

# Making & Canning Berry Jam

1. Have everything ready to go.

## Consumables:

- Fruit
- Sugar (or sugar substitute)
- Pectin
- Mason jars, rings, & lids; pint or half-pint size
- Paper towels

## Equipment:

- Dry & wet measuring cups, measuring spoons
- Bowls for fruit, sugar, pectin
- Large, wide pot to cook jam; 8-quart for large batch; avoid thin-bottom pans
- Canner w/rack & lid large enough to hold jars; at least 3+ inches taller than jars
- Stirring spoon; flat bottom wooden/bamboo spatula for stirring jam
- Knife
- Masher
- Jar lifter
- Funnel
- Timer
- Tongs
- Plastic knife-scratch ¼" mark from one end to measure headspace
- Clean dish towels

## Cooking area:

- Enough time (2-3 hours) to complete entire job without interruption
- Small children and animals out of area
- Clear and wash counters, table, & sink

2. Fill canner and start heating water. Turn down when it reaches a simmer.
3. Wash jars; keep in dishwasher or set in canner until ready to use. Have another small saucepan heating with water to keep the rings and lids hot.
4. Wash fruit, remove any hulls, mash in bowl.  
*Note: balance of instructions are specific to Ball RealFruit® pectins; other brands/types may differ.*
5. Add fruit and juice (if called for) to large saucepan. Turn to medium high, stir constantly.
6. Stirring constantly, add pectin a bit at a time, stir in after each addition. Add butter.
7. Bring to a full boil that can't be stirred down. Add sweetener.
8. Stirring constantly, bring back to boil that can't be stirred down, start timer for 1 minute.
9. Remove from heat. Ladle into jars leaving ¼ inch headspace. Clean jar rim w/paper towel.
10. Add lid and ring, finger tight only! Place in canner, at least 1 inch of water above top of jars.
11. Add lid, bring to vigorous boil, and time for 10 minutes. Take off burner, remove lid, and time for 5 minutes before removing jars from canner.
12. Set aside 12-24 hours. Remove rings, label, and store in cool, dry place for up to a year.

# Traditional, Low/No Sugar, Sugar Substitute Berry Jam Using Ball RealFruit® Pectins

Do not expand recipe beyond 5 pints (10 half-pints) per batch or it will not cook properly.

Be sure jam pot is large enough for the batch size; at least an 8 quart pan for a 5 pint batch.

Amounts to use for two pints (4 half-pints) of jam  <i>2 lb berries = 4 cups crushed</i> <i>1 ½ lb berries = 2 ⅔ cups crushed</i>	Traditional	Reduced Sugar	Low Sugar	Honey	Xylitol	Stevia	No Sugar
Washed, hulled, & crushed strawberries, raspberries, blackberries, tayberries, loganberries, etc.	2 ⅔ cups	2 ⅔ cups	2 ⅔ cups	2 ⅔ cups	2 ⅔ cups	4 cups	4 cups
Ball RealFruit® <b>Classic</b> Pectin	3 Tablespoons	3 Tablespoons					
Ball RealFruit® <b>Low or No-Sugar Needed</b> Pectin			3 Tablespoons	3 Tablespoons	3 Tablespoons	3 Tablespoons	3 Tablespoons
Unsweetened fruit juice, thawed fruit juice concentrate, or water			⅓ cup	⅓ cup	⅓ cup	⅓ cup	⅓ cup
Sweetener	3 ⅓ cups sugar	2 cups sugar	up to 1 cup sugar	up to 1 cup honey	up to 3 ⅓ cups xylitol	⅓ - ½ teaspoon stevia powder	nothing
Butter	½ teaspoon	½ teaspoon	½ teaspoon	½ teaspoon	½ teaspoon	½ teaspoon	½ teaspoon

Best used within 1 month after opening; always store opened jam in the refrigerator.

Recipes using lower amounts of sugar or alternative sweeteners will not last as long once opened as the traditional recipe.