



Canning Supplies for Jam and Jelly Making

Pectin

Pectin is 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>

**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/> or 1-800-776-0575
IN0002 Citric Acid, 5 oz. \$2.80
- **Canning Pantry.com** <http://www.canningpantry.com/citric-acid.html>
Citric Acid, 5 oz. \$2.97
- **Mrs. Wages** <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/ or 1-800-776-0575
IN0900 ClearGel 1 pound, \$3.00
- **Sweet Celebrations** <http://www.sweetc.com/> or 1-800-328-6722
83798; 1 pound, \$4.19 or 5 pounds, \$19.99