



Preserve Today, Relish Tomorrow

UCCE Master Food Preservers of El Dorado County

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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
- ½ 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 ¼ 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 ¼ 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.

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