Low Sugar Strawberry Jam (Pomona's Universal Pectin)

Makes about 4-5 cups

Crushed strawberries (about 8 cups fresh)	4 cups
Calcium water	2 teaspoons (see step 4)
Pomona's Universal Pectin	2 teaspoons

½ cup up to 1 cup honey or ¾ cup up to 2 cups sugar

1. Wash hands with soap and water.

2. Clean and sanitize preparation area.

3. Gently rinse strawberries under cold running water.

4. Prepare calcium water: Combine ½ teaspoon calcium powder (in the small packet in your box of Pomona's pectin) with ½ cup water in a small, clear jar with a lid. Shake well. (Extra calcium water should be stored in the refrigerator for future use.)

5. Prepare canner, jars and lids

6. Wash, remove hulls, and crush strawberries. Measure fruit into saucepan. Add calcium water and mix well.

7. Measure sugar or room temperature honey into a bowl. Thoroughly mix pectin powder into sweetener. Set aside.

8. Bring fruit mixture to a full boil. Add pectin-sweetener mixture, stirring vigorously for 1 to 2 minutes to dissolve the pectin while the jam comes back up to a boil. Once jam returns to a full boil, remove it from the heat.

9. Fill hot jars to ¼-inch of tops. Wipe rims clean. Screw on two-piece lids. Process for 10 minutes in a water bath or steam canner.

10. Remove jars and place upright on a towel to cool completely. Let prepared jar stand at room temperature for 12 – 24 hours. Check seals by pressing centers of lids with finger. Lid is not sealed if lid springs back and refrigeration is necessary. Eat within 1 year. Lasts 3 weeks once opened.

NOTE: If you're not sure if your jam is sweet enough, taste it after the pectin is dissolved and jam has come back up to a boil. Not sweet enough? Add more sweetener and stir 1 minute at full boil.

Table 1. Recommended process time for **Strawberry Jam** in a boiling water or steam canner.				
		Process Time at Altitudes of		
Style of Pack	**Jar Size**	**0 - 1,000 ft**	**1,001 - 6,000 ft**	**Above 6,000 ft**
Hot	Half-pints or Pints	10 min	15 min	20

This recipe is adapted from Pomona's Universal Pectin package insert.

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