

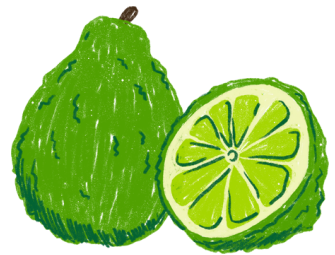
SPRING FRUIT *Jam Recipe*

INGREDIENTS

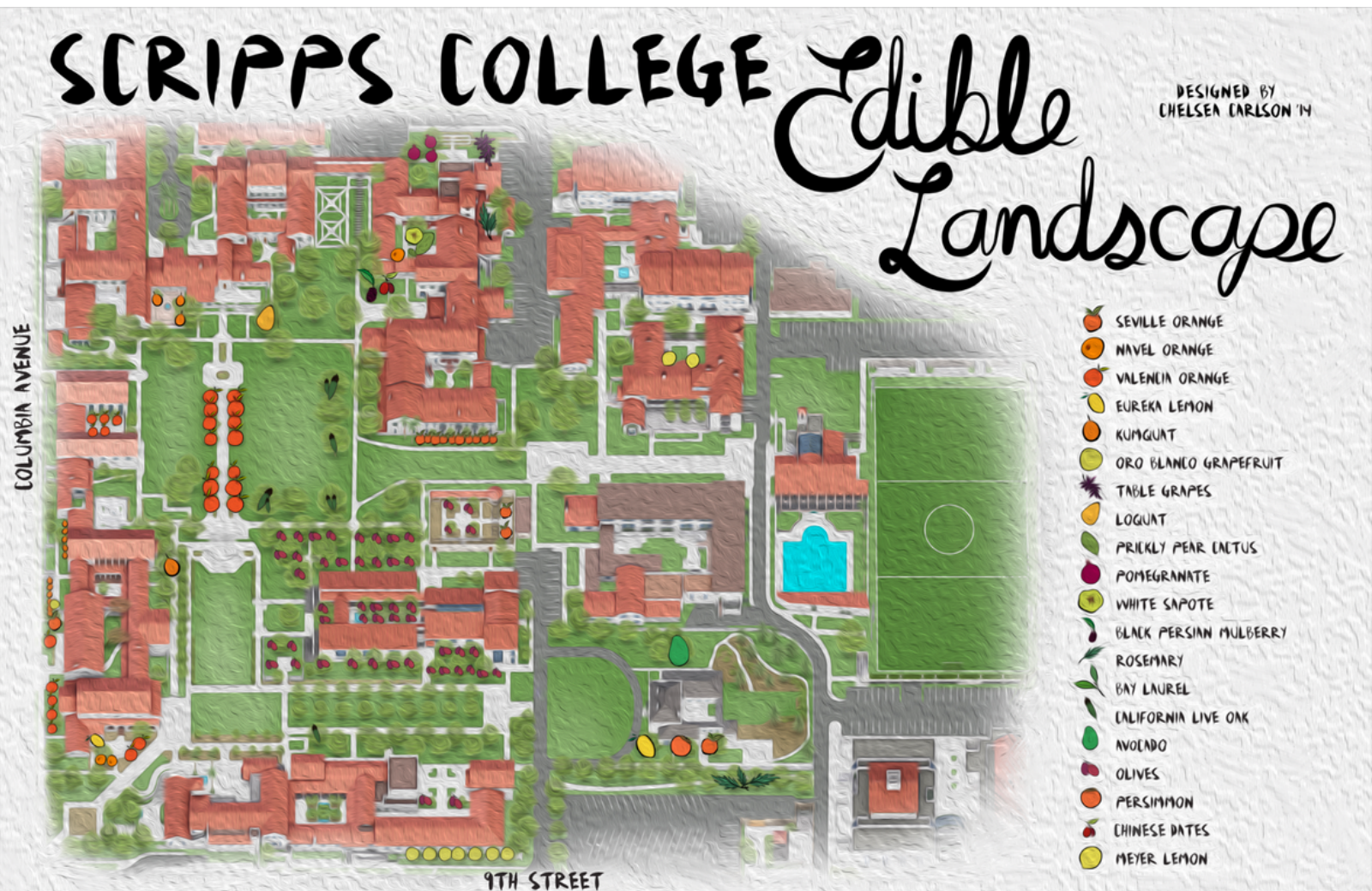
- 6 cups fruit
- ½ cup pectin
- 6 cups sugar
- Red pepper flakes or Lavender (optional)

INSTRUCTIONS

1. Remove stems, peels, pits, pith, and seeds from fruit.
2. Cut remaining fruit into pieces and crush.
3. Combine fruit, sugar, and additional ingredients (such as lavender and red pepper flakes) and stir fruit mixture over low heat until sugar dissolves. Then boil rapidly for a clear-finished product.
4. As your mixture begins to thicken, stir frequently to prevent scorching or sticking.
5. Add pectin to the jam mixture.
6. Before filling jars with jam, skim off the foam that may have formed during the cooking process.
7. Allow jams to cool undisturbed, and store in a refrigerator. Eat within a month of cooking.



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component of sustainable
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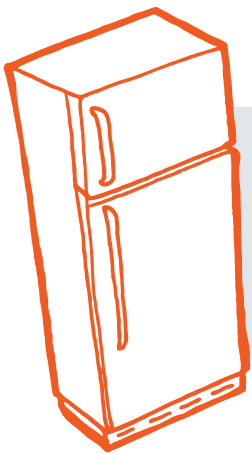
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