



Preserve Today, Relish Tomorrow

UCCE Master Food Preservers of El Dorado County

311 Fair Lane, Placerville CA 95667

Helpline (530) 621-5506 • Email: edmfp@ucanr.edu • Visit us on Facebook and Twitter!

It's blueberry season!

Many of our local u-pick blueberry farms are now open. We all know blueberries are pretty expensive, but, oh, so worth the effort and expense. Here is a recipe that gets the most out of your harvest basket, Blueberry Bonanza - 2 recipes in one!

Enjoy blueberry butter as you would any other butter; on scones and biscuits, as a filler for cakes and other desserts or use it as a base for BBQ sauce. Blueberry syrup is easy to use - pancakes, ice cream or over pound cake.



BLUEBERRY BONANZA

Source: Ball Complete Book of Home Preserving

Makes four 8-ounce jars of syrup and five 8-ounce jars of butter

- 12 cups blueberries
- Water
- 6 cups granulated sugar, divided
- 2 cups corn syrup
- Grated zest of one lemon
- Juice of two lemons or commercial juice to equal that of two lemons
- 1 tsp. ground nutmeg
- $\frac{1}{2}$ tsp. ground cinnamon

In a large non-reactive saucepan, combine blueberries with 3 cups water. Bring to a boil over medium-high heat, stirring and crushing mixture with a potato masher. Reduce heat and boil gently, stirring occasionally, for 5 minutes.

Transfer blueberries to a dampened jelly bag or a strainer lined with several layers of dampened cheesecloth set over a deep bowl. Let drip until 5 cups juice has been collected, adding water if necessary to yield the required quantity. Set juice aside. Puree remaining pulp and juice in a blender or a food processor fitted with a metal blade.

Prepare canner, jars and lids.

Blueberry Syrup

In a clean large, deep non-reactive saucepan, combine 1 cup water and 3 cups of the granulated sugar. Bring to a boil over high heat, stirring to dissolve sugar. Stir in blueberry juice, corn syrup and half of the lemon juice; return to a boil. Reduce heat to medium-high and boil steadily, stirring occasionally, until mixture is slightly thickened, about 35 minutes. Remove from heat and skim off foam.

Ladle hot syrup into hot jars, leaving $\frac{1}{4}$ inch headspace. Wipe rims; place lids and rings on jars. Tighten rings only finger tight.

Place jars in canner a boiling water or atmospheric steam canner. Process for: 0-6000 ft. = 10 minutes, above 6000 ft. = 15 minutes. For boiling water canning, turn off the heat, remove canner lid and wait 5 minutes. For atmospheric steam canning, turn off the heat, leave canner lid on and wait 2-3 minutes.

Cool jars for 12-24 hours, wash, label, and store in a cool dark place.

Blueberry Butter

Meanwhile, in a separate clean large non-reactive saucepan, combine blueberry puree, remaining 3 cups sugar, lemon zest, remaining lemon juice, nutmeg and cinnamon. Bring to a boil over medium-high heat, stirring frequently. Reduce heat to medium and boil, stirring frequently, until mixture thickens and holds its shape on spoon.

Ladle hot butter into hot jars, leaving $\frac{1}{4}$ inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot butter. Wipe rims; place lids and rings on jars. Tighten rings only finger tight.

Place jars in canner a boiling water or atmospheric steam canner. Process for: 0-6000 ft. = 10 minutes, above 6000 ft. = 15 minutes. For boiling water canning, turn off the heat, remove canner lid and wait 5 minutes. For atmospheric steam canning, turn off the heat, leave canner lid on and wait 2-3 minutes.

Cool jars for 12-24 hours, wash, label, and store in a cool dark place.



UC ANR is an equal opportunity provider and employer

Should you need assistance or require special accommodations for any of our educational programs, please contact us at 530-621-5502.