

## Preserving Blueberries Recipes

### **Before you start:**

Please read The National Center for Home Food Preservation's "Using Boiling Water Canners" before beginning. If this is your first time canning, it is recommended that you read USDA's Complete Guide to Home Canning: Guide 1: Principles of Home Canning.

Processing times for the recipes that follow are found in this table. The elevation for our area is 0-1,000 ft.

**Table 1.** Recommended process time in a boiling water canner.

Style of Pack	Jar Size	Process Time at Altitudes of		
		0 - 1,000 ft	1,001 - 6,000 ft	Above 6,000 ft
Hot	Half-pints or Pints	5 min	10	15

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### **Berry Jams**

without added pectin

- 9 cups crushed berries
- 6 cups sugar

**Yield:** About 7 or 8 half-pint jars

**Procedure:** Sterilize canning jars. Wash berries before crushing. Combine berries and sugar. Bring slowly to a boil, stirring occasionally until sugar dissolves. Once sugar is dissolved, cook rapidly to , or almost to, the jelling point, depending upon whether a firm or soft jam is desired. As mixture thickens, stir frequently to prevent sticking. Remove from heat and fill hot jam into hot, sterile jars, leaving ¼-inch headspace. Wipe rims of jars with a dampened clean paper towel; adjust two-piece metal canning lids. Process in a Boiling Water Canner.

**NOTE:** If seedless jam is preferred, crushed berries may be heated until soft and pressed through a sieve or food mill; then add sugar and proceed as above.

### **Spiced Blueberry-Peach Jam**

without added pectin

- 4 cups chopped or ground peaches (about 4 pounds peaches)

- 4 cups blueberries (about 1 quart fresh blueberries or 2 ten-ounce packages of unsweetened frozen blueberries)
- 2 tablespoons lemon juice
- ½ cup water
- 5 ½ cups sugar
- ½ teaspoon salt
- 1 stick cinnamon
- ½ teaspoon whole cloves
- ¼ teaspoon whole allspice

**Yield:** About 6 or 7 half-pint jars

**Procedure:** Sterilize canning jars and prepare two-piece canning lids according to manufacturer's directions.

**To prepare fruit.** Sort and wash fully ripe peaches; peel and remove pits. Chop or grind peaches. Sort, wash, and remove any stems from fresh blueberries. Thaw frozen berries.

**To make jam.** Measure fruits into a kettle; add lemon juice and water. Cover, bring to a boil, and simmer for 10 minutes, stirring occasionally. Add sugar and salt; stir well. Add spices tied in cheesecloth. Boil rapidly, stirring constantly, to 9 degrees F. above the boiling point of water, or until the mixture thickens. Remove from heat; take out spices. Skim.

Fill hot jam immediately into hot, sterile jars, leaving ¼ inch headspace. Wipe rims of jars with a dampened clean paper towel; adjust two-piece metal canning lids. Process in a **Boiling Water Canner**.

### **Blueberry-Spice Jam** with powdered pectin

- 2-1/2 pints ripe blueberries
- 1 tbsp lemon juice
- 1/2 tsp ground nutmeg or cinnamon
- 5-1/2 cups sugar
- 3/4 cup water
- 1 box (1-3/4 oz) powdered pectin

**Yield:** About 5 half-pints

**Procedure:** Wash and thoroughly crush blueberries, one layer at a time, in a saucepan. Add lemon juice, spice, and water. Stir in the pectin and bring mixture to a full, rolling boil over high heat, stirring frequently. Add the sugar and return to a full rolling boil. Boil hard for 1 minute, stirring constantly. Remove from heat, quickly skim off foam, and fill sterile jars, leaving 1/4-inch headspace. For more information on how to sterilize jars see "Sterilization of Empty Jars".

Adjust lids and process as recommended in Table 1.

## Uncooked Berry Jam (Freezer Jam)

with powdered pectin

- 2 cups crushed strawberries or blackberries (about 1 quart berries)
- 4 cups sugar
- 1 package powdered pectin
- 1 cup water

**Yield:** About 5 or 6 half-pint jars

**Procedure:** Sterilize canning jars and prepare two-piece canning lids according to manufacturer's directions.

**To prepare fruit.** Sort and wash fully ripe berries. Drain. Remove caps and stem; crush berries.

**To make jam.** Place prepared berries in a large mixing bowl. Add sugar, mix well, and let stand for 20 minutes, stirring occasionally. Dissolve pectin in water and boil for 1 minute. Add pectin solution to berry-and-sugar mixture; stir for 2 minutes.

Pour jam into freezer containers or canning jars, leaving ½ inch headspace at the top. Close covers on containers and let stand at room temperature for 24 hours.

**To store.** Store uncooked jams in refrigerator or freezer. They can be held up to 3 weeks in the refrigerator or up to a year in a freezer. Once a container is opened, jam should be stored in the refrigerator and used within a few days. If kept at room temperature they will mold or ferment in a short time.

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These recipes were adapted from:

- "How to Make Jellies, Jams and Preserves at Home." Home and Garden Bulletin No. 56. Extension Service, United States Department of Agriculture. 1982 reprint. National Center for Home Food Preservation, June 2005.
- "So Easy to Preserve", 5th ed. 2006. Bulletin 989, Cooperative Extension Service, The University of Georgia, Athens. Revised by Elizabeth L. Andress. Ph.D. and Judy A. Harrison, Ph.D., Extension Foods Specialists.
- "Complete Guide to Home Canning," Agriculture Information Bulletin No. 539, USDA, revised 2009.

They are available from The National Center for Home Food Preservation at [http://nchfp.uga.edu/how/can7\\_jam\\_jelly.html](http://nchfp.uga.edu/how/can7_jam_jelly.html)