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Blueberries – Food Preservation Series
Michigan State University Extension Service
Sandra L. Andrews, Food Science and Human Nutrition
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BLUEBERRIES

AVAILABILITY

July and August

TRIM LOSS

Approximately 2 percent from cleaning and sorting.

YIELD

| | |
|-----------------|--------------------------|
| 3/4 pound | 2 cups fresh |
| | 1 pint frozen |
| 10-pound carton | 26 cups |
| | 13 pints frozen |
| | 4-6 quarts canned |
| 8 pounds | canner load of 9 pints |
| 12 pounds | canner load of 7 quarts |
| 24-quart crate | 18-24 quarts canned |
| (36 pounds) | (1 3/4 pounds per quart) |

FREEZING

Elderberries, huckleberries and goose berries may be frozen using the following directions.

Whole: Syrup pack is preferred for berries for cooking. Select full-flavored, ripe berries of similar size, preferably with tender skins. Sort, wash and drain. Use one of the following packs:

Syrup pack: Pack berries into freezer containers or bags and cover with cold 50-percent syrup (1 cup water and 1 cup and 3 tablespoons sugar), leaving 1/2 inch headspace. Seal, label and freeze.

Unsweetened pack: Pack berries into freezer containers or bags. Seal, label and freeze.

Crushed or Pureed: Select fully ripened berries. Sort, wash and drain. Crush, or press berries through a fine sieve or food mill, or puree with a blender or a food processor. To quart (2 pounds) crushed berries or puree,

water in a saucepan. Boil for 1 minute, stirring constantly. Mix fruit

RECOMMENDED VARIETIES

Bluecrop, Bluejay and Jersey varieties are good for freezing and canning.

add approximately 2/3 cup sugar, depending on tartness of fruit. Stir until sugar is dissolved. Pack into freezer containers or bags, leaving 1/2 inch headspace. Seal, label and freeze.

Pectin pack- This alternative uses pectin and less sugar than syrup pack and retains the fresh berry flavor, color and texture. Combine 1 box powdered pectin (1 3/4 ounces) with 1 cup of water in a saucepan, stir and boil 1 minute. Stir in 1/2 cup sugar and dissolve. Remove the pan from heat, add cold water to make 2 cups of syrup. Chill. Put cleaned and prepared fruit in a 4- to 6-quart bowl; add enough pectin syrup to glaze the fruit with a thin film. Gently fold fruit to coat each piece with syrup. Pack into freezer bags or containers, leaving 1/2 inch headspace. Seal, label and freeze.

Freeze no more than 2 pounds of food per cubic foot of freezer capacity per day. One cubic foot will hold 7.4 gallons.

Blueberry Freezer Jam (about 6 half-pints)

Preparation: Sort and wash berries. Drain thoroughly. Crush berries one layer at a time. Add 2 tablespoons lemon juice to the berries. In a bowl, mix 3 cups of prepared fruit with 5 1/4 cups sugar. Stir well and let stand 10 minutes. Combine 1 box powdered pectin with 3/4 cup

with pectin mixture. Stir 3 minutes. Ladle into airtight freezer containers and cover. Allow to "set" at room temperature for 24 hours. Label and store in the freezer.

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Cooperative Extension Service
Michigan State University

BLUEBERRIES

FOOD PRESERVATION SERIES

CANNING

This procedure may also be used with blackberries, currants, dewberries, elderberries, gooseberries, huckleberries, loganberries, mulberries and raspberries.

Choose ripe, sweet berries with uniform color.

Wash 1 or 2 quarts of berries at a time, drain and stem. Prepare and boil medium syrup, if desired. Add ½ cup syrup, apple or white grape juice, or water to each hot, clean jar.

Hot pack: For blueberries (also currants, elderberries, gooseberries and huckleberries), heat in boiling water for 30 seconds and drain. Fill hot jars and cover with hot juice, leaving ½ inch headspace.

Raw pack: Pack hot jars with blueberries (or any of the berries listed above), shaking down gently while filling. Cover with hot syrup, juice or water, leaving ½ inch headspace. Adjust lids and process.

Medium (30%) Syrup

Measure 5 ¼ cups of water and 2 ¼ cups sugar (enough for 9 pints or 4 quarts). For 7 quarts of fruit, measure 8 ¼ cups water and 3 ¾ cups sugar. Bring sugar and water mixture to a boil and pour over fruit in jars.

Whole Blueberries, in a Boiling-Water Canner

Recommended Process Times

Process times (in minutes) at altitudes of

| Style of pack | Jar size | 0-1,000ft. | 1001.-3,000ft. | 3,001-6,000ft. | Over 6,000ft. |
|---------------|----------|------------|----------------|----------------|---------------|
| Raw | Pints | 15 min. | 20 min. | 20 min. | 25 min. |
| Raw | Quarts | 20 | 25 | 30 | 35 |
| Hot | Pints | 15 | 20 | 20 | 25 |

Whole Blueberries, in a Weighted-Gauge Pressure Canner

Recommended Process Times

Canner pressure (pounds pressure) at altitudes of

| Style of pack | Jar size | Process time | 0-1,000 ft. | Above 1,000 ft. |
|---------------|----------|--------------|-------------|-----------------|
| Raw | Pints | 8 min. | 5 lb. | 10 lb. |
| Raw | Quarts | 10 | 5 | 10 |
| Hot | Pints | 8 | 5 | 10 |
| Hot | Quarts | 8 | 5 | 10 |

Whole Blueberries, in a Dial-Gauge Pressure Canner

Recommended Process Times

Canner pressure (pounds pressure) at altitudes of

| Style of pack | Jar size | Process time | 0-2,000 ft. | 2,001 -4,000 | 4,001-6,000ft. | 6,001-8,000 ft. |
|---------------|----------|--------------|-------------|--------------|----------------|-----------------|
| Raw | Pints | 8 min. | 6 lb. | 7 lb. | 8 lb. | 9 lb. |
| Raw | Quarts | 10 | 6 | 7 | 8 | 9 |

Blueberry Syrup (about 9-half-pints)

Juices from fresh or frozen blueberries are easily made into toppings for use on ice cream and pastries.

Select 6 ½ cups of fresh or frozen fruit of your choice. Wash and stem fresh fruit and crush in a saucepan. Heat to boiling and simmer until soft (5 to 10 minutes). Strain hot through a colander and drain until cool enough to handle. Strain the collected juice through a double layer of cheesecloth or a jelly bag. Discard the dry pulp. The yield of the pressed juice should be about 4 ½ to 5 cups. Combine the juice with 6 ¾ cups of sugar in a large saucepan, bring to boiling, and simmer 1 minute. To make a syrup with whole fruit pieces, save 1 or 2 cups of the fresh or frozen fruit, combine these with the sugar, and simmer as in making syrup without fruit pieces. Remove from heat, skim off foam, and fill clean, hot half-pint or pint jars, leaving ½ inch headspace. Adjust lids and process.

Blueberry Syrup

Recommended Process Times in a Boiling-Water Canner

Process times (in minutes) at altitudes of

| Style of pack | Jar size | 0-1,000 ft. | 1,001 -6,000 ft. | Over 6,000 ft. |
|---------------|------------|-------------|------------------|----------------|
| Hot | Half-pints | 10 min. | 15 min. | 20 min. |
| Hot | Pints | 10 | 15 | 20 |

Blueberry- Banana Milk Shake (10-ounce serving)

- 1 medium banana
- 1 cup milk
- ¼ cup blueberries, fresh or frozen
- 1 tablespoon honey or corn syrup

Blend all ingredients in blender until smooth.

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