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## How to make Kiwi Jam

**Yield:** 4 half pint (8 oz) jars

Kiwi jam is an easy way to enjoy kiwi's all year round! Making and canning your own kiwi jam or preserves is much easier than you realize. This recipe is based on the Ball Blue Book for reliability and safety!



### Ingredients

- **Fruit** - 3 cups peeled, chopped ripe kiwi. That's about 12 fresh kiwi's (they vary in size, so it could be 8 to 15)
- **Pectin ("no sugar needed" type) - I use 1 and 1/3 boxes of pectin** - (it's a natural product, made from apples and available at grocery stores (season - spring through late summer) and local "big box" stores. It usually goes for about \$2.00 to \$2.50 per box. [See here for more information about how to choose the type of pectin to use.](#))
- **Pineapple juice** - 1 cup unsweetened pineapple juice
- **Sugar** - About 4 cups of dry, granulated (table) sugar. **At least 1 large pot**; I prefer 16 to 20 quart Teflon lined pots for easy cleanup.

### Equipment

- **Large spoons and ladles**
- **1 Canner** (a huge pot to sanitize the jars after filling (about \$30 to \$35 at mall kitchen stores, sometimes at big box stores and grocery stores.). Note: [we sell canners and supplies here, too - at excellent prices](#) - and it helps support this web site!
- **Ball jars** (Grocery stores, like Publix, Kroger, Safeway carry them, as do some big box stores - about \$7 per dozen 8 ounce jars including the lids and rings)
- **Lids** - thin, flat, round metal lids with a gum binder that seals them against the top of the jar. They may only be used once.

- **Rings** - metal bands that secure the lids to the jars. They may be reused many times.
- **Jar funnel** (\$2 at Target, other big box stores, and often grocery stores; and available online - see this page) or order it as part of the kit with the jar grabber.

### Optional stuff:

- **Lid lifter** (has a magnet to pick the lids out of the boiling water where you sanitize them. (\$2 at big box stores or it comes in the kit at left)
- **Jar grabber** (to pick up the hot jars)- Big box stores and grocery stores sometimes carry them; and it is available online - see this page. It's a tremendously useful to put jars in the canner and take the hot jars out (without scalding yourself!). The kit sold below has everything you need, and at a pretty good price:



## Directions - Step by Step

### Step 1 - Select and wash the fruit

Select ripe, but not overripe, unbruised kiwis. Wash the, in cold water, then peel them, and chop them into 1/2 inch sized pieces.

### Step 2 - Wash the jars and lids

Now's a good time to get the jars ready, so you won't be rushed later. The dishwasher is fine for the jars; especially if it has a "sanitize" cycle, the water bath processing will sanitize them as well as the contents! If you don't have a dishwasher with a sanitize cycle, you can wash the containers in hot, soapy water and rinse, then sanitize the jars by boiling them 10 minutes, and keep the jars in hot water until they are used.

NOTE: If unsanitized jars are used, the product should be processed for 5 more minutes. However, since this additional processing can result in a poor set (runny jam), it's better to sanitize the jars.



Put the lids into a pan of hot, but not quite boiling water (that's what the manufacturer's recommend) for 5 minutes, and use the magnetic "lid lifter wand" to pull them out. Leave the jars in the dishwasher on "heated dry" until you are ready to use them. Keeping them hot will prevent the jars from breaking when you fill them with the hot jam.

### **Step 3 - Get the lids warming in hot (but not boiling) water**

Lids: put the lids into a pan of hot water for at least several minutes; to soften up the gummed surface and clean the lids.



### **Step 4 - Measure out the sugar and pectin**

You'll need 4 cups of sugar. Yes, you can use honey or organic sugars instead. If you want to use a heat-stable sugar substitute (Splenda, Stevia), you may, but the results will not be nearly as good (darker, flatter tasting, more runny). You can use half sugar and half sugar substitute with pretty good results. But don't kid yourself that jam is health food! Just don't eat a lot of it!

Mix the dry pectin with about 1/4 cup of sugar and **Keep this separate from the rest of the sugar.** If you are not using sugar, you'll just have to stir more vigorously to prevent the pectin from clumping. This helps to keep the pectin from clumping up and allows it to mix better!



### **Step 5 - Mix the kiwis and pineapple juice with the pectin and heat to a full boil**

Stir the pectin into the kiwis and put the mix in a big pot on the stove over medium to high heat (stir often enough to prevent burning). It should take about 5 to 10 minutes to get it to a full boil (the kind that can not be stirred away).

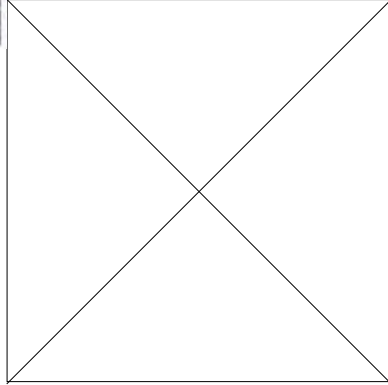
**Notes about pectin:** I usually add about 20% more pectin (just open another pack and add a little) or else the jam is runnier than I like. With a little practice, you'll find out exactly how much pectin to get the thickness you like.

Another tip: use the No-sugar pectin - it works better and allows you to use less sugar, and you can still add sugar to it. Either way, it cuts the amount of sugar you need from 7 cups per batch to 4 cups! And it tastes even better! On the other hand; I have never had success with the No-sugar pectin without adding ANY sugar. It always turned out runny and bland. You might want to try using the low sugar recipe with a mixture of sugar and Splenda; that could work.



Is your jam too runny? Pectin enables you to turn out perfectly set jam every time. Made from natural apples, there are also natural no-sugar pectins that allow you to reduce the sugar you add by half or even eliminate sugar!

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### Step 6 - Add the remaining sugar and bring to a boil

When the berry-pectin mix has reached a full boil, add the rest of the sugar (about 4 cups of sugar per batch of kiwis) or other sweetener, and then bring it back to a boil and boil hard for 1 minute.



### Step 7 - Testing for "jell" (thickness)



I keep

a metal tablespoon sitting in a glass of ice water, then take a half spoonful of the mix and let it cool to room temperature on the spoon. If it thickens up to the consistency I like, then I know the

jam is ready. If not, I mix in a little more pectin (about 1/4 to 1/2 of another package) and bring it to a boil again for 1 minute.

### **Step 8 - Optional: Let stand for 5 minutes and stir completely.**

Why? Otherwise, the fruit will often float to the top of the jar. This isn't a particular problem; you can always stir the jars later when you open them; but some people get fussy about everything being "just so", so I've included this step! Skipping this step won't affect the quality of the jam at all. You'll also notice that the less sugar you use, the more the fruit will float (chemists will tell you it is due to the decreased density of the solution!)

### **Step 9 - Fill the jars and put the lid and rings on**

Fill them to within 1/4-inch of the top, wipe any spilled jam off the top, seat the lid and tighten the ring around them. Then put them into the boiling water canner!



This is where the jar tongs come in really handy!

### **Step 10 - Process the jars in the boiling water bath**

Keep the jars covered with at least 2 inches of water. Keep the water boiling. In general, boil them for 10 minutes, which is what SureJell (the makers of the pectin) recommend. I say "in general" because you have to process (boil) them longer at higher altitudes than sea level, or if you use larger jars, or if you did not sanitize the jars and lids right before using them. The directions inside every box of pectin will tell you exactly. The directions on the pectin tend to be pretty conservative. Clemson University says you only need to process them for 5 minutes. I usually hedge my bets and start pulling them out after 5 minutes, and the last jars were probably in for 10. I rarely have a jar spoil, so it must work. But you don't want to process them too long, or the jam will turn dark and get runny. See the chart below for altitude adjustment to processing times, if you are not in the sea level to 1,000ft above sea level range.



Note: Some people don't even boil the jars; they just ladle it hot into hot jars, put the lids and rings on and invert them, but putting the jars in the boiling water bath REALLY helps to reduce spoilage! To

me, it makes little sense to put all the working into making the jam and then not to process the jars to be sure they don't spoil!

<b>Recommended process time for jams in a boiling water canner.</b>				
		<b>Process Time at Altitudes of</b>		
<b>Style of Pack</b>	<b>Jar Size</b>	<b>0 - 1,000 ft</b>	<b>1,001 - 6,000 ft</b>	<b>Above 6,000 ft</b>
Hot	Half-pints or Pints	<b>5 min</b>	10	15

### **Step 11 - Remove and cool the jars - Done!**

Lift the jars out of the water with your jar lifter tongs and let them cool without touching or bumping them in a draft-free place (usually takes overnight) You can then remove the rings if you like. Once the jars are cool, you can check that they are sealed verifying that the lid has been sucked down. Just press in the center, gently, with your finger. If it pops up and down (often making a popping sound), it is not sealed. If you put the jar in the refrigerator right away, you can still use it. Some people replace the lid and reprocess the jar, then that's a bit iffy. If you heat the contents back up, re-jar them (with a new lid) and the full time in the canner, it's usually ok.

Once cooled, they're ready to store. I find they last up to 12 months. But after about 6 to 8 months, they get darker in color and start to get runny. They still are safe to eat, but the flavor and texture aren't as good. So eat them in the first 6 months after you prepare them! Another trick is to keep the uncooked kiwis or other fruit in the freezer and make and can the jam as needed, so it's always fresh.



**Other Equipment:**

From left to right:

1. Jar lifting tongs  
to pick up hot jars
2. Lid lifter  
- to remove lids from the pot  
of boiling water (sterilizing )
3. Lid  
- disposable - you may only  
use them once
4. Ring  
- holds the lids on the jar until after  
the jars cool - then you don't need them
5. Canning jar funnel to fill the jars



**Summary - Typical Cost of Making Homemade Kiwi Jam -  
makes 4 jars, 8 oz each\*\***

Item	Quantity	Cost in 2010	Source	Subtotal
Kiwis	1 dozen	\$5.00/gallon	Pick your own	\$5.00
Canning jars (8 oz size), includes lids and rings	4 jars	\$7.00/dozen	Grocery stores, like Public, Kroger, Safeway and sometimes, Big Lots, local hardware stores and big box stores	\$2.34
Sugar	4 cups	\$2.00	Grocery stores, like Public, Kroger, Safeway and sometimes, Big Lots, local hardware stores and big box stores	\$2.00
Pectin (low sugar, dry)	1 and a third boxes *	\$2.00 per box	Grocery stores, like Public, Kroger, Safeway and sometimes, Big Lots, local hardware stores and big box stores	\$2.70
Total				\$12.04 total or about \$3.00 per jar

\* pectin use varies -

\*\* - This assumes you already have the pots, pans, ladles, and reusable equipment. Note that you can reuse the jars and reduce the cost further; just buy new lids (the rings are reusable, but the flat lids are not)!

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## **Answers to Common Questions**

- **Why should cooked jelly be made in small batches?**  
If a larger quantity of juice is used, it will be necessary to boil it longer thus causing loss of flavor, darkening of jelly, and toughening of jelly. It really doesn't work. Trust me; I've tried many times!
- **Can I use frozen kiwis instead of fresh?**  
Yep! Raspkiwis can be particularly hard to find fresh and are expensive! Frozen kiwis work just fine, and measure the same. Just be sure to get the loose, frozen whole fruit; not those that have been mushed up or frozen in a sugar syrup!
- **Should jelly be boiled slowly or rapidly?**  
It should be boiled rapidly since long, slow boiling destroys the pectin in the fruit juice.
- **What do I do if there's mold on my jellied fruit product?**  
Discard jams and jellies with mold on them. The mold could be producing a mycotoxin (poisonous substance that can make you sick). USDA and microbiologists recommend against scooping out the mold and using the remaining jam or jelly.
- **Why did my jellied fruit product ferment, and what do I do?**  
Jellied fruit products may ferment because of yeast growth. This can occur if the product is improperly processed and sealed, or if the sugar content is low. Fermented fruit products have a disagreeable taste. Discard them.
- **What happens if my jam or jelly doesn't gel?**  
[Remaking cooked runny jam or jelly instructions can be found on this page](#)