, Currant, Raspberry, Gooseberry, Sour Blackberry, Sour Cherry, Sour Plum, Pineapple	Remove hulls, stems, pits, skin as required; mash fruit.		4C mashed fruit 1/2-1C honey or 3/4-2C sugar	2t Pectin powder 2t calcium water	4-5
Blueberry, Sweet Blackberry, Mulberry	Remove stems; mash berries.		4C mashed berries 1/4C lemon or lime juice 1/2-1C honey or 3/4-2C sugar	2t Pectin powder 2t calcium water	4-5
Sweet Cherry, Pear, Mango, Peach, Fig, Apricot, Sweet Plum	Pit, chop and mash or peel, pit and mash fruit. Measure 4C mashed fruit. Optional: to soften firm fruit, bring to boil with 1/2C water, simmer 5 min. stirring occasionally.	4C mashed or simmered fruit 1/4C lemon or lime juice 1/2-1C honey or 3/4-2C sugar	3t Pectin powder 4t calcium water	5	
Orange Marmalade (other citrus can be used in place of the orange and grapefruit)	Peel, seed, remove membrane, finely chop 1/2 grapefruit and 4 oranges. Scrape the white, then thinly slice the peel from 2 oranges. Bring fruit to boil with 3C water. Simmer covered 20 min. stirring occasionally.	6C cooked fruit 3T lemon or lime juice 2-3C sugar or 1-1 1/2C honey	4 1/2t Pectin powder 3t calcium water	7	

HELPFUL HINT: Always stir Pectin into an amount of sweetener that is no more than 1/2 the amount of mashed fruit or juice. Add any remaining sweetener after Pectin is dissolved. (step 5)

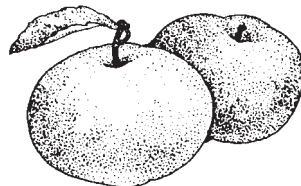


Jelly

Sweet Apple*, Tart Apple, Crab Apple, Ripe Quince*	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 and mash; simmer 5 min. more. Pour into jelly bag. Let drip until juice stops.	4C juice *1/4C lemon or lime juice 1/2-1 1/3C honey or 3/4-2C sugar	4t Pectin powder 4t calcium water	4-5
Sweet Blackberry*, Sour Blackberry, Raspberry, Pomegranate†, Currant	Mash raw fruit through fine sieve and collect juice. OR lightly mash fruit and simmer with a little water; pour simmered fruit into jelly bag and let drip until juice stops.	4C juice *1/4C lemon or lime juice +4t lemon juice 1/2-1C honey or 3/4-2C sugar	4t Pectin powder 4t calcium water	4-5
Concord Grape, Sweet Grape*	Remove stems & mash 3 1/2 lbs. grapes. Bring to boil with 1/2C water. Simmer covered 10 min. Pour into jelly bag. Let drip until juice stops. To avoid crystals, concord grape juice must sit overnight in refrigerator; pour off juice, don't disturb sediment.	4C juice *1/4C lemon or lime juice 1/2-1C honey or 3/4-2C sugar	4t Pectin powder 4t calcium water	4-5
Hot Pepper	Bring 1C finely chopped bell peppers, 1/3C finely chopped jalapeno peppers and 1 1/3C vinegar to a boil. Simmer covered 5 min.	Simmered peppers and vinegar 1 1/2C honey or 2 1/3C sugar Stir Pectin into 1/2C honey or 1/2C sugar. Add remaining honey or sugar after Pectin is dissolved. (step 5)	1 1/2t Pectin powder 2t calcium water	3-4

Cooked Directions (Low Sugar or Honey)

- Wash and rinse** jars; let stand in hot water. Bring lids and rings to boil; turn down heat; **let stand in hot water.**
- Prepare** fruit or juice. **Measure** fruit or juice into pan with lemon or lime juice (if called for in recipe).
- Add** proper amount of **calcium water** from jar into pan; stir well.
- Measure** sugar or cold/room temperature honey into separate bowl. Thoroughly **mix** proper amount of **Pectin powder** into honey or sugar.
- Bring fruit or juice to **boil**. **Add** pectin-honey or pectin-sugar; stir vigorously 1-2 min. while cooking to **dissolve** pectin. Return to boil and remove from heat.



Pectin completes its jell when thoroughly cool. Cannot be safely sealed with paraffin. Color changes over time do not affect flavor or quality.

*e.g., Splenda, fructose, sucanat, xylitol ♦ including stevia

- Fill** jars to 1/4" 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. Lasts about 3 weeks once opened.

Cooked Jam or Jelly using artificial sweetener that DOES NOT measure like sugar

SUGAR SUBSTITUTE: use an amount equal in sweetness to sugar in cooked recipe you are following.

Cooked Directions with artificial sweetener
(see other side)

1. Same
2. Same
3. Same
4. Bring $\frac{3}{4}$ C water to **boil**. Put in blender/food processor. **Add** proper amount of **Pectin powder**; vent lid, blend 1-2 min. until all powder is dissolved.
5. Bring fruit or juice to **boil**. **Add** pectin-water; stir well. **Add** sugar substitute that can be cooked; stir well. Return to boil and remove from heat. **Add** sugar substitute that cannot be cooked; stir well.
6. Same

Sugarfree jello

1. Put 4C of your favorite fruit juice into a pan.
2. Add 4t calcium water; stir well.
3. Bring juice to a boil.
4. Put 1C boiling juice in blender/food processor. Add 4t pectin powder; vent lid, blend 1-2 min. until all powder is dissolved.
5. Add pectin-juice to pan of hot juice; stir well.
6. Pour hot jello into serving bowl or individual dishes. Let cool down.
7. Refrigerate until well jelled.



DEVELOPING YOUR OWN RECIPES

Cooked Jam (low sugar or honey)

fruit=mashed fruit
 PECTIN: use about $\frac{1}{2}$ - $\frac{3}{4}$ t per C fruit.
 LEMON JUICE: for low acid fruits, use 1T per C fruit.
 SUGAR: use $\frac{1}{4}$ - $\frac{1}{2}$ C sugar per C fruit.
 HONEY: use $\frac{1}{8}$ - $\frac{1}{3}$ C honey per C fruit.
 CALCIUM WATER: use 1t per C fruit.

Cooked Jelly (low sugar or honey)

PECTIN: use about $\frac{3}{4}$ -1t per C juice.
 LEMON JUICE, SUGAR, HONEY, CALCIUM WATER: same as above.

HELPFUL HINTS: (when developing recipes)

1. Make a 1C Test Batch to check jelling and sweetness.
2. If 1C Test Batch
 - does not jell enough: reheat to boiling; add $\frac{1}{4}$ t Pectin stirred into $1\frac{1}{4}$ t sugar or honey. Stir well.
 - jells too much; reheat to boiling; add $\frac{1}{2}$ C mashed fruit or $\frac{1}{4}$ C juice. Stir well.
 - isn't sweet enough; reheat to boiling; add more sugar or honey. Stir well.
 - forms cloudy gelatinous blobs when calcium is added; add calcium after step 2.
3. If mixture foams, add $\frac{1}{2}$ t butter or margarine per batch.

No-Cook Freezer Recipes – Blender/Food Processor Required

(other dry and liquid sweeteners, including any artificial sweetener, can be substituted for the sugar or honey)

Jam	How to Prepare Washed Fruit	Measured Ingredients	Pectin Calcium Water	Yield (cups)
Strawberry, Blueberry, Raspberry Sour Cherry, Sweet Cherry Pear, Kiwi, Blackberry, Plum	Remove hulls, stems, pits, skin as required; mash or grind room temperature fruit.	4C mashed fruit $\frac{1}{4}$ C lemon or lime juice (optional) $\frac{1}{2}$ -1C honey or $\frac{3}{4}$ -2C sugar $\frac{3}{4}$ C water	3t Pectin powder 4-12t calcium water	5-6
Some fruits may not jell well as a raw jam. If not; put runny jam in pan, bring to boil and stir 1-2 min. Jells when cool. Store cooled jam in freezer. Lasts 2-3 weeks in refrigerator.				
Peach, Apricot	Pit, chop and mash or 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 $\frac{1}{4}$ C lemon juice $\frac{1}{2}$ -1C honey or $\frac{3}{4}$ -2C sugar $\frac{3}{4}$ C water	4t Pectin powder 4-12t calcium water	6

No-Cook Freezer Directions

1. **Wash and rinse** air tight 8 oz. containers.
2. **Prepare** fruit. **Measure** fruit into large bowl with lemon or lime juice (if called for in recipe).
3. **Measure** sugar or honey or sugar substitute. **Add** to fruit; stir well.
4. Bring **water** to a **boil**. Put in blender/food processor. **Add** proper amount of **Pectin powder, vent lid** and blend 1-2 min. until all powder is dissolved.
5. **Add hot** liquid **Pectin** to fruit; stir until well mixed.
6. **Add** 4t calcium water from jar; stir well. Jell should appear. If not, continue adding 1t calcium water and stirring well until jell appears. Jell may be softer than cooked jam.
7. **Fill** containers to within $\frac{1}{2}$ " of top. Put on lids. **Store** in freezer immediately. Keep in refrigerator to eat and after thawing. Lasts about 1 week in refrigerator.

Cooked "All Fruit" Recipes – Blender/Food Processor Required

Jam	How to Prepare Washed Fruit	Measured Ingredients	Pectin Calcium Water	Yield (cups)
Sweet Blackberry*, Blueberry* Kiwi, Raspberry, Strawberry	Remove hulls, stems, skin as required; mash fruit.	3C mashed fruit $\frac{1}{4}$ C lemon or lime juice 1C juice concentrate (white grape, apple)	2t Pectin powder 2t calcium water	4
Peach, Sweet Cherry, Sweet Plum Apricot, Mango, Fig, Pear	Pit, chop and mash or peel, pit and mash fruit.	3C mashed fruit $\frac{1}{4}$ C lemon or lime juice 1C juice concentrate (white grape, apple)	3t Pectin powder 4t calcium water	4
Jelly				
Apple Cider	Boil 8C apple cider down to 4C.	4C boiled down cider 1C apple cider	4t Pectin powder 4t calcium water	5



Cooked "All Fruit" Directions

1. **Wash and rinse** jars; let stand in hot water. Bring lids and rings to boil; turn down heat; **let stand in hot water.**
2. **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).
3. **Add** proper amount of **calcium water** from jar into pan; stir well.
4. Bring **1C** concentrate (or 1C apple cider for cider jelly) to a **boil** separately.
5. Put in blender/ food processor. **Add** proper amount of **Pectin powder, vent lid**; blend 1-2 min. until all powder is dissolved.
5. Bring fruit in pan to a **boil**. **Add** pectin-concentrate (or pectin-cider); stir 1 min. while cooking. Return to boil and remove from heat.
6. **Fill** jars to $\frac{1}{4}$ " 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. Lasts about 3 weeks once opened.

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