

Seasonal Eating

Blueberry Lime Jam

Ideas for Using Fresh Produce

- 4 1/2 cups blueberries
- 1 package powdered pectin
- 5 cups sugar
- 1 tablespoon grated lime zest
- 1/3 cup fresh lime juice

Crush blueberries one layer at a time. Combine crushed blueberries and powdered pectin in a large saucepot. Bring to a boil, stirring frequently. Add sugar, stirring until dissolved. Stir in grated lime zest and lime juice. Return to a rolling boil. Boil hard 1 minute, stirring constantly. Remove from heat. Skim foam, if necessary. Ladle hot jam into hot jars, leaving 1/4" headspace. Adjust two-piece caps. Process 15 minutes in a boiling-water bath canner.

(From Ball Blue Book, 2010)



Seasonal Kitchen Produce Pages
Bedford County Farmers Market
bedford.tennessee.edu

(Click on Seasonal Eating under the Family Menu)



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