**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 boil; 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 ¾” 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.

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### 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

<table>
<thead>
<tr>
<th>Jam</th>
<th>How to Prepare Washed Fruit</th>
<th>Measured Ingredients</th>
<th>Pectin Water</th>
<th>Yield (cups)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strawberry, Kiwi, Currant</td>
<td>Remove hulls, stems, pits, skin as required; mash fruit.</td>
<td>4C mashed fruit 1¼C to 1½C honey or 1¼C to 2C sugar</td>
<td>2t pectin 2t calcium water</td>
<td>4-5</td>
</tr>
<tr>
<td>Gooseberry, Sour Blackberry</td>
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<tr>
<td>Sour Cherry, Sour Plum, Pineapple</td>
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<tr>
<td>Blueberry, Blackberry</td>
<td>Berries: remove stems, mash fruit. Quince: peel, core, grind 3 lbs. Simmer covered with 3C water for 15 min. Apple: peel, core &amp; simmer soft with a little water.</td>
<td>4C mashed or simmered fruit 1¼C lemon or lime juice 1½C to 1½C honey or 1¾C to 2C sugar</td>
<td>2t pectin 2t calcium water</td>
<td>4-5</td>
</tr>
<tr>
<td>Mulberry, Elderberry</td>
<td></td>
<td></td>
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<tr>
<td>Ripe Quince, Apple</td>
<td></td>
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<tr>
<td>Sweet Cherry, Sweet Plum</td>
<td>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.</td>
<td>4C mashed or simmered fruit 1¼C lemon or lime juice 1½C to 1½C honey or 1¾C to 2C sugar</td>
<td>3t pectin 4t calcium water</td>
<td>4-5</td>
</tr>
<tr>
<td>Peach, Apricot, Pear</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Fig, Mango, Guava</td>
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<tr>
<td>Orange Marmalade</td>
<td>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. Simmer covered 20 min. stirring occasionally.</td>
<td>6C cooked fruit 3t lemon or lime juice 1C to 1½C honey or 2C to 3C sugar</td>
<td>4½t pectin 3t calcium water</td>
<td>7-8</td>
</tr>
</tbody>
</table>

#### 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.

<table>
<thead>
<tr>
<th>Jelly or Jello</th>
<th>Measured Ingredients</th>
<th>Pectin Water</th>
<th>Yield (cups)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sweet Blackberry*, Sour Blackberry Elderberry*, Strawberry, Sour Cherry, Currant, Pomegranate*</td>
<td>4C juice 1¼C lemon or lime juice 1½C to 1½C honey or 1¾C to 2C sugar</td>
<td>4t pectin 4t calcium water</td>
<td>4-5</td>
</tr>
<tr>
<td>Concord Grape Sweet Grape* Sour Plum, Sweet Plum* Peach*</td>
<td>4C juice 1¼C lemon or lime juice 1½C to 1½C honey or 1¾C to 2C sugar</td>
<td>4t pectin 4t calcium water</td>
<td>4-5</td>
</tr>
<tr>
<td>Hot Pepper</td>
<td>1C finely chopped bell peppers, 1¼C finely chopped jalapeño peppers, and 1½C vinegar to a boil. Simmer covered 5 min.</td>
<td>Simmered peppers and vinegar 1½C honey or 2½C sugar</td>
<td>2t calcium water</td>
</tr>
</tbody>
</table>

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

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**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 until settled white powder discolors or you see mold. Shake well before using.

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

**Email:** info@pomonapectin.com

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

Workstead Industries, PO Box 1083, Greenfield, MA 01302
**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 1/4 C water to a 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.

**HELPFUL HINTS**

- Honey: 2T to 4T to replace sugar. 
- Calcium Water: 1t per C of fruit. 
- Pectin: 3/4t to 1t per C of juice for jelly. 
- Pectin: 1/2t to 3/4t per C of mashed fruit for jam. 

**Fruit = mashed fruit or juice**

**DEVELOPING YOUR OWN RECIPES**

**Cooked Jam or Jelly**

Fruit = mashed fruit or juice 

Pectin: 1/3 to 1/2 per C of mashed fruit for jam. 
Pectin: 3/4t to 1t per C of juice for jelly. 

Concave Water: 1t per C of fruit

Lemon Juice: for low-acid fruits; 1t per C of fruit. 
Sugar: scant 1/4C to 1/3C per C of fruit. 
Rum: 2C to 4C per C of fruit.

**Recipes for Cooked Jam & Jelly – Juice Concentrate**

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

1. Wash and rinse jars; let stand in hot water. Bring lids to boil; 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). 

3. Add proper amount of calcium water from jar into pan; stir well. 

4. 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 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 1/4" of top. Wipe rims clean. Screw on 2-piece lids. 

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

1. Wash and rinse freezer containers. 

2. Prepare fruit. Measure fruit into large bowl with lemon or lime juice (if called for in recipe). 

3. Measure sweetener; add to fruit; stir well. 

4. Bring 1C 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 1t calcium water at a time until jell. Stop adding calcium water when no improvement in jell is seen. See Note below. 

7. Fill containers to 1/2" 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.

**Recipes for Freezer Jam**

(Any sweetener can be used.) T = tablespoon, t = teaspoon, C = cup

- **Jam**
  - Strawberry, Blueberry, Raspberry
  - Sour Cherry, Sweet Cherry, Pear
  - Kiwi, Blackberry, Plum

- **Mixture**
  - 4C mashed fruit
  - 1/4C lemon or lime juice (optional)
  - 1/2 to 1C honey or sugar to 2C sugar
  - 1/4C water - for dissolving pectin

- **Measured Ingredients**
  - 3t pectin
  - 4t calcium water plus more if needed

- **Yield (cups)**
  - 5-6

**Note:** 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 cooked jam in freezer. Lasts 2-3 weeks in refrigerator.

- **Jelly**
  - 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.

- **Mixture**
  - 4C mashed, boiled, cooked fruit
  - 1/4C lemon or lime juice
  - 1/2 to 1C honey or 2C sugar
  - 1/4C water - for dissolving pectin

- **Measured Ingredients**
  - 4t pectin
  - 4t calcium water plus more if needed

- **Yield (cups)**
  - 5-6

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