NOW YOUR FAVORITE JAMS 亚 JELLIES, CONSERVES 亚 PRESERVES CAN BE MADE WITH LITTLE OR NO SUGAR—AND ALL THE FLAVOR

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⊁ Pomona's is an all-natural, preservative-free pectin.

*Pomona's does not require sugar to jell, so jams and jellies can be made with less, little, or no sugar at all. Honey, maple syrup, and other sweeteners may also be substituted.

*Less cooking time is required than with traditional recipes, allowing you to create jams that are not only healthier and quicker to make, but filled with more fresh flavor!

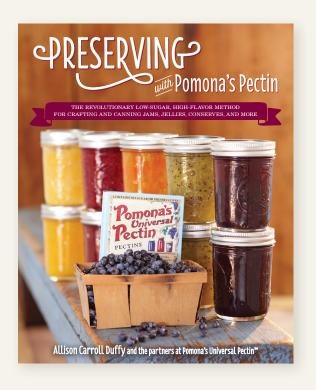
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About Allison Carroll Duffy

Allison Carroll Duffy is a Master Food Preserver, trained through the University of Maine Cooperative Extension. She holds a Master's degree in Gastronomy from Boston University and teaches canning and preserving classes and workshops. She has written about food for various publications including the *Boston Globe* and *Backpacker* magazine. http://www.canningcraft.com