

Blueberry-Lime Jam from Ball® Blue Book Guide to Preserving

This is a delicious and refreshing jam, perfect for preserving this summer fruit we love. Serve it over crackers, with bread or over pancakes. You won't regret it!

Ingredients

- 4 ½ cups blueberries
- 6 tablespoons Ball® Classic Pectin
- 5 cups sugar
- 1 tablespoon grated lime peel
- 1/3 cup lime juice

Directions

1. Crush blueberries one layer at a time.
2. Combine crushed blueberries with pectin in a large sauce pot.
3. Bring to a boil, stirring frequently.
4. Add sugar, stirring until dissolved.
5. Stir in grated lime peel and juice. Return to a rolling boil.
6. Boil hard 1 minutes, stirring constantly.
7. Remove from heat. Skim foam if necessary
8. Ladle hot jam into hot jars, leaving ¼–inch headspace.
9. Adjust two-piece cap.
10. Process for 15 minutes in a boiling-water canner.



When Making Jams and Jellies... How Canning Preserves Food

- ➔ Use only firm fruits naturally high in pectin.
 - ➔ Select a mixture of about 3/4 ripe and 1/4 under ripe fruit.
 - ➔ Generally, it isn't recommended to use commercially canned or frozen fruit juices; their pectin content is too low.
 - ➔ Wash all fruits thoroughly before cooking.
 - ➔ Crush soft fruits or berries; cut firmer fruits into small pieces.
 - ➔ Approved resources:
 - * National Center for Home Food Preservation
- ➔ The high percentage of water in most fresh foods makes them very perishable.
 - ➔ Microorganisms live and multiply quickly on the surfaces of fresh food and on the inside of bruised, insect-damaged, and diseased food.
 - ➔ Proper canning practices include:
 - * Carefully selecting and washing fresh food
 - * Do not skip adding acid if recipe indicates so
 - * Using acceptable jars and self-sealing lids
 - * Processing jars in a boiling-water or pressure canner for the correct period of time

<http://nchfp.uga.edu/>

- * NC Cooperative Extension Home Food Preservation

<https://foodsafety.ces.ncsu.edu/home-food-preservation-2/>

Contact Ivelisse Colón, FCS Agent for questions regarding healthy eating, food safety and food preservation at icolond@ncsu.edu or call 919-245-2055

