



Blueberry Jam

Ingredients:

8 cups (2 L) blueberries

2½ cups granulated sugar

1 pkg (49 g) light fruit pectin
crystals

Preparation:

In large Dutch oven and using
potato masher, mash blueberries to
make 5 cups (1.25 L).

Add 1 cup (250 mL) water. Mix
pectin with 1/4 cup (50 mL) of
the sugar; stir into blueberries.
Bring to full rolling boil over high
heat, stirring occasionally. Stir in
remaining sugar and return to full
rolling boil; boil hard, stirring, for
1 minute. Remove from heat; skim
off foam.

Using funnel, fill hot 1-cup (250

mL) canning jars, leaving 1/4-inch (5 mm) headspace. Cover with prepared lids. Screw on bands until resistance is met; increase to fingertip tight. Boil in boiling water canner for 10 minutes.

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