PECTIN FACTS

REGULAR PECTIN PRODUCTS (Powdered and Liquid)
- Do not reduce sugar
- Processing in a boiling water canner is recommended
- Measure accurately
- Follow cooking instructions
- Best to use ½ pint or pint jars (Larger jars may not set up because they cool too slowly.)
- Do not double recipe
- Use ripe fruit

Powdered Pectin Products (Usually made from citrus fruit)
- Sure-Jel Pectin - cooked/freezer, Kraft General Foods, 1-800-437-3284, 6:00 a.m. - 4:00 p.m. PDT
- MCP Pectin - cooked/freezer, Kraft General Foods, 1-800-437-3284, 6:00 a.m. - 4:00 p.m. PDT
- Home-Jell Fruit Pectin - Mrs Wages - mail order only, 1-800-647-8170, 6:00 a.m. - 3:00 p.m. PDT
- Ball 100% Natural Fruit Gel Pectin, Jarden Home Brands, Consumer Affairs Dept., PO Box 3729, Muncie, IN 47307-0729, 1-800-240-3340

Liquid Pectin (Made from apples)
- Certo - cooked/freezer, Kraft General Foods, 1-800-437-3284, 6:00 a.m. - 4:00 p.m. PDT. Be sure to observe expiration date. (Using expired dated pectin packages often results in runny products, refrigeration helps maintain freshness.)
- Ball - cooked/freezer, Home Canner’s Helpline, 1-800-240-3340, M-F, 8:30 a.m. – 4:30 p.m. EDT. (Observe expiration date, refrigeration helps maintain freshness.)

LOW/NO SUGAR PECTIN PRODUCTS

Low-Methoxyl Pectin Products
- Are used for cooked jams/jellies usually
- Can be used for both low and no sugar products
- Can be sweetened with sucrose (table sugar), fructose or artificial sweetener, or natural juices like concentrated apple juice
- Do not freeze well
- Should be processed for longer term storage
- Should not be used for low acid preserves (such as jalapeno zucchini, or pumpkin)
- Have a shorter shelf life than regular jams or jellies
Mrs. Wages - Lite Home-Jell Fruit Pectin - Mail order only, 800-647-8170, 6:00 a.m. – 3:00 p.m. PDT

Ball 100% Natural Fruit Gel. No Sugar Needed Pectin - cooked, Jarden Home Brands, Consumer Affairs Dept., PO Box 3729, Muncie, IN 47307-0729, 800-240-3340.

Sure-Jel for Lower-No Sugar Recipes - cooked/freezer, Kraft General Foods, 1-800-437-3284, 6:00 am - 4:00 p.m. PDT. Modified regular pectin. Sets up with at least ¼ less sugar than regular pectin. Do not reduce sugar more than instructed. Now includes several recipes for using Splenda and concentrated grape or apple juice in place of sugar. These products will have a different texture and may take time to set up. Processing in boiling water canner recommended

Pomona Pectin - cooked (available at Health/Natural food stores/garden stores and some grocery stores). Has low-methoxyl pectin plus a packet of calcium included in box. Recipes are included. Can also use recipes in SP 50-765, “Low Sugar Fruit Spreads.”

OTHER REDUCED SUGAR PRODUCTS


Ball Fruit Jell, Freezer Jam Pectin - no cook. Uses ⅓ the sugar of regular freezer jam. Can also be made with sugar substitutes such as Splenda.

Kanten Flakes (agar) another form of seaweed thickener. Can be frozen, but not canned. Available at health food stores.

Clear-Jel - cooked. Modified food starch. Fruit spread has limited shelf life. Make small batches and store in refrigerator or freezer.

Web Sites:

Certo, Sure-Jel, MCP: www.kraftfoods.com

Ball and Kerr: www.freshpreserving.com

Mrs. Wages: www.mrswages.com

Source: OSU Extension Family Food Education Program
Slightly Revised by Nellie Oehler, OSU Extension Family and Community Development Faculty, May 2008

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