



Dandelion Flower Jelly

This recipe and the special jelly that is produced has become my “Ahah!” moment – the taste of the jelly has huge connections with the taste of honey, making me realize that dandelions should be revered and celebrated for their importance as a first native flower of Spring.

Dandelion flowers are an important (and early Spring) food source for bees and insects.

We should not be treating dandelions as weeds.

This is a wonderful recipe to involve everyone in – from the picking to the preparing and then the tasting (and the “Ahahs”).

- 4 cups dandelion blossoms
- 3 cups dandelion blossom water
- 1 package pectin
- 1 tbsp lemon juice
- 4 cups sugar

DIRECTIONS:

1. Find an area where the dandelions are just being left alone.
2. Early morning is a good time to pick as you won’t likely find any insects already having their flower-y breakfast.
3. Pick just the dandelion flower --- the stem and leaves will add a bitter taste. Some recipes say that you should even remove the green “cup” that holds the flower as it also adds bitterness. I have not found it to detract from the lovely taste and so, in the interest of time, I don’t do this extra step.
4. Gently rinse the flowers (and if you find any insects already on the flower, just shake the flower outside before rinsing).
5. Place the flowers in a large pot, cover with water (about 4 cups) and boil for 3 minutes (you are basically making a tea). Stir regularly throughout the boiling period.
6. Pour through a sieve. Save the liquid and compost the flowers. You will want to have 3 cups of the dandelion flower tea-liquid.
7. Add pectin and lemon juice. Bring to a boil for 3 minutes. Keep stirring the mixture.
8. Add the sugar; boil for about 2 ½ minutes. Keep stirring.
9. Skim off any foam prior to pouring into jars that have been prepared for canning. Process according to standard canning methods.

(check out our “how to can” video by visiting: <https://bit.ly/34RqPO0>)

Slightly modified from a recipe shared by Jonah Neufield from the
Zion Church Youth Cookbook,
JUST LIKE MAMA USED TO MAKE



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