

# Apple: Preserve It!

## Apple Maple Jam

*Yield: about 8 half-pints*

3 quarts chopped apples (about 6 pounds, 1/2-inch pieces)  
6 cups sugar  
1 teaspoon cinnamon  
1/2 teaspoon allspice  
1/2 teaspoon nutmeg  
1/4 teaspoon cloves  
1 cup maple syrup

1. Combine all ingredients in a large saucepan. Bring mixture to a boil over medium-high heat, stirring until sugar dissolves.
2. Bring mixture to a rolling boil that cannot be stirred down. Boil rapidly to gelling point (8°F over boiling point at your elevation), stirring to prevent sticking.
3. Remove from heat, skim off foam if necessary.
4. Ladle hot jam into hot jars, leaving 1/4-inch headspace. Remove air bubbles. Wipe rims with a dampened clean paper towel; adjust two-piece metal canning lids.
5. Process in a boiling water or atmospheric steam canner for 10 minutes at 0-1,000 feet elevation, 15 minutes at 1,001-3,000 feet, 20 minutes at 3,001-6,000 feet, 25 minutes at 6,001-8,000 feet, and 30 minutes at 8,001-10,000 feet.

*Source: Ball Blue Book, 2014*



**University of California**

Agriculture and Natural Resources ■ UCCE Master Food Preserver Program

ucanr.edu/mfpcs • 530-621-5502

# Apple: Preserve It!

## Apple Maple Jam

*Yield: about 8 half-pints*

3 quarts chopped apples (about 6 pounds, 1/2-inch pieces)  
6 cups sugar  
1 teaspoon cinnamon  
1/2 teaspoon allspice  
1/2 teaspoon nutmeg  
1/4 teaspoon cloves  
1 cup maple syrup

1. Combine all ingredients in a large saucepan. Bring mixture to a boil over medium-high heat, stirring until sugar dissolves.
2. Bring mixture to a rolling boil that cannot be stirred down. Boil rapidly to gelling point (8°F over boiling point at your elevation), stirring to prevent sticking.
3. Remove from heat, skim off foam if necessary.
4. Ladle hot jam into hot jars, leaving 1/4-inch headspace. Remove air bubbles. Wipe rims with a dampened clean paper towel; adjust two-piece metal canning lids.
5. Process in a boiling water or atmospheric steam canner for 10 minutes at 0-1,000 feet elevation, 15 minutes at 1,001-3,000 feet, 20 minutes at 3,001-6,000 feet, 25 minutes at 6,001-8,000 feet, and 30 minutes at 8,001-10,000 feet.

*Source: Ball Blue Book, 2014*



**University of California**

Agriculture and Natural Resources ■ UCCE Master Food Preserver Program

ucanr.edu/mfpcs • 530-621-5502