

# Elderberry Jam Recipe

2 quarts crushed elderberries

¼ cup vinegar

6 cups sugar or honey

Combine berries, vinegar, and sugar. Bring slowly to boiling, stirring occasionally until sugar dissolves. Cook rapidly until thick. As mixture thickens, stir frequently to prevent sticking. Pour boiling hot mixture into sterilized jars. Adjust lids. Process in boiling water 5 minutes. Remove jars; cool and store. Yield: 6 half-pint jars

## Elderberries

Use fully ripe berries. Wash with a spray or in water and lift carefully from water, cap and stem, if necessary. Drain.

Add 1/2 c. sugar to each qt. fruit. Cover pan and bring to a boil. Shake pan to prevent berries from sticking.

PPack berries and juice to within 1/2" of jar topp. Adjust lids. Process in boiling water bath (212 degrees F.). Pint jars 10 minutes, quart jars 15 minutes.

Raw pack not recommended for elderberries.

# Elderberry Jelly

## *Ingredients*

3 pounds elderberries  
1/2 cup lemon juice  
1 box low-sugar pectin  
5 cups sugar

Wash and pick over berries and place in saucepan. Cook over low heat until juice begins. Simmer for 15 minutes. Strain liquid through jelly bag or double layer of cheesecloth and let drip overnight. Measure juice and add water, if necessary, to make 3 cups. Add lemon juice and pectin and bring to boil. Add sugar and boil for one minute. Pour into sterilized jars and cap with canning leads or seal with pectin. Jars sealed with canning lids may be processed for 5 minutes in boiling water bath, if desired.

**Makes:** 6 cups