

Wild Blueberry Jam

- 6 cups of Wild Blueberries (we used frozen)
- 4 cups sugar (can be organic)
- 2 Tablespoons Lemon Juice
- 1 3oz package of liquid fruit pectin
- 6 Sterilized 8oz jelly jars*

- 1) In a large pot over medium heat, add $\frac{3}{4}$ of your berries and mash.
- 2) Add remaining berries, sugar, and lemon juice. Stir constantly, bring to a boil.
- 3) Add the pouch of fruit pectin. Stirring constantly, bring back to a boil, and continue boiling for 1 more minute.
- 4) Skim off excess foam.
- 5) Carefully ladle hot berry mixture into prepared jars. Leave $\frac{1}{4}$ inch headroom. ****Use caution! It is very hot.***
- 6) Wipe off your jar rims and then gently tap jars to release air bubbles.
- 7) Place the flat lids rubber side down and firmly secure the ring on the jar.
- 8) Label and cool. Refrigerate and share with a friend.

If you are going to can the jam for shelf storage, follow these instructions:

- 1) Arrange jars in a canner and add enough water to submerge jars under an inch of water.
- 2) Bring to a full boil and boil for 10 minutes.
- 3) Carefully remove the jars and place on a rack or counter to cool completely. Any jars that do not seal within 24 hours store in the refrigerator.
- 4) You may freeze your jam in freezer containers and freeze for a year.

An important part of food preservation or any culinary task is to clean up your workstation and equipment with hot soapy water. Putting all your canning supplies away together makes your next projects set up go much smoother.

Recipe found on Spruce Eats.

*To sterilize your jars wash in hot soapy water and then boil or steam for 10 minutes.

You are able to get all of the supplies to make this jam recipe at HyVee or Walmart.