

# FRUITS OF YOUR LABOR



A COOKBOOK FOR WINDBREAK FRUITS FROM THE  
COLORADO STATE FOREST SERVICE

# ACKNOWLEDGMENTS

A special *Thank You* to Carol J. Schultz, M.S., a very helpful CSU Extension Agent for Larimer County and whose titles include Consumer and Family Educator, and Certified Home Economist. Carol took the time to proofread all the recipes for ingredient content, and preparation directions in this publication. She also extended many helpful hints, the booklets noted in the bibliography, and a lot of her time. We really appreciate her help and suggestions. Again, *Thank You Carol*.

C. Joyce Denham has worked for the Colorado State Forest Service Nursery for many seasons. Shipping our seedlings will not run as smoothly when she decides to retire from her seasonal appearances. Joyce has graced us with tasty snacks on occasion using the fruits found on our windbreak shrubs. Upon request, Joyce gave us the Cherry Dessert Cake recipe for this publication. Thank you.

— The CSFS Nursery



CSFS #153-0898

# BIBLIOGRAPHY

- Butterfield, Margaret & Charles. *Preserving Wyoming's Wild Berries & Fruits*. Laramie, Wyoming: Agricultural Extension Service B-735, 1981.
- Krumm, Bob. *The Rocky Mountain Berry Book*. Helena & Billings, Montana: Falcon Press, 1991.
- ALASKA Magazine. *Alaska Magazine's Cabin Cookbook*. Anchorage, Alaska: Alaska Publishing Properties, Inc., 1988
- Gorman, Marion. *Cooking With Fruit*. Rodale Press, 1983.
- Payne, Rolce Redard & Senior, Dorrit Speyer. *Cooking With Fruit: A Complete Guide to Using Fruit Throughout the Meal, the Day, the Year*. Crown Publishers, Inc., New York, 1992.
- Better Homes and Gardens. *All Time Favorite Fruit Recipes*. Meredith Corporation, 1980.
- Ackart, Robert. *Fruits in Cooking, Unusual & Classic Fruit Recipes*. Macmillan Publishing Company, Inc., New York, 1973.
- Colorado State University Extension Service. *Unusual Jams and Jellies* booklet. Larimer County Extension, Ft. Collins, Colorado.
- Colorado State University Extension Service. *UNIQUE Jams, Jellies, Conserves, Marmalades & Preserves* booklet. Larimer County Extension, Ft. Collins, Colorado.
- Colorado State University Extension Service. *Chokecherries* booklet. Larimer County Extension, Ft. Collins, Colorado.



# CHOKECHERRIES

**Blossoms:** May  
**Ripens:** August



Chokecherries grow on shrubs or small trees from three to ten feet. The leaves are 1½ to 4 inches length. The flowers are white and their pea-sized fruit grows in clusters. When the cherries are ripe, they are usually dark purple or black in color. Sometimes there are also cherries of reddish or orange color. When picking, pick the light red and green ones too, because they add flavor and pectin.

Chokecherry fruits are popular in making jelly. Any recipe that calls for sour cherry or elderberry jelly can be substituted with chokecherry fruit. A mixture of half chokecherry juice and half apple or red currant juice also makes a tasty product. Red currant juice does not influence the chokecherry flavor as does apple juice.

## CHOKECHERRY RECIPES

### CHOKECHERRY JAM

Remove stems from chokecherries and wash, then drain. Add 1 cup of water to each four cups of fruit. Place over slow (or low) heat and simmer until fruit is very tender, stir occasionally. Rub pulp through a medium sieve. Measure the pulp and add an equal amount of sugar. Place over moderate heat and stir until the sugar is dissolved. Bring to a full, rolling boil, until the mixture “sheets.” Stir frequently. Pour into hot sterile jars filling ¾ of the jar. Seal and process in boiling water bath for 15 minutes, then cool and/or freeze. Three cups of pulp make about 3 half pints of jam.

### CHOKECHERRY/APPLE BUTTER

- 4 cups apple pulp
- 2 cups chokecherry pulp
- 5 cups sugar
- ½ tsp. almond extract

Prepare pulp of both fruits first by putting cooked fruit (unsweetened) through a sieve or food mill. Heat to a boil, stirring carefully. Add sugar. Stir constantly until it just begins to thicken. Add extract and blend. Ladle into sterilized hot jars to within ¼ inch of the top of jar. Wipe rims; adjust lids. Process in boiling water bath for 10 minutes at 5,000 feet or 15 minutes above 6,000 feet. Remove from canner. Makes 8 half pints.

### CHOKECHERRY SYRUP WITH ADDED PECTIN

- 4 cups of chokecherry juice
- 1 package powdered pectin
- 4 cups of sugar

Combine juice, sugar and pectin in a large kettle. Bring to a boil and cook until mixture coats a metal spoon (similar to the way gravy coats a spoon). Pour into warm half pint or pint jars. Process in boiling water bath for 10 minutes at 5,000 feet or 15 minutes at 6,000 feet and above.



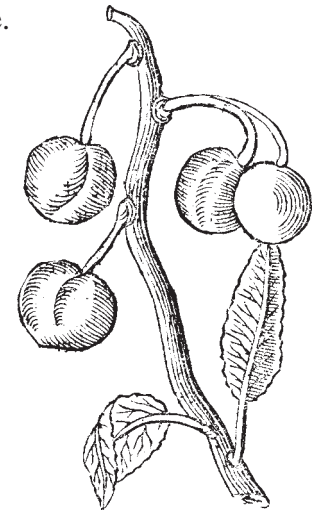
### HERB JELLY

Make this with your favorite herbs — serve with your favorite meat. (Use sage, thyme, tarragon, marjoram or a combination of these).

- 2 cups prepared infusion (2 ½ cups boiling water and 4 tablespoons dried herbs)
- ¼ cup vinegar
- 4 ½ cups (2 lb.) sugar
- Green food coloring (optional)
- ½ bottle liquid pectin

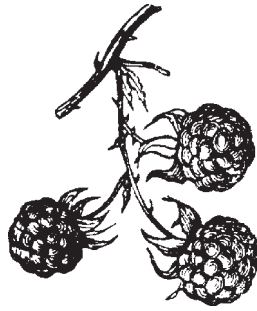
To prepare infusion, pour boiling water over herbs; cover. Let stand 15 minutes. Strain; measure 2 cups into large pan.

Add vinegar and sugar to infusion; mix well. Bring to a boil over high heat, stirring constantly and adding food coloring to desired shade. At once stir in pectin. Then bring to a full rolling boil and boil hard 1 minute, stirring constantly. Remove from heat, skim off foam, and pour into hot sterilized jars, leaving ¼ inch head space. Seal. Process in boiling water bath for 10 minutes, or freeze.



### *Syrups Made With Juice*

- 4 cups juice
- 4 cups sugar
- ¼ cup lemon juice (if desired)
- ½ package or less powdered pectin (if desired)



1. Mix juice, sugar, lemon juice and pectin.
2. Bring to boil and boil 2 minutes.
3. Remove from heat, skim off foam and pour into ½ pint or 1 pint canning jars to within ½ inch of top.
4. Adjust lids and process in boiling water bath canner for 10 minutes.
5. Remove from canner and let cool.
6. Check lids, label and store in cool, dry place.

### **BERRY JAMS**

Blackberry, blueberry, currant, dewberry, gooseberry, loganberry, raspberry and youngberry, serviceberry, mulberry and huckleberry

Choose ripe sweet berries with uniform color. Berries may be canned in water, juice or syrup. Prepare and heat the liquid of your choice. Wash 1 or 2 quarts of berries at a time. Drain, cap and stem if necessary. For gooseberries, snip off heads and tails with scissors.

### **Hotpack**

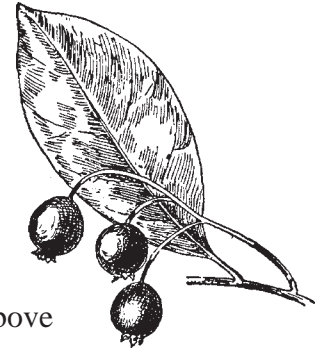
(use for blueberries, currants, elderberries, gooseberries and huckleberries.) Heat to boiling, about 1 gallon of water for each pound of berries. Blanch berries in boiling water for 30 seconds. Drain. Place ½ cup of hot syrup, juice or water in each hot jar. Pack hot berries into hot jars, leaving ½-inch head space. Fill jars to ½ inch from the top with more hot syrup, juice or water. Remove air bubbles. Wipe jar rims. Adjust lids. Process in a boiling water bath.



At 5,000 feet: Pints -----20 minutes  
Quarts ----30 minutes

### **CHOKECHERRY SYRUP WITHOUT ADDED PECTIN**

- 4 cups chokecherry juice
- 1 cup light corn syrup
- 4 cups sugar



Combine ingredients in pan and boil for 3 minutes. Pour into warm pint or half-pint jars. Process in boiling water bath for 10 minutes at 5,000 feet or 15 minutes at or above 6,000 feet.

### **PIONEER CHOKECHERRY SYRUP**

- 4 cups of chokecherry juice
- 1 teaspoon cream of tartar
- 4 cups sugar

Cook over medium heat until mixture coats the spoon (like gravy does). Refrigerate for immediate use or pour into clean hot jars and process in boiling water bath, 10 minutes for half-pints, or 15 minutes for pints at or above 6,000 feet.

### **CHOKECHERRY PIE**

- 1 (9-inch) baked pie shell
- 2 cups chokecherry juice
- 3 level tablespoons cornstarch
- 1 cup sugar
- small pinch of salt
- ½ teaspoon almond extract



Cook until thick, stirring constantly. Cool. Pour into pie shell, chill. Serve with whipped cream or cream topping.

# WOODS ROSE

**Blossoms:** June

**Ripens:** September

*“What’s in a name? That which we call a rose by any other name would smell as sweet,” William Shakespeare.* All of our wild fruits

contain significant amounts of vitamin C, but the fruit of the wild rose has the most.

The farther north the rose hips are harvested the richer they are in this essential vitamin. Rose hips are the seed vessels of the rose. Try to gather yours in the wild, away from dusty highways just before the first frost is expected, though they can still be used even after they are frosted and soft. Wild roses blossom from June through July depending on elevation. They ripen in late August through September. The hips turn to a lustrous red or orange when ripe and may be either globular or elliptical in shape.



## ROSE RECIPES

### ROSE PETAL JELLY

1 cup fresh, fragrant and unsprayed rose petals  
(Best gathered in the morning. Cut off white base on each clump of petals as it adds bitterness.)

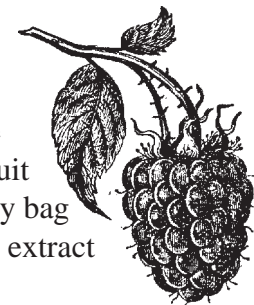
Juice from one lemon  
2 ½ cups sugar  
1 package powdered pectin  
1½ cup H<sub>2</sub>O

Put petals, lemon juice and ¾ cups water in blender and blend until smooth. Gradually add sugar. Put mixture in a sauce pan and stir in

3. Remove from heat, skim off foam, and pour into ½ pint or 1 pint canning jars to within ½ inch of top.
4. Adjust lids and process in boiling water bath canner for 10 minutes.
5. Remove from canner and cool.
6. Check lids, label and store in cool, dry place.

### To Prepare Fruit Juice from Syrups

**Standard Method** — Sort, stem, and wash ripe fruit or thaw frozen, unsweetened fruit; crush fruit thoroughly. Place crushed fruit in dampened jelly bag and drain. For clearest juice, do not press bag to extract juice.



For firm fruits, heat is needed to start flow of juice. Add about ½ cup water to each 3 cups crushed fruit. Bring to a boil. Reduce heat and simmer 10 minutes. Place hot fruit in dampened jelly bag; drain.

**Cellulose pulp method** — Sort, stem, and wash ripe fruit or thaw frozen, unsweetened fruit; crush fruit thoroughly; measure.

Soak 10 unscented white cellulose tissues in 2 quarts boiling water for 1 minute. Beat cellulose pulp with a fork; pour into a strainer to drain. Shake off excess moisture. Do not press.

Stir 6 cups crushed fruit with 2 cups cellulose pulp. Heat to boiling. Boil firm fruit for 1-2 minutes. Pour into moistened jelly bag. Drain and cool. Twist bag and press to extract remaining juice.



## MISCELLANEOUS RECIPES

### SYRUPS FROM WILD FRUITS

Syrups made from blackberries, huckleberries, raspberries, boysenberries, loganberries, sour cherries, grapes, etc., as well as mixtures of berries are of good flavor, color, and consistency (thin like maple syrup, medium-thick like corn syrup, or slightly jelled).



Syrups can be made with or without pectin and lemon juice. Lemon juice may improve color. Use of pectin will vary the consistency.



### *To Prepare Fruit Puree*

Sort, stem and wash ripe fruit or thaw frozen, unsweetened fruit; crush fruit thoroughly; measure crushed fruit.

Add 1 cup boiling water to each 4 cups crushed fruit and bring to a boil. Reduce heat and simmer to soften — about 5 minutes for soft fruits, about 10 minutes for firm fruits like cherries and grapes. Press through sieve.

### *Syrups Made with Puree*

4 cups puree

4 cups sugar

½ package or less powdered pectin (if desired)

3 or 4 tablespoons lemon juice (if desired)

1. Mix puree, sugar, pectin and lemon juice.
2. Bring to boil and stir for 2 minutes (or until jelly thermometer registers 218 degrees).

the pectin, ¾ cup water and boil the mixture hard for one minute, stirring constantly. Put it all back in the cleaned blender and stir until smooth. Pour into hot sterile jars leaving ¼ inch head space. Process for 10 minutes in a boiling water bath, or freeze.

### ROSE HIP (ROSE FRUIT) JUICE

To prepare rose hip juice for use in many things, just snap the stems and tails off the rose hips and cook in enough water to almost cover them. Cook until well softened. Put through a sieve. Cook again in less water and again put through a sieve. Repeat once more. Then discard remaining seeds and skins and drain the rest overnight through a jelly bag or several layers of cheesecloth. The juice can be made into syrup or just stored in the refrigerator in a covered jar, to use from time to time in various recipes that would benefit from the addition of vitamin C. The pulp can be used in jam or jelly to augment the quantity where you are a bit short and to add vitamin C.



Use rose hip juice in any syrup, jam, or jelly in place of water — at least partly. It doesn't have much taste, so it can be used in many different things to add that all-important vitamin C.

One use for the pulp is to spread it thinly on cookie sheets and dry it in a low oven, with the oven door slightly open to allow moisture to escape. When completely dry, break the sheet of puree into smaller pieces and pulverize with a rolling pin. The resulting powder is delicious sprinkled on cereal or in beverages, or used in place of a little flour in many recipes.

### CANDIED ROSE HIPS

Snap off the stems and tail of the wild rose hips you have collected. Discard any imperfect ones. Insects like rose hips, too, so sort them with care. Split the hips open. With a



teaspoon turned over, force the seeds out of the hips. Scrape out any extraneous membrane from the inside. Cover with cold water in a saucepan and bring to the boiling point. Reduce the heat and simmer slowly for 10 minutes. Drain well.

Cook to the boiling point 1 cup of sugar, ½ cup water, and 1 or 2 pieces of crystallized ginger. Add the drained rose hip pieces (not more than a cupful at a time). Cook slowly until the hips just begin to appear translucent. Using a skimmer, remove the hips from the syrup and spread them on a platter to cool. If you have more hips, cook them in the same way until all are cooked, but never add more than a cupful at a time. When cool, roll the hips in granulated sugar and spread thinly on waxed paper to dry. These make a healthful snack for the kids. They should be stored in an airtight, childproof glass container.

#### ROSE HIP TEA

Grind approximately 3 - 4 cups of rose hips. Boil in 2 - 3 cups of water for 20 minutes. Strain the liquid to remove the pulp. It's delicious either hot or cold.

#### ROSE HIP CANDY

Gather rose hips, grind into a paste, mix with butter, and add sugar to sweeten. Shape into balls, put a stick into the balls, and roast them over hot coals and enjoy them as a treat on your camping trips.

#### ROSE HIP SYRUP

3 pounds rose hips (ripe)  
1 cup honey

Wash hips, remove stems and ends. Use a stainless steel or enamel saucepan. Simmer 15 minutes or till tender,

1 ½ teaspoon vanilla or 1 teaspoon almond extract  
3 cups cherries pitted  
Cinnamon  
Heavy cream (optional)

Combine eggs and sugar until they are light and fluffy. Add the butter and blend it with eggs and sugar; then add the flour, a little at a time until mixture is blended. Add milk, salt and extract and blend again.

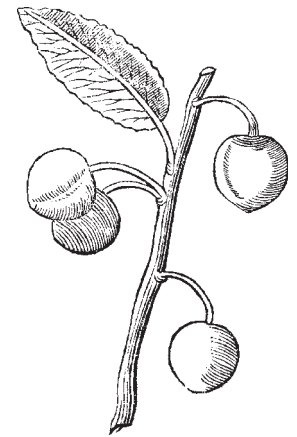
In a well-buttered 8- or 9-inch baking dish, arrange the cherries and sprinkle them with cinnamon.

Pour the batter over the fruit and bake the pudding at 350 degrees F for 1 ½ hours. Serve it warm, with cream if desired.

#### CHERRY DESSERT CAKE

2 cups pitted Nanking cherries  
¾ cup water  
½ cup sugar  
2 tablespoons butter  
1 tablespoon lemon juice  
2 tablespoons cornstarch  
1 cake mix (yellow or chocolate)

In medium sauce pan combine cherries and ¾ cup water. Bring to boil. Lower heat and simmer 2 minutes. Add sugar, butter, lemon juice. Mix cornstarch in ¼ cup cold water and add slowly, stirring constantly until mix thickens. Pour into a 9x9x2 baking dish. Prepare cake mix as directed on package for high altitude. Spoon over cherry mixture and bake at 350 degrees for approximately 40 minutes. Serve warm with whipped cream.





## SWEET CHERRY BOMBE

(8 servings)

2 cups pitted sweet cherries, finely chopped  
1 14-ounce can (1 ¼ cups) sweetened condensed milk  
1 teaspoon vanilla  
Few drops almond extract  
1 cup whipping cream  
Few drops red food coloring (optional)  
1 pint chocolate-nut ice cream



Combine cherries, condensed milk, vanilla and almond extract. Pour into an 8x8x2-inch pan and freeze firm. Chill a 5-cup mold in freezer. Break up cherry mixture into chilled small mixer bowl; beat until fluffy. Whip cream just until soft peaks form; fold into cherry mixture. If desired, stir in food coloring. Remove *one cup* cherry mixture; cover and freeze. Turn remaining cherry mixture into mold; freeze slightly. Quickly spread over bottom and up sides in mold, leaving center hollow. (If mixture slips, refreeze till workable). Stir chocolate-nut ice cream just to soften; spoon into center of mold, smoothing top. Spread the reserved cherry mixture over top. Cover and freeze for 6 hours or overnight. Invert mold onto chilled plate. Rub mold with hot damp towel; lift off mold. Let stand at room temperature 5 - 10 minutes. Serve.

## CHERRY PUDDING

(6 servings)

Preheat oven to 350 degrees F  
4 eggs  
½ cup sugar  
½ cup softened butter  
½ cup flour  
1 ½ cup milk  
Pinch of salt



mash with wooden spoon. Simmer another 8 minutes. Pour into several layers cheesecloth, allow to drip over night into ceramic bowl. Squeeze out leftovers. Return juice to saucepan, add honey, and blend well. Bring to boil; boil 1 minute. Pour into jars and seal. Process in hot water bath for 15 minutes at 5,000 feet.

## ROSE HIP AND RHUBARB JAM

Use slightly underripe rose hips. Cut in half and remove seeds with tip of knife.

Combine:  
1 cup rose hips  
1 cup water  
4 cups diced rhubarb  
½ teaspoon salt



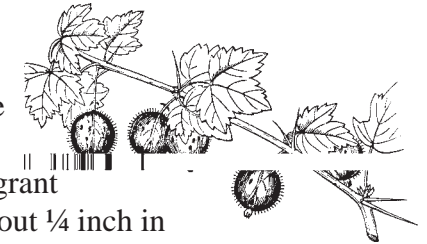
Boil rapidly 2 minutes and add:  
2 cups sugar  
1 tablespoon grated lemon rind  
Boil rapidly 2 minutes. Seal in sterilized jars. Process in a hot water bath for 15 minutes at 5,000 feet.

## GOLDEN CURRANT

**Blossoms:** late April to mid-May

**Ripens:** late July - August

Currant bushes are 3 to 8 feet tall. The leaves may be up to two inches wide. The flower is bright yellow with a fragrant odor. The fruit is globe shaped and about ¼ inch in diameter, growing single along the stem. When ripe, currants vary in color from red to black. Currants are high in natural pectin.



## CURRANT RECIPES

### CURRANT JELLY AND JAM

3 quarts fresh currants  
2 cups water  
3 cups sugar

#### Jelly

Wash the currants and place in a saucepan. Add the water and bring to a boil. Reduce the heat and simmer for 10 minutes. Use a jelly bag to extract the juice. Allow juice to drip overnight. Measure 4 cups of juice and stir in the sugar. Heat to boiling, and cook for 5 minutes, stirring frequently until the mixture meets the jelly test. Skim off surface and pour into hot sterile jars, leaving  $\frac{1}{4}$  inch head space. Seal and process in a boiling water bath for 10 minutes at 5,000 feet, or freeze.

#### Jam

$\frac{3}{4}$  cup additional sugar  
Save the pulp after the juice has been extracted, adding  $\frac{3}{4}$  cup sugar and cooking until thick. Pour into hot sterile jars, leaving  $\frac{1}{4}$  inch head space. Seal. Process in boiling water bath for 10 minutes, or freeze.



### BLUEBERRY-CURRANT JAM

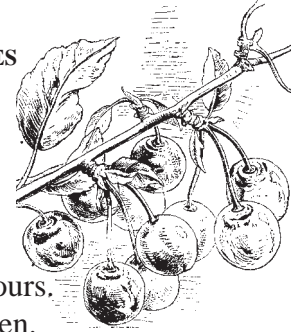
(2 Pints)  
1 quart stemmed blueberries  
1 cup water  
2 cups stemmed currants  
1 cup water  
3 cups sugar

boiling juice, stirring as it thickens. Add the salt, lemon juice, lemon rind and kirsch and cook, stirring occasionally for 7 minutes. Return cherries to syrup and cook for 3 minutes. Store in a sterile jar up to two weeks in refrigerator.

### BRANDIED SWEET CHERRIES

(four - five half-pints)

2 pounds pitted sweet cherries  
2 cups sugar  
brandy



Combine cherries and sugar. Let stand for 2 hours. Cover; cook over low heat 25 minutes; stir often. Remove cherries from syrup. Bring syrup to a boil; boil, uncovered, 10 minutes. Measure syrup; add  $\frac{1}{3}$  cup brandy for each cup syrup.

In kettle, combine syrup and cherries. Bring to boiling. Spoon into hot, sterilized jars leaving  $\frac{1}{2}$  inch head space. Wipe rims, adjust lids. Process in boiling water bath for 30 minutes (start timing when water boils). Store at least 2 months before serving.

### PICKLED SWEET CHERRIES

(Eleven half-pints)

4 pounds pitted sweet cherries  
2 cups sugar  
1 cup distilled white vinegar  
1 teaspoon ground cinnamon  
 $\frac{1}{2}$  teaspoon ground cloves  
1 cup water

In kettle, combine all ingredients. Boil for 10 minutes. Spoon into hot, sterilized jars, leaving  $\frac{1}{2}$  inch head space. Wipe rims, and adjust lids. Process in boiling water bath for 15 minutes.

## FRESH SWEET CHERRY PIE

(One 8-inch Pie)

2-crust pie crust, unbaked

### Filling:

2 cups pitted sweet cherries

½ cup sugar

2 tablespoons cornstarch

1 ½ teaspoon lemon juice

Combine the cherries, sugar, cornstarch and lemon juice. Fill pastry with cherry mixture. Cover with top crust, fold overhang over top edge, press to seal, and flute edges. With a fork or knife, make vent holes in the top crust. Place on middle rack of oven and bake for about 40 minutes, until the fruit is bubbling and the crust is golden brown. Allow to cool at least 30 minutes before cutting.



## CHERRY SAUCE

(2 cups)

*Use this sauce with blintzes, over a slice of pound cake, or as an ice cream topping.*

2 cups pitted sweet cherries

2 tablespoons sugar

2 tablespoons water

2 teaspoons cornstarch

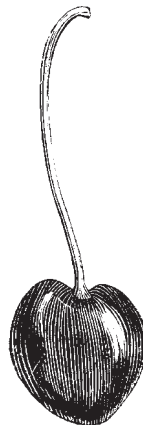
1 tablespoon water

Pinch of salt

2 tablespoons lemon juice

½ teaspoon grated lemon rind

1 tablespoon kirsch



Put cherries in a saucepan with sugar and water and simmer for four minutes. Using a slotted spoon, remove cherries and set aside. Bring the syrup to a boil, dissolve cornstarch in water, and stir into

Add blueberries and 1 cup water; cook slowly 5 minutes. In another pan add currants and 1 cup water; cook slowly 10 minutes; press through a sieve or food mill. Add currant pulp to blueberry mixture; cook rapidly 5 minutes. Add sugar. Cook rapidly until thick, about twenty minutes stirring frequently. Pour hot mixture into hot jars, leaving ¼-inch head space. Adjust lids. Process fifteen minutes in boiling water bath at 5,000 feet.

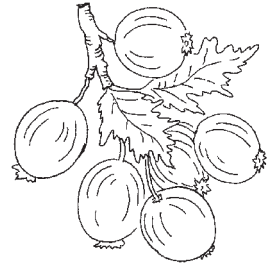
## CURRENT-RHUBARB JAM

1 ½ pounds frozen rhubarb (1 quart)

1 pound currants (1 quart)

1 package pectin

8 ½ cups sugar



Remove stems and tails from currants, combine with thawed, chopped rhubarb. Mash thoroughly in a kettle, add pectin, and stir until dissolved. Heat to boiling. Add sugar, stirring constantly. Bring to a full, rolling boil, continue stirring. Boil for 4 minutes. Remove from heat, skim off foam, pour into sterilized jars, seal and process in a boiling water bath for 10 minutes. Yields six 8-ounce jars.

## SPICED CURRENT JELLY

2 ½ pounds currants (mashed and cooked till soft, strain out juice)  
2 tablespoons stick cinnamon and ½ teaspoon whole cloves —  
place in a small cheesecloth bag.

Boil spices in juice for 10 minutes, then remove the spice bag. For each cup of juice add ¾ cup of sugar. Boil to jelly stage. Pour into hot, sterilized jars. Process in hot water bath for 10 minutes. Makes six 8-ounce jars.

## CURRENT PIE

*(this can be used with gooseberries too)*

Pastry for a 2 crust pie

4 cups black currants

Cut off stems and blossom ends of the currants. Roll out a pie crust and arrange it in a pie pan. Place berries in pie pan on top of crust. Mix 2 cups sugar, 2 tablespoons flour or cornstarch, and 1 teaspoon nutmeg. Sprinkle over currants. Put on top crust or lattice crust.

Bake at 375 degrees for 45-50 minutes. Put a cookie sheet under the pie pan, since the juices usually run over if a top crust is used.

For less intense flavor, or if you only have 2 cups currants, fill out with 2 cups sliced apples. Apples extend gooseberries and currants very well.



## CURRENT JELLY

*(this is one of the ingredients in the next recipe also)*

Wash currants. Don't bother to remove the stems. Cook enough of them to make about 4 cups of juice. Use only enough water to get the juice flowing and simmer slowly until the fruit is soft, stirring occasionally. Crush the currants and strain them through a damp jelly bag. Don't squeeze the bag, or the jelly will be cloudy instead of clear. Return the juice to the pan after the fruit has strained for several hours or overnight. Bring quickly to a boil and boil for 3 minutes or so. Add 3 cups of sugar for 4 cups of juice and stir until all the sugar is dissolved. Bring to a boil again. After 3 minutes test the mixture to see if it has reached the jelly stage; repeat every 3 minutes until the jelly stage has been reached. When cooked enough, remove the jelly from the heat and skim off the foam. Pour the jelly into hot sterilized jelly glasses and process in a hot water bath for 10 minutes at 5,000 feet.

## NANKING CHERRIES

**Blossoms:** *late April to mid-May*

**Ripens:** *August - September*

Equivalents: one pound = 80 cherries = 3 cups sliced

## NANKING CHERRY (SWEET CHERRY) RECIPES



### LE CLAFOUTI

(6 to 8 servings)

5 tablespoons fine, dry whole wheat bread crumbs

¼ teaspoon ground cardamom

2 - 3 cups pitted sweet cherries

3 eggs

5 tablespoons sifted whole wheat pastry flour

2 cups milk or light cream

¼ cup light honey

Preheat oven to 375 degrees F. Grease 11- to 12-inch shallow round baking dish or pie pan with butter or oil. Mix bread crumbs with cardamom and dust inside of baking dish with mixture. Spread fruit over bottom of dish.

Beat eggs in mixer. Add flour and mix well. Add milk or cream and beat 3 minutes. Add honey and beat 2 minutes. Pour this mixture over fruit in baking dish. Bake 40 - 45 minutes, until top is lightly browned and puffy. Let *clafouti* cool to room temperature or chill it. Top will deflate. To serve, cut in wedges. Top each with whipped cream, if desired.

almost to the jelling point, about 15 minutes, stirring frequently to prevent sticking. Pour hot preserves into hot jars, leaving ¼-inch head space. Wipe jar rims and adjust lids. Process 10 minutes in a boiling water bath at 5,000 feet.

### WILD PLUM FRUIT ROLLS (LEATHER)

4 cups wild plum puree  
1 package MCP pectin  
1 cup sugar

Use fully ripe or slightly overripe plums. Wash and cut away any bruised or spoiled portions. Pit. Puree plums in blender or food processor. Stir the MCP pectin into puree. Mix well. Add sugar and stir until dissolved.

Coat cookie sheet or dehydrator shelf with vegetable oil. Spread 1 cup puree in border. Smooth puree with rubber spatula or tilt cookie sheet to evenly spread puree. Refrigerate unused puree.

#### For conventional oven:

Set temperature control at lowest temperature or 150 degrees F. Two cookie sheets may be placed in the oven at the same time. Rotate trays after 3 hours. Drying will take up to 18 hours.

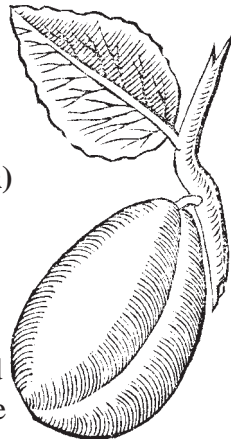
#### For dehydrator:

Set temperature control at 140 degrees F. and dry for 6 - 8 hours.

#### For sun-drying:

One to two days.

Test for dryness by touching center of leather; no indentation should be evident. Remove rolls from tray while still warm and either roll each one in one piece or cut them into 4- to 6-inch squares. Roll in plastic wrap after cooled. Rolls may be stored up to 1 month without refrigeration. For longer storage, place in freezer up to 1 year.



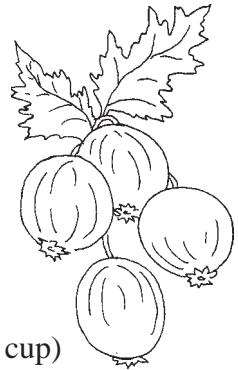
### CURRENT SAUCE

Cut the rind of an orange into tiny slivers about the size of spruce needles — a tedious job, but worth it for the result. Cook these slivers with 1 cup of Madeira or Port wine, simmering gently until the volume is reduced by two-thirds. Now add the juice of the orange, 2 tablespoons of lemon juice, a dash of ground ginger, and ½ to ¾ cup wild currant jelly (above recipe). Continue to simmer until jelly is melted. Refrigerate.

### CURRENT ICE CREAM SAUCE

1 cup washed and stemmed currants  
½ cup of sugar  
⅓ cup of sugar or honey

Cook currants in water for 10 minutes. Add sugar (½ cup) and sugar or honey (⅓ cup) and boil gently for 6 more minutes. Serve hot or chilled over vanilla ice cream.



### CURRENT PUNCH

Sweeten hot currant juice to taste, stirring to dissolve sugar. Cool. Add club soda or ginger ale at serving time. (Other fruit juices may be combined with the currant for a flavorful punch.) For a special touch add a small scoop of ice cream at serving time.

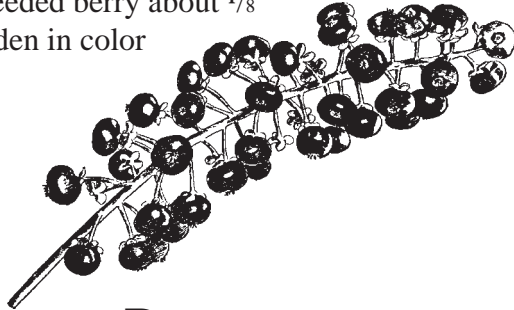
## BUFFALOBERRY

**Blossoms:** *late April to mid-May*

**Ripens:** *mid-July – August*

Indians gathered these berries. The fruits were eaten raw, or sometimes cooked into a sauce which was used to flavor their buffalo meat. (Hence the Indian name for the berry). To some, the raw fruit tastes sweeter and less acidic after frost.

Buffaloberries (also known as bushberries and buck or bull berries) grow on shrubs or small trees that have thorny, silvery, scaly twigs. Leaves are ¾ to 2 inches long and are silver-scaly on both sides. The fruit is a roundish, one-seeded berry about 1/8 to ¼ inch wide, scarlet to golden in color when ripe and grouped along the stem.

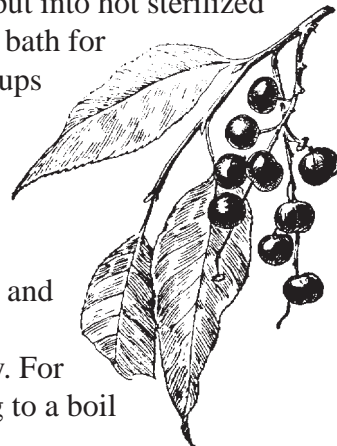


## BUFFALOBERRY RECIPES

### BUFFALOBERRY JAM

16 cups buffaloberries  
2 cups water  
sugar

Wash and stem buffaloberries. Pick them over and discard unwanted berries. Place in a deep pan with water and bring to a boil, stirring to prevent burning. Boil fifteen minutes, drain, mash to get all juice. Strain through a jelly bag. Measure the juice. Add one cup of sugar for each cup of juice. Blend together, stirring until sugar is dissolved. Bring to a boil and test for jelling. When 2 drops run together off the side of the spoon, put into hot sterilized jars, skimming first. Process in boiling water bath for 15 minutes. Makes eight 8-ounce jars. Two cups of juice make one 8-ounce jar of jelly.



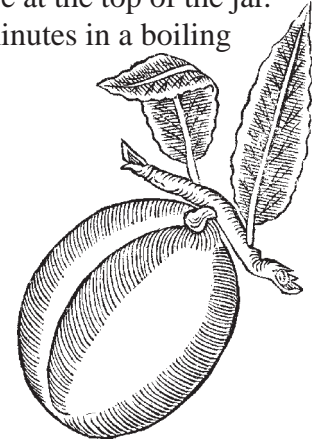
### BUFFALOBERRY JELLY

For every 2 quarts of fruit add 1 cup of water and crush in a kettle. Boil slowly for 10 minutes, stirring often. Drain off juice. It will be milky. For each 1 cup of juice, add 1 cup of sugar. Bring to a boil

### PLUM HONEY

8 cups plum juice (from peelings)  
4 cups sugar

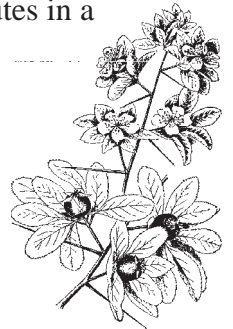
Sterilize canning jars. Measure juice, bring to boil. When it boils vigorously, add sugar. Boil rapidly until it reaches the consistency of honey. Pour into hot jars, leaving ¼ space at the top of the jar. Wipe jar rims and adjust lids. Process 10 minutes in a boiling water bath.



### SPICED PLUMS

4 quarts plums  
6 cups sugar  
1 cup distilled white vinegar  
1 teaspoon ground cinnamon  
1 teaspoon ground allspice  
½ teaspoon ground cloves

Wash and drain plums. Prick each plum with a fork to prevent the skins from bursting. Place plums in a large crock. Combine sugar, vinegar, and spices; boil 5 minutes. Pour syrup over plums and let stand 24 hours. Drain and reheat syrup, and pour over plums again the second day. Let stand 24 hours. The third day, drain and set aside syrup, pack the plums into hot jars, leaving ½-inch head space. Fill jar to ½ inch of top with boiling hot syrup. Remove air bubbles. Wipe jar rims. Adjust lids. Process 15 minutes in a boiling water bath (at 5,000 feet).



### WILD PLUM PRESERVES

5 cups pitted, tart plums (about 2 ½ pounds)  
4 cups sugar  
1 cup water  
Sterilize canning jars. Combine all ingredients. Bring slowly to boiling, stirring until sugar dissolves. Cook rapidly

## PLUM RECIPES

### WILD PLUM UPSIDE-DOWN PUDDING CAKE

- 2 ½ cups flour
- 1 cup sugar
- 3 teaspoons baking powder
- 1 teaspoon salt
- 1 cup milk
- ¼ cup shortening

Combine the dry ingredients then mix in the milk and shortening. Spread in 9" x 13" baking pan.

Drain (save juice) and pit 2 quarts of canned wild plums. Sprinkle plums on top of batter.

#### Sauce:

- 4 cups juice (add hot water to get total)
- 1 ½ cups sugar
- red food coloring (optional)
- 1 teaspoon cinnamon
- 4 tablespoons margarine

Bring sauce to a boil and pour over plums. Pour plum sauce over the batter in the 9" x 13" baking pan. Bake at 350 degrees for 30 minutes. Sauce will be on the bottom and cake on top when done. Let cool and either serve from pan or place on plate upside down with sauce on top.



and boil until it jells. It will turn a pale to deep orange when you add the sugar. Pour into sterilized jars. Process in a boiling water bath for 15 minutes.

If the fruit is extremely ripe or has been through several frosts, you might want to use the recipe with either Surejell or MCP pectin; before a frost the fruit contains enough pectin to jell by itself.

### DRYING BUFFALOBERRIES — NATIVE AMERICAN METHOD

1. Wash berries and remove stems.
2. Put berries in a food grinder or grind on a stone to mushy consistency, and make soft berries into patties.
3. Place patties on wax paper in the sun (or for modern method place in a dehydrator).
4. Rotate these every day so they do not mold in the sun. Patties should be dry in about a week. If they are brittle and break when bent, they are dry.
5. Store in a jar or can with a lid, in a cool, dry place.

### BUFFALOBERRY SPICY SAUCE

- grated rind of 1 orange
- 1 cups of water,
- 2 cups of sugar,
- 4 cups buffaloberries
- ¼ teaspoon ground cinnamon
- pinch of ground cloves

Combine the grated rind of a fresh orange, 2 cups of water, and 2 cups of granulated sugar in a saucepan. Mix and cook over a moderate heat for 10 minutes. Add 4 cups of cleaned berries.

Cook until the berries pop. Now add ¼ teaspoon of ground cinnamon and a pinch of ground cloves and cook for 5 minutes. Stir frequently. Spoon the mixture into a bowl and place in a refrigera-



tor to chill. Serve chilled. This is a delightful red, spicy sauce and is best served with meat, as a flavoring.

## SERVICEBERRY

**Blossoms:** *late April – mid-May*

**Ripens:** *mid-July – mid-August*

Serviceberries (also known as Juneberries) grow on shrubs or small trees 10 to 14 feet high. The leaves are oval to nearly round with toothed margins. The fruit is only  $\frac{3}{8}$  to  $\frac{5}{8}$  inches in diameter and purple-red to black when ripe.



## SERVICEBERRY RECIPES

### SERVICEBERRY PIE

3  $\frac{1}{2}$  cups serviceberries

$\frac{3}{4}$  cup sugar

1 teaspoon cinnamon

2 tablespoons flour

1 tablespoon lemon juice

Pastry for a two-crust pie

Mix all the above ingredients together, coating the serviceberries well. Put in 9-inch pie shell and cover with top crust and flute edges. Bake at 375 degrees for 1 hour.

### SERVICEBERRY PIE #2

*(one 9-inch pie)*

2 pints berries rinsed, picked over and drained on absorbent paper

$\frac{1}{2}$  cup sugar

3 tablespoons flour

$\frac{1}{4}$  teaspoon salt

$\frac{1}{4}$  cup butter, melted

$\frac{1}{2}$  cup flour

$\frac{1}{2}$  cup dark brown sugar, packed

1 unbaked pie shell (one crust)

Prepare the berries and set aside.

In a mixing bowl, sift together sugar, flour and salt. Gently toss the berries with the mixture and set aside.

In a second mixing bowl, using a fork, stir butter, flour and dark brown sugar together. The mixture should be crumbly.

In the unbaked pie shell, arrange the berry mixture and sprinkle it with the brown sugar topping. Bake the pie on the lower shelf of a 425 degree oven for 40 minutes, or until the crust is golden brown.

## WILD PLUMS

**Blossoms:** *late April to mid-May*

**Ripens:** *September*

Wild plums grow on tall shrubs (or small trees) to a height of 14 to 16 feet. They frequently grow in thickets. The leaves are from 2  $\frac{1}{2}$  to 4 inches long. The wild plum is round to oval in shape, slightly larger than a marble and orange-red when ripe.

