

Herb: Preserve It!

Dandelion Jelly

This jelly is clear like apple jelly and has a unique flavor, similar to honey. Caution: Do not to gather dandelions that have been sprayed with herbicides or pesticides or exposed to other toxic substances.



1 quart dandelion blossoms (*not the stems, they are bitter*)
1 quart water
1/2 teaspoon orange or lemon flavoring
4 cups sugar
1 package powdered pectin

1. Gather the familiar yellow blossoms early in the morning when their nectar content is highest.
2. Sterilize canning jars by boiling for 10 minutes at altitudes of less than 1,000 feet. At higher elevations, boil jars 1 additional minute for each additional 1,000 feet elevation.
3. Wash blossoms, combine with water in a saucepan, and bring to a boil.
4. Boil 3 minutes and then drain well; save juice and discard blossoms.
5. Measure 3 cups juice and place in saucepan. Add orange or lemon flavoring, powdered pectin, and sugar.
6. Boil 3 minutes.
7. Pour into hot sterilized half-pint or pint jars leaving 1/4-inch head-space. Wipe rims with a dampened clean paper towel; adjust two-piece metal canning lids.
8. Process half-pint jars in a boiling water or atmospheric steam canner for 10 minutes at 0-6,000 feet elevation, 15 minutes above 6,000 feet.

Source: University of Wyoming Cooperative Extension B-1210.3, 2011



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