

PICKYourOwn.org

Where you can find a pick-your-own farm near you!

Click on the printer icon that looks like this:  (at the top left, to the right of "save a copy") to print!
See www.pickyourown.org/allaboutcanning.htm for many other canning directions and recipes

How to Make Homemade Jam - Easily!

Making and canning your own jam is also quite easy. Here's how to do it, in 10 easy steps and completely illustrated. These directions work equally well for strawberry, raspberry, blackberry, blueberry, peach, plum, damson plum, boysenberry, dewberry, gooseberry, loganberry, tayberry, marionberry, youngberry, etc.; by themselves or mixed berry jam. Any variations will be spelled out in the directions inside the pectin. See [this page for Fig Jam](#) and [this page for Blueberry Jam](#) directions!

For more information about strawberries, see [Strawberry Picking Tips](#) and [Miscellaneous strawberry facts](#).

For easy [applesauce](#) or [apple butter](#) directions, click on these links.

Ingredients and Equipment

- **Fruit** - preferably fresh, but frozen (without syrup works, too). You'll need about 8 cups of raw, unprepared fruit, to yield 6 cups prepared.
- **Pectin** (it's a natural product, made from apples and available at grocery stores (season - spring through late summer) and in Wal-mart, grocery stores, etc. 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.](#)
- **Jar funnel** (\$2 at Walmart) or order it as part of the kit with the jar grabber.
- **Sugar** - About 4.5 cups of dry, granulated (table) sugar. For the [no-sugar recipe, click here](#)

- **Jar grabber** (to pick up the hot jars)- WalMart carries it *sometimes* - or order it here. It's a tremendously useful to put cars in the canner and take the hot jars out (without scalding yourself!).
- **At least 1 large pot**; I prefer 16 to 20 quart Teflon lined pots for easy cleanup.
- **Large spoons and ladles**
- **1 Canner** (a huge pot to sterilize the jars after filling (about \$30 to \$35 at mall kitchen stores, sometimes at WalMart (seasonal item). Note: [we sell canners and supplies here, too - at excellent prices](#) - and it helps support this web site!
- **Ball jars** (Publix, WalMart carry them - 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.

Optional stuff:

- **Foley Food Mill** (\$25) - not necessary; only needed if you want to remove seeds (from blackberries) or [make applesauce](#).
- **Lid lifter** (has a magnet to pick the lids out of the boiling water where you sterilize them. (\$2 at WalMart or it comes in the kit at left)

Jam-making Directions

This example shows you how to make either Strawberry jam or Strawberry - Raspberry - Blackberry Jam - also called Triple Berry Jam (my favorite, and everyone I give a jar to, says it has become their favorite, too!) But you can use this recipe to make any type of jam; where there is a difference, I will point it out! The yield from this recipe is about 18 eight-ounce jars (which is the same as 9 pints).

Step 1 - Pick the berries! (or buy them already picked)

It's fun to go pick your own and you can obviously get better quality ones! At right is



a picture I took of wild blackberries - they are plentiful in late June throughout Georgia. I usually look in rural north Georgia.

I prefer to grow my own; which is really easy - but that does take some space and time.



As mentioned in the Ingredients section; you may use frozen berries (those without syrup or added sugar); which is especially useful if you want to make some jam in December to give away at Christmas!

Above and at left are strawberries and blackberries that I picked at a pick-your-own farm. If you want to pick your own, here is a list and links to the [pick your own farms](#).

How much fruit?

Jam can ONLY be made in rather small batches - about 6 cups at a time - like the directions on the pectin say, DO NOT increase the recipes or the jam won't "set" (jell, thicken). (WHY? Alton Brown on the food channel says pectin can overcook easily and lose its thickening properties. It is easier and faster to get an even heat distribution in smaller batches. . It takes about 8 cups of raw, unprepared berries per batch. For triple berry jam, I use 4 cups of mashed (slightly crushed) strawberries, 1 cup of raspberries and 1 cup of



blackberries. For strawberry-only jam; you'll need 6 cups of mashed strawberries.

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, the water bath processing will sterilize



them as well as the contents! If you don't have a dishwasher, you can wash the containers in hot, soapy water and rinse, then sterilize the jars by boiling them 10 minutes, and keep the jars in hot water until they are used.

NOTE: If unsterilized 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 sterilized the jars.

Put the lids into a pan of boiling water 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 -Wash and hull the fruit!

I'm sure you can figure out how to wash the fruit in plain cold water.

With strawberries you must remove the hulls. With other berries, just pick off any stems and leaves.



Step 4 - Crush the fruit



Then you just mush them up a bit - not completely crushed, but mostly. Most people seem to like large chunks of fruit but crushing them releases the natural pectin so it can thicken. You'll need about 6 cups, mushed up.

If you want seedless jam, you may need to run the crushed berries through a

Foley food mill (at right). They cost about \$25.



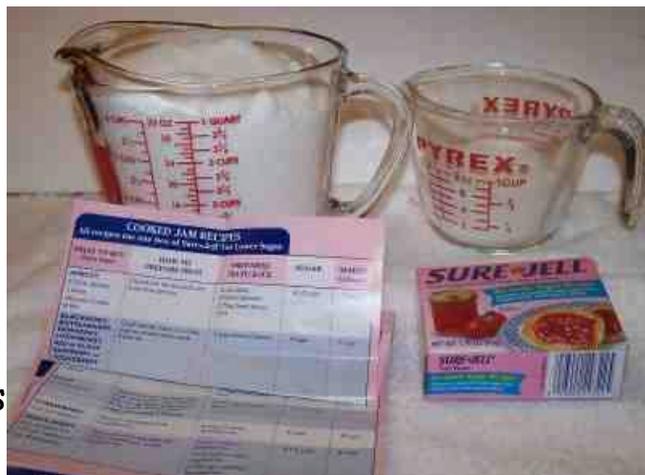
It works well for blackberries, not so well for

raspberries, and no one tries to remove strawberry seeds (they're so small). I suppose you could train monkeys to pick them out, but they'd probably form a trade labor union. But I digress..



Step 5 - Measure out the sugar

Depending upon which type of jam you're making (strawberry, blackberry, raspberry, apricot, peach, grape, etc.) you will need to use a different amount of sugar, jam and pectin. The precise measurements are found in each and every box of pectin sold. For most fruit; like berries, with the low sugar pectin (or no-sugar pectin), you'll need 4 cups of sugar. With regular pectin, about 7 cups of sugar. Mix the dry pectin with about 1/4 cup of sugar and keep this separate from the rest of the sugar. This helps to keep the pectin from clumping up and allows it to mix better!



If you would rather try to make [jam with no added sugar, click here](#) for those directions!

Step 6 - Mix the berries with the pectin and cook to a full boil



Stir the pectin into the berries 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). If you add 1 teaspoon of butter or margarine to the mix it will greatly help to reduce the amount of foam that is produced (which you have to scoop off and toss 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 low sugar pectin. If you can't get the lower sugar pectin, No-sugar pectin works; you can 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 low-sugar pectins that allow you to reduce the sugar you add by almost half!

[Get it here at BETTER prices!](#)

Step 7 - Get the lids sterilizing



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 8 - 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 6 cup batch of berries) and then bring it back to a boil and boil hard for 1 minute.

Step 9 - 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 10 - 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!)

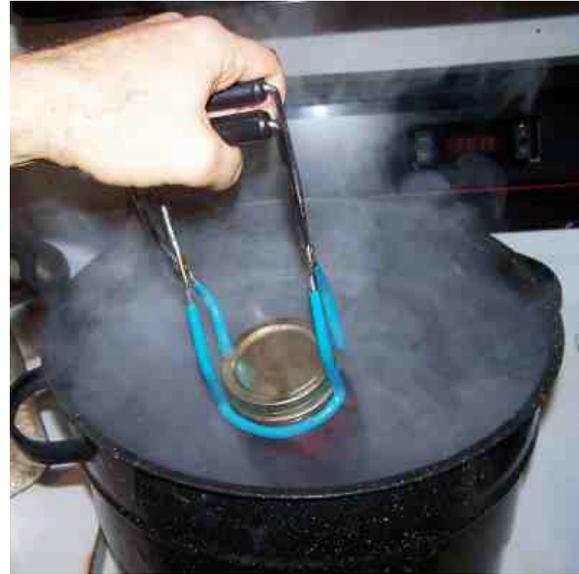


Step 11 - Fill the jars and put the lid and rings on

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 12 - Process the jars in the boiling water bath

Keep the jars covered with at least 1 inch 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 sterilize 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!

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

Step 13 - 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 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 berries or other fruit in the freezer and make and can the jam as needed, so it's always fresh.

Summary - Typical Cost of Making Jam - makes 18 jars, 8 oz each**				
Item	Quantity	Cost in 2005	Source	Subtotal
Berries (strawberries)	1 gallon	\$8.00/gallon	Pick your own	\$8.00
Canning jars (8 oz size), includes lids and rings	18 jars	\$7.00/dozen	WalMart, BigLots, Publix, Kroger	\$10.00
Sugar	4 cups	\$2.00	WalMart, BigLots, Publix, Kroger	\$2.00
Pectin (low sugar, dry)	1 and a third boxes *	\$2.00 per box	WalMart, BigLots, Publix, Kroger	\$2.70
Total				\$22.70 total or about \$1.25 per jar
* pectin use varies - blackberry jam needs very little, raspberry a little more, strawberry the most. ** - 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)!				

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 berries instead of fresh?**
Yep! Raspberries can be particularly hard to find fresh and are expensive! Frozen berries 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](http://www.pickyourrown.org/how_to_fix_runny_jam.htm) : http://www.pickyourrown.org/how_to_fix_runny_jam.htm