

# EASY STRAWBERRY JAM

## *A Taste of Sunshine!*

Happy June and strawberry season . . . OK, we haven't seen much sunshine so far this spring but it's coming. And that means the berries are not far behind!

So here's our best tip for making fresh berry jam. If you haven't yet tried it, you won't believe the flavor of **HOMEMADE FREEZER JAM**. The flavor is just like fresh picked fruit! Unbelievably tasty especially during the winter months when we crave fresh food!

And it's sooo easy to make. A friend in Norway taught me this method. He picks the strawberries and makes the jam every summer to help his wife. Actually, I think he wants to be sure they have it in the freezer, safe and sound, for the rest of the year!

There is absolutely no cooking and did I mention that there's less sugar than cooked jam? Most cooked recipes call for more sugar than berries.... no kidding, really!

Here's how it's done:

Four cups of your favorite fruit, fresh or frozen

(I've tried strawberries, blackberries, raspberries, peaches).

Add 1 1/2 cups of sugar or **SPLENDA** granular sweetener

1 package Ball Freezer Jam Pectin (This is the best brand...in my opinion)

5-8oz. freezer containers

1. Stir sugar and pectin until blended in a bowl
2. Add 4 cups fruit (for peaches and apricots, reduce to 3 1/2 cups). Stir 3 minutes.
3. Ladle into freezer containers. Let stand until thickened, about 30 minutes.
4. Store in your freezer.

*Enjoy the taste of sunshine,*

Pat Bergford

Thurston County Master Gardner



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