

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 to watch our video with step-by-step instructions; read our FAQs; find more recipes; buy in bulk.

Email: info@pomonapectin.com

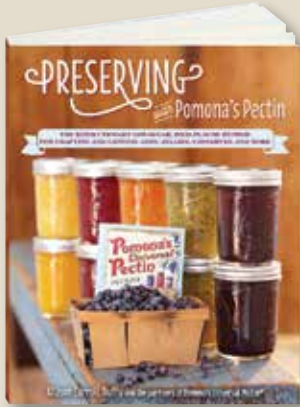
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Keeps indefinitely. Store cool, dry & air-tight.
Kosher manufactured. Vegan. Gluten-free. Non-GMO.

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.
- 5. 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)
Strawberry, Kiwi, Currant, Raspberry Gooseberry, Sour Blackberry Sour Cherry, Sour Plum, Pineapple	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	4-5
Blueberry, Sweet Blackberry Mulberry, Elderberry Ripe Quince, Apple	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	4-5
Peach, Nectarine, Apricot Sweet Cherry, Sweet Plum Pear, Fig, Mango, Guava	Pit, chop, and mash or peel, pit, and mash fruit. Measure 4C mashed fruit. Optional: 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	4-5
Light & Fresh Orange Marmalade (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	7-8
Jelly or Jello (Unsweetened bottled juice can be used.)				
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 & 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	4-5
Sweet Blackberry*, Sour Blackberry Raspberry, Elderberry*, Strawberry Sour Cherry, Currant, Pomegranate†	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 *¼C lemon or lime juice †4t lemon juice ½C to 1C honey or ¾C to 2C sugar	4t pectin 4t calcium water	4-5
Concord Grape Sweet Grape* Sour Plum, Sweet Plum* Peach*	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 crystals , 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	4-5
Hot Pepper	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 Stir pectin into ½C honey or ½C sugar. Add remaining sweetener after pectin is dissolved. (step 5)	1½t pectin 2t calcium water	3-4

* 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.

- 4. 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.
- 5. 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.
- 6. 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

- 1. To stop foaming, add ½t butter per 4C batch.
- 2. Taste test for sweetness after pectin is dissolved in mixture. Not sweet enough? Add more sweetener. Stir 1 min. at full boil.
- 3. 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.
- 4. 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.
- 5. Pectin jells when thoroughly cool. If jam or jelly didn't jell, go to www.pomonapectin.com/jell to find solutions.
- 6. Color changes over time do not affect flavor or quality.
- 7. For a softer jell, use less pectin.
- 8. Cannot be safely sealed with paraffin.



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

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- 1. Wash and rinse jars; let stand in hot water. Bring lids to simmer; turn off heat; let stand in hot water. Wash screw bands.
- 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. 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 full boil. Add pectin-concentrate (or pectin-cider). Stir 1 min. while mixture returns to full boil. Remove from heat.
- 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 – 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)
Strawberry, Raspberry, Kiwi, Apple* Sweet Blackberry*, Blueberry* Concord Grape, Sweet Grape*	Jam: Remove hulls, stems, cores, seeds, skin as required; mash fruit or simmer with a little water. Jelly: See other side for juice instructions.	3C mashed or simmered fruit or juice *¼C lemon or lime juice 1C juice concentrate (white grape, apple)	Jam: 2t pectin Jelly: 4t pectin Jam & Jelly: 2t calcium water	4
Peach, Nectarine, Apricot Sweet Cherry, Sweet Plum Pear, Fig, Mango, Guava	Jam: Pit, chop, and mash or peel, pit, and mash fruit. For firm fruit, simmer with a little water. Jelly: See other side for juice instructions.	3C mashed or simmered fruit or juice ¼C lemon or lime juice 1C juice concentrate (white grape, apple)	Jam: 3t pectin Jelly: 4t pectin Jam & Jelly: 4t calcium water	4
Apple Cider	Jelly: Boil 8C apple cider down to 4C.	4C boiled down cider 1C apple cider	4t pectin 4t calcium water	5

Directions for Freezer Jam – Blender/Food Processor Required

- 1. Wash and rinse freezer containers.
- 2. Prepare fruit. Measure fruit into large bowl with
- 3. Measure sweetener; add to fruit; stir well.
- 4. 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.
- 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, stir in
- 7. 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.) T=tablespoon, t=teaspoon, C=cup

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 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	5-6
Peach, Apricot, Nectarine	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 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	5-6

