



Blueberry Jam

with Kathy Manley

Makes approximately 4-5 cups

Equipment

- Boiling Water Canner
- Five (5) ½ Pint Jars
- Five (5) Lids and Screw Bands
- Jar Lifter, Magnet and Wide-Mouth Funnel (optional, but helpful)
- Various size bowls
- Ladle, Large Spoon, Potato Masher
- 6 quart sauce pan

STEP 1: Before You Begin Making Jam

CLEAN jars and lids – wash jars, lids and screw bands in hot soapy water. Rinse well and drain. Not necessary to dry. Inspect jars for nicks, cracks and chips.

HEAT JARS – place rack in the bottom of canner, then place the required number of jars on the rack. When using 8-ounce jars or smaller, add water to the jars and canner until it reaches the top of the jars. For pint and larger jars, add water to the jars and canner until the jars are two-thirds full. Cover the canner and bring the water to a simmer over medium heat. Not necessary to boil jars. Heat processing destroys any microorganisms.

PREPARE THE LIDS – Set screw bands aside – they do not require heating. Place the lids in a small saucepan, cover with water and bring to a simmer. Do not boil. Keep lids hot until ready to use.

STEP 2: Ingredients

- 1 box Pomona's Universal Pectin
- 4 cups mashed blueberries (approximately 2 quarts)
- 2 teaspoons calcium water ***see directions below
- ¼ cup lemon or lime juice
- ¾ cup up to 2 cups sugar
- 2 teaspoons Pomona's pectin powder

STEP 3: Prepare calcium water

To do this, 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.

STEP 4: Blueberry Jam Instructions

1. **WASH**, remove stems and mash the blueberries. Measure 4 cups of mashed fruit.
2. **ADD** calcium water and lemon juice to the mashed blueberries and mix well.
3. **MEASURE** sugar into a bowl. Thoroughly mix pectin powder into sugar. Set aside.
4. **BRING** fruit mixture to a full boil. Add pectin-sugar mixture, stirring vigorously for 1 to 2 minutes to dissolve the pectin while the jam comes back up to a boil. Once the jam returns to a full boil, remove it from the heat.
5. **FILL** hot jars to ¼" of top. Wipe rims clean. Screw on 2-piece lids. Put filled jars in boiling water to cover. Boil 10 minutes. Let jars rest in canner approximately 5 minutes. Remove jars from water. Let jars cool. Check seals; lids should be sucked down. 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.