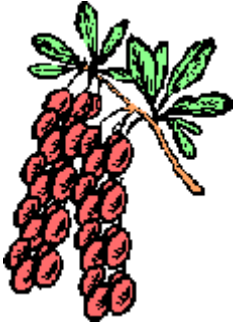


Preparedness Hints

Chokecherries



In the early fall of the year the wild chokecherries are ready to pick. I make some chokecherry syrup with the recipe that follows in this newsletter. I served French toast Saturday morning with this syrup to the great delight of my family. Chokecherry syrup is also good for pancakes and delicious over ice cream.

The following recipe comes from Liza Wilson. You can also make clear jelly with the chokecherry juice using the recipe that comes with your commercial Sure-gel pectin. You can easily pick a gallon of chokecherries in an hour and can make enough syrup with that gallon for 10 pints of syrup. This is often enough to last a family for a year but if your family really likes it, which ours does, you might need a lot more. Making chokecherry syrup is easy and fun for the kids with plenty of adult supervision.

I've also thought that a small jar of chokecherry syrup would make a nice, inexpensive Christmas gift for friends and neighbors.

The best part of making chokecherry syrup or jelly is that you don't need any special equipment, just a large pot for making the juice. You do not need a hot water bath canner.

I had a fun time making and canning this syrup and had tremendous satisfaction making something really great for next to nothing (and a lot of it!)

Chokecherry Juice for Syrup or Jelly

Add water to 1 gallon of berries to barely cover the berries. Bring to a boil and simmer for 20 minutes. Strain through a colander, saving the juice and returning the berries to your pan. Barely cover with water and bring to a boil and simmer for 20 minutes. Drain as before, saving the juice and returning the berries again to your pan. Do this one more time for a total of 3 times.

Discard the berries and mix the resulting 3 juices. You should have between 8 and 12 cups of juice. You can now use this juice for either syrup or clear jelly.

Chokecherry Syrup

- 8 C. juice or 12 C. juice
- 1 pkg. Sure-Jell pectin
- 1/2 C. lemon juice
- 1 1/2 t. almond extract
- 10 C. sugar (if using 8 C. juice) or 12 C. sugar if using 12 C. juice

Pour boiling water over clean new lids. Have clean dry jars ready to use. Mix ingredients, boil for 2 minutes. Pour syrup into about 3 jars at a time within 1/8 inch of top of jar. Put hot lid on top and screw on band. Immediately invert jars for 5 minutes, then turn jars right side up again. After jars are cool check seal by pressing middle of lid with finger. If lid springs up when finger is released, lid is not sealed. (Just refrigerate sealing failures and use within 3 weeks.) Because of the high sugar and acid content, you do not have to use the water bath method to make this syrup or jelly. Continue with your other jars in the same manner.

Personal and Family Preparedness

Vision: Each family uses principles of provident living in their daily lives.

Mission: "Increase awareness and practice of home production and storage."