



Preserving Blueberries

Water Bath Canning

(Canning without sugar – see NOTE below)

Choose firm berries with no mold. Wash and drain. If desired, prepare and boil syrup. Add ½ cup, water, juice, or syrup to each jar before adding berries.

Hot pack: Heat berries in boiling water 30 seconds. Drain. Pack into hot jars. Cover with boiling, water, juice, or syrup. Process in boiling water bath for 15 minutes for pints and quarts.

Raw pack: Pack raw berries into hot jars. Shake gently to obtain full pack. Cover with boiling, water, juice, or syrup. Process pints for 15 minutes and quarts for 20 minutes in boiling water bath.

Fruit Juice: Wash fruit. Crush berries. Heat to simmering, stirring to prevent sticking. Strain through cloth bag. If desired, add 1 cup sugar to 1 gallon juice. Reheat to simmering (185–210°F). Sterilize canning jars. Pour hot juice into hot jars. If using a steam juicer to prepare juice, pour simmering juice directly into hot jars. Fill hot, sterile jars to 1/2 inch of top with hot juice. Apply lids. Process 5 minutes for pints and quarts or 10 minutes for 1/2-gallons in boiling water bath.

Blueberry Jam: Sterilize canning jars. Mix 9 cups crushed berries with 6 cups sugar. Combine blueberries and sugar. Bring slowly to a boil, stirring occasionally as sugar dissolves. Cook rapidly to, or almost to, jellying point, depending upon whether a firm or soft jam is desired. As mixture thickens, stir frequently to prevent sticking. Pour hot jam into hot jars, leaving ¼-inch headspace. Wipe jar rims and adjust lids. Process 5 minutes in a boiling water bath. Yield: 7-8 ½ pint jars.

NOTE: Canning Without Sugar

Adding sugar to canned fruits is not necessary to prevent spoilage and can be safely omitted. To can without sugar, replace sugar syrup with water or regular unsweetened fruit juice and follow the processing chart methods and times.

When canning fruits without sugar, select fully ripe, but firm fruits. Sucralose (commonly called Splenda) is the only sugar substitute in the marketplace that can be added to liquids before canning because it is heat stable. Other sugar substitutes are best added after the fruit is opened, just before eating.

Foods processed less than 10 minutes should be filled into sterilized jars. To sterilize empty jars, place them right side up in a boiling water canner. Fill with water to 1 inch above the jar tops. Boil 10 minutes at altitudes less than 1,000 feet. Add 1 minute for each additional 1,000 feet of elevation.

Adapted from: So Easy to Preserve, 6th Edition, Bulletin 989, University of Georgia Cooperative Extension and Pacific Northwest Extension publication: PNW199 Canning Fruit.

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