Canning Supplies for Jam and Jelly Making

Pectin
Pectin in a non-digestible carbohydrate naturally found in the peel of many fruits that thickens jams and jellies. There are two types of pectin: **regular** (high-methoxyl pectin) and **special** (low-methoxyl pectin). Regular pectin is generally made from apple peel or from the white inner skin of citrus fruit. **This type of pectin works with sugar and acid to form a gel.** A low-sugar variety of regular pectin is also available. **Low-methoxyl pectin** is extracted from the inner rinds of limes and lemons and is chemically different from regular pectin in that it **uses a calcium solution, rather than sugar, to form a gel.** I could find only one type of low-methoxyl or ‘no sugar’ pectin—Pomona Universal Pectin.

**Please note:** ‘no sugar needed’ pectin is not necessarily the same thing as low-methoxyl pectin. The box of **Ball Fruit Jell No Sugar Needed Pectin** that I have at my desk lists the following ingredients: dextrose, pectin, locust bean gum, xanthan gum. Dextrose is the same thing as glucose, a monosaccharide (sugar); the other ingredients are all indigestible carbohydrates and aid in gel formation (pectin, locust bean gum, xanthan gum). Use liquid pectin (CERTO) if you want to avoid all added sugar from a regular pectin.

**Sources of pectin**:  
- **Ball/Kerr** Home Canning - 1 (800) 240-3340  
  Regular and ‘no sugar needed’ pectin products are widely available during the canning season.
- **Mrs. Wages** Regular and Lite Home Jell Fruit Pectin® - - Precision Foods (St Louis, MO).  
  1 (800) 647-8170. Available at many grocery or hardware stores during the canning season, or can be ordered by calling Precision Foods. The ‘lite’ pectin is a reduced sugar product.
- **Kitchen Krafts** www.kitchenkrafts.com/ or 1-800-776-0575 
  IN1511 Regular Gel-Ez pectin mix, 1 lb. $9.25 (also available in 10 and 50 lb. bags) 
  IN1521 Lite Gel-Ez pectin mix, 1 lb. $13.25 (also available in 10 lb. bags) 
- **Pomona’s Universal Pectin®** - - May be found in some grocery stores or natural foods markets, or can be ordered by mail - send checks or money orders to: 
  Workstead Industries 
  P.O. Box 1083 
  Greenfield, MA 01302 
  1 (413) 772-6816 
  Recipes and other details can be found online: [http://www.pomonapectin.com/recipes.html](http://www.pomonapectin.com/recipes.html)

**Note:** most bulk pectin is used in the following ratio: 1/3 Cup bulk pectin to substitute for 1 box of powdered pectin. Follow manufacturer’s directions/recipes where provided.

Citric Acid
Acid, in the form of bottled lemon juice, citric acid, or vinegar is added to ensure safety of home-canned tomato products. In many cases citric acid may be preferred because it has less impact on flavor than bottle lemon juice. Citric acid is sold in 5 ounce containers, sufficient for 50 quarts of tomatoes.

- **Kitchen Krafts** [http://www.kitchenkrafts.com/](http://www.kitchenkrafts.com/) or 1-800-776-0575 
  IN0002 Citric Acid, 5 oz. $2.80
- **Canning Pantry.com** [http://www.canningpantry.com/citric-acid.html](http://www.canningpantry.com/citric-acid.html) 
  Citric Acid, 5 oz. $2.97
- **Mrs. Wages** [http://store.yahoo.com/mrswages/mrswagcitac.html](http://store.yahoo.com/mrswages/mrswagcitac.html) - 1 (800) 647-8170.. 
  W507 Citric Acid, 5 oz. $3.05

ClearJel®
ClearJel® is a specially modified starch that is perfect for making pie filling since it will not break down under the heat of a water bath process. Regular corn starch and flour are not recommended for home canning. Suppliers of ClearJel are:

- **Kitchen Krafts** [www.kitchenkrafts.com/](http://www.kitchenkrafts.com/) or 1-800-776-0575 
  IN0900 ClearGel 1 pound, $3.00
- **Sweet Celebrations** [http://www.sweetc.com/](http://www.sweetc.com/) or 1-800-328-6722 
  83798; 1 pound, $4.19 or 5 pounds, $19.99

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