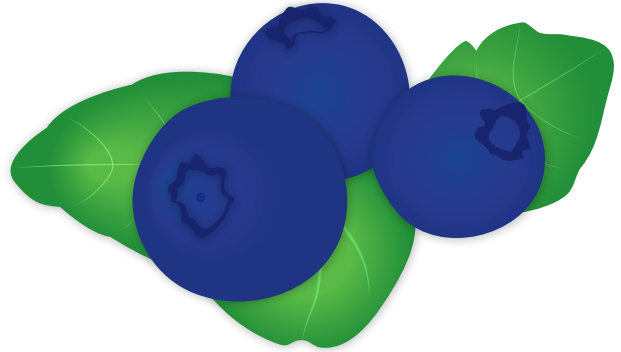


Blueberry Jam

This easy recipe makes 2 1/2 cups of tasty blueberry jam.

Collect

- Wide saucepan
- Potato masher
- Large spoon
- 6 cups of blueberries (fresh works best)
- 1 1/2 cups of sugar
- 1 tablespoon of lemon juice
- Glass jelly jars with lids*



**Thoroughly wash the jelly jars and lids with hot, soapy water. You will be making a small batch of refrigerator jam, so there is no need to sterilize the jars for canning.*

Mash it

1. Wash the blueberries and remove any stems.
2. Pour the blueberries, sugar, and lemon juice into the saucepan and stir to combine.
3. Place the saucepan on medium-low heat and use a potato masher to smash the berries and release their juices.

Boil it

4. Bring the mixture to a gentle boil, stirring constantly to prevent burning or splattering.
5. Simmer for about 30 minutes, or until an open trail is left in the mixture when you pull a spoon through it.

Eat it

6. Skim off any foam and then let the jam cool before eating or spooning into jars.
7. Store the jars in the fridge for up to four weeks.

What's happening?

Blueberries and other raw fruit contain a carbohydrate called pectin. Fruits need pectin to bind their cell walls together. Fruits like apples, oranges, and pears contain high amounts of pectin, and softer fruits like cherries, grapes, and blueberries contain smaller amounts of pectin.

Pectin is necessary for making jams and jellies because it bonds with other pectin molecules to form a gel. Smashing the berries helps to release the pectin into the mixture, and the acidic lemon juice helps to extract the pectin from the fruit as it simmers. Adding sugar is necessary because it draws water out of the fruit, which then allows the pectin to form a strong gel instead of a runny jam.

