

NATIVE PLANT RECIPE BOOK



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Recipe #1

Submitted by: Pat Abramson

POKE PLANT: Makes beautiful fresh flower arrangement. Seeds still used as dye. Leaves rich in Vitamin C. Boil 2x, or just eat young leaves just in spring. Don't eat when stem & leaves take on purple color. Native Americans used leaves as poultice for rheumatism. Root tea used for eczema & to reduce swelling of infected wounds. Was also used as laxative & emetic.

PATTY'S POKE & CHEESE CASSEROLE

(First Place Winner at 2001 Ladonia, TX, Annual Poke Sallet Festival)

Ingredients:

6 slices bread, cut in quarters

Pre-boiled poke sallet, equivalent to 16 oz. of bagged spinach

1 medium onion, sliced

4 eggs

2 c cheddar cheese

2 c milk

½ t salt

Pepper to taste

Grated Parmesan cheese

Double boiler

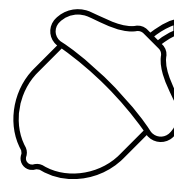
Directions:

In buttered casserole dish place bread snugly. Mix eggs, 1 cup cheddar cheese, milk, Salt & Pepper. In large mixing bowl add poke to egg mixture & "slosh around." Pour poke & egg mixture on bread. Top w/onion slices. Sprinkle with Parmesan cheese. Top with second cup of cheddar cheese.

Put casserole in double boiler (i.e., put casserole in a larger casserole dish filled with hot water). Bake at 350 till firm (about 45 minutes). Wrap leftovers in plastic wrap & freeze for individual servings that can be microwaved, or in tinfoil to be reheated in oven.

Recipe #2

Submitted by: Pat Abramson



ACORN GRIDDLE CAKES

Ingredients:

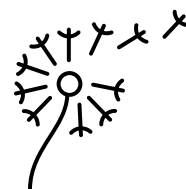
2/3 C finely ground leached acorn meal	1/3 tsp. salt
1/3 C unbleached flour	1 Tbl honey
1 tsp. baking powder	1 egg, beaten
	3/4 C milk
	3 Tbl melted butter

Directions:

Combine dry ingredients. Mix egg and milk, then beat into dry ingredients, forming a smooth batter. Add butter. Drop batter onto hot, greased griddle. Bake, turning each cake when it is browned on underside and puffed and slightly set on top. Makes 12 to 15.

Recipe #3

Submitted by: Pam Mundo



DANDELION SALAD

Three bunches of dandelion leaves. Wash carefully. Early spring dandelions are best. Cut to bit size pieces.

Add whole garlic cut into pieces, 2 tablespoon of white wine vinegar, 3 tablespoon of good olive oil, 1 teaspoon salt, sliced hardboiled egg.

Mix well and enjoy!

Recipe #4

Submitted by: Wayne Hanselka

NOPALITOS EN CHILE ROJO

Ingredients:

1 LB Nopalitos (fresh or pickled Prickly Pear pad)

6 strips of Bacon

1 medium onion, chopped

4-5 cloves garlic, minced

1 small can of green chiles, diced

Grind 10 peppercorns and .25 teaspoon cumin in molcajete.

1 can tomatoes, diced

2 tomato and chicken bouillon cubes

2 cups water or 1 can chicken broth

8-10 chili piquins (vary numbers to taste)

1 teaspoon salt

Boil 4-5 dried Ancho Chiles until soft; puree in blender with a little water.

Directions:

1. Wash despined nopalitos and cut into 1" squares (rinse well if using preserved nopalitos). Boil for 15 minutes; rinse

2. Fry bacon to render bacon grease, remove bacon from pan.

3. Add onion and garlic to bacon grease, cook until soft and translucent.

4. Add nopalitos and remainder of ingredients; cook for 15 minutes

5. Salt to taste; thicken with flour and cook for an additional 5 minutes.

Enjoy!

Recipe #5

Submitted by: Sheryl Salisbury

ELDERFLOWER CHAMPAGNE

This recipe is mildly alcoholic (approximately 1.5% by volume).

Ingredients:

4.5L or 1 gallon of water

5-6 heads of elderflower (do not wash)

2 lemons, sliced

750 grams or 1 1/2 lbs. sugar

2 tablespoons apple cider vinegar (white vinegar will work)

bottles to hold champagne

Directions:

1. Pick nice young flower heads, where the flowers have not yet started to drop petals or turn brown. Shake the flowers gently to remove bugs (not too hard, we need the wild yeast). Use the flowers promptly or the aroma will change and become unpleasant.

2. Put 4.5 liters (1 gallon) of water in a large, lidded pan.

3. Add the elderflower heads and two sliced lemons. Put the lid on and leave it for 24 to 36 hours.

4. Strain the liquid through a clean cloth.

5. Add 750 grams or 1 1/2 lbs sugar and 2 tbsp vinegar. Stir until all the sugar has dissolved.

6. Pour into drink bottles. Put the tops on to keep fruit flies out but don't screw them on tight yet. Stand the bottles in a corner and keep an eye on them. After a few days, they will start to make tiny bubbles as the wild yeasts get to work on the sugar. (see troubleshooting below if wild yeast fails to activate)

7. After one or two weeks the bubbles will gradually slow down. When they look like they have pretty much stopped, screw the lids down and put the bottles somewhere fairly cool. Give them another few days to generate enough gas to carbonate themselves. They are now ready to be refrigerated and consumed.

*Note #1 Plastic bottles might be better than glass if you are new to carbonation. With plastic, you can give them a squeeze to see how much pressure has built up, and if you forget them for a few days, they won't explode as quickly. The crimp at the bottom will pop out instead, and the noise of the bottle falling over will alert you. If this happens, take it outside to "burp" it. BURP= unscrew the lid and let the gas off so that it doesn't explode.

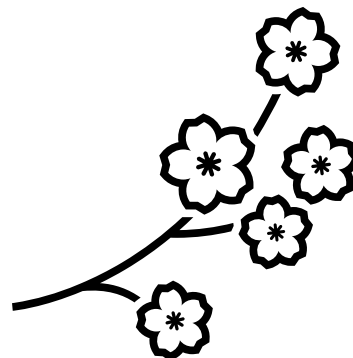
*Note #2 This recipe has no added yeast. The flowers have a wild yeast naturally present and will do the fermentation for you.

*Note #3 The champagne is still "live" and will continue to ferment. The longer it is stored the more alcoholic and the drier it will become. Taste often and keep a note of how long it takes to be perfect for your taste.

*Note #4 Keep checking the pressure of the bottles, particularly during the first few weeks. If using glass bottles, burp often. If using plastic, a quick squeeze of the bottle will let you know whether to burp the bottle or not. If it is super tight, burp it.

TROUBLESHOOTING:

Wild yeast is not 100% reliable. If your fermentation doesn't start within 10 days (tiny bubbles, see #6), then add a tiny pinch of yeast (bread yeast, wine yeast, or beer yeast are all fine) to each bottle. Let stand for 5 minutes, then give it a gentle shake to disperse the yeast. Proceed with step #7.



Recipe #6 (Medicinal)

Submitted by: Sheryl Salisbury



STYPTIC POWDER - Slows bleeding.

Ingredients:

Ground Yarrow powder

1. Place dried yarrow flowers and/or leaves in a mortar and pestle or a grinder. Grind as finely as possible.
2. Store yarrow powder in a small container (I prefer glass.). Don't forget to label with the name and date. Can be stored in a cool, dark place.

To use: Clean the wound well. Pack yarrow powder on the wound. Be prepared, it may sting depending on the severity of the wound. Let sit for a while (15-30 minutes). Wash and reapply as needed. I usually get busy, so I put the powder on, apply a bandage to keep it in place, and then check on it.

Note #1 Yarrow loses its medicinal properties quickly so refresh powder each year.

Note #2 If dried yarrow isn't available, fresh yarrow will work as well (just mash and apply to wound).

Recipe #7

Submitted by: Carol D. Gaskamp

DEWBERRY COBBLER

Melt 1 stick oleo or butter in a baking dish.

Mix: 1 cup flour, 1 cup sugar, 1-1/2 teaspoon baking powder, and 1 cup milk.

Pour the batter over the melted butter in the baking dish. Add 2 or more cups of dewberries over the batter.

Sprinkle berries with a mixture of 1/2 cup sugar-cinnamon (amount of cinnamon depends on personal preference). Bake at 350 degrees Fahrenheit for 30-60 minutes, until golden brown.

Recipe #8

Submitted by: Carol D. Gaskamp

Source: adapted from Austin360cooks

DEWBERRY BREAKFAST BARS

Heat oven to 350 degrees.

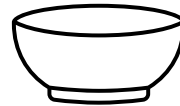
Filling:

2 cups dewberries

2 tablespoons sugar

1 tablespoon lemon juice

½ teaspoon ground cinnamon



Heat the berries, sugar, water, lemon juice and ½ teaspoon cinnamon in a medium saucepan. Bring to a boil, reduce heat and simmer, uncovered, for about 8 minutes or until slightly thickened, stirring frequently. Remove from heat.

Crust and topping:

1 cup flour

1 cup quick-cooking rolled oats (used regular oats)

2/3 cup packed brown sugar

¼ teaspoon cinnamon

1/8 teaspoon baking soda

½ cup chopped pecans (or walnuts) – nuts are optional

½ cup butter, melted

In a mixing bowl, combine the flour, ats, brown sugar, ¼ teaspoon cinnamon, baking soda, and nuts if using.

Stir in melted butter until thoroughly combined. Set aside 1 cup of the at mixture for topping. Press into an ungreased 9 by 9- inch pan. Bake for 20-25 minutes.

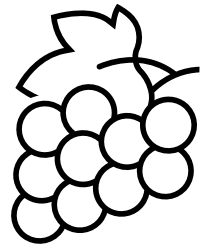
Remove from oven and carefully spread filling on top of baked crust. Spring with reserved oat mixture. Lightly press oat mixture into filling. Bake for another 20-25 minutes more or until topping browns. Cool in pan on a wire rack. Cut into bars.

Serves 12.

Recipe #9

Submitted by: Kelley Mundy

GREEN GRAPE PIE - GRANNY'S RECIPE



Ingredients:

1 9-inch pie crust (homemade or frozen)

2 eggs

1 cup sugar

2 tablespoon flour

2 tablespoon
(softened) butter

1 teaspoon vanilla

1 small can evaporated milk

~ 2 cups immature mustang grapes
(about pea-size)

Sugar-cinnamon mixture

Directions:

Mix eggs, sugar, and vanilla together. Then, add butter and evaporated milk. Lastly, add flour to mixture.

Add grapes to the prepared pie crust. Next, pour the mixture over the top of the grapes. Sprinkle cinnamon and sugar mix on top to taste.

Bake for 45 minutes at 350 degrees Fahrenheit or until crust is golden-brown. Enjoy!

Recipe #10

Submitted by: Lisa Rawl

Source: Southern Living

PERSIMMON MARMALADE

Ingredients:

2 quarts ripe persimmons

1 cup sugar

Grated rind of 1 orange

1 cup orange juice

Directions:

Wash and cut up fruit, removing seeds and core; mash and cook with sugar, juice and orange rind until mixture is thick. Pour into hot, sterilized jars. Seal lids.

Process 10 minutes in boiling water.

Recipe #11

Submitted by: Tabitha Hippler Source: Texas Highways magazine, August 2019

MESQUITE BEAN COOKIES

Ingredients:

1 stick butter, softened

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

1 tsp vanilla

1 egg

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

1 tsp baking soda

$\frac{1}{2}$ cup mesquite bean flour (see added note below)

$\frac{1}{2}$ cup white or wheat flour

$\frac{1}{2}$ cup rolled oats

$\frac{1}{2}$ cup of your choice of mix-ins:
chocolate chips, raisins, or nuts

Directions:

Cream butter and sugar with a wooden spoon, then stir in vanilla and egg until just incorporated. Stir flours, baking soda, and salt together in a separate bowl and then combine with wet ingredients. Add in rolled oats and mix-ins. Scoop small balls of dough onto baking sheet. Bake at 350 degrees F for 10 to 15 minutes, or until lightly browned.

A note about mesquite bean flour:

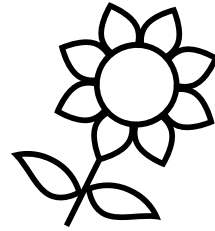
This can be purchased; however, if you have an abundance of mesquite trees around you, as I do, you can grind your own. It is best to dedicate a small coffee grinder for this purpose as the beans are sticky and will make any future coffee you wish to grind in said grinder taste like mesquite bean.

- Select beans that have turned purple-ish with no evidence of insect occupants.
- Wash beans thoroughly (I use a mixture of white vinegar and water) and allow them to dry completely.
- Grind pods (no need to shell them – just use the whole kaboodle) in small amounts that your grinder can handle.
- The flour will get sticky over time, so it's best to go ahead and use the flour as you go rather than trying to store it. I'm sure there's a way, but I don't know what it is.

Recipe #12

Submitted by: Tabitha Hippler

DANDELION SHORTBREAD COOKIES



Ingredients:

1 cup butter, softened

½ cup sugar

½ - 1 cup dandelion petals (yellow parts only, a little green won't hurt, but you want as little as possible to avoid bitterness)

2 ½ cups all-purpose flour

Pinch of salt

Juice of ½ lemon (optional)

Directions:

*Preheat oven to 325 degrees.

*Beat butter and sugar together with mixer until light and fluffy (about 3 minutes)
Add in lemon juice if using.

*Add dandelion petals and beat to incorporate (do not overmix).

*Gradually add flour and salt beating to incorporate fully. Dough will be crumbly, initially. Keep mixing until blended and smooth in texture.

*Roll dough out on non-stick surface and cut with favorite cutter. Note: you can use a drinking glass dipped into flour as a round cutter.

*Bake cookies at 325 for 20-25 minutes, until they begin to brown on the edges and are fully cooked on top.

Recipe #13

Submitted by: James Reimer

MUSTANG GREEN GRAPE PIE – GRANDMOTHER’S RECIPE

The secret to the pie is to pick the mustang grapes while they are still small and before the seeds get too big. They need to be slightly larger than an English pea but not much larger than a regular sized marble. Typically, they are ready to pick the first half of May.

The Pie Filling:

Put two cups of the green grapes in a saucepan. Just cover with water and cook until the grapes begin to get tender. Add in $\frac{1}{2}$ cup of sugar and cook a bit more. Next, mix together 3 tablespoons of flour with $\frac{1}{2}$ cup sugar and then stir the flour/sugar mixture into the grapes and cook a little longer. The filling is enough for one large pie.

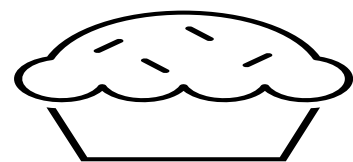
The Pie:

Place a pie crust in a large pie pan. Pour the filling into the pie pan. Don't overfill because as the pie cooks it has a tendency drip out the edges.

Cover the top of the pie with a second pie crust and crimp the edges together. Cut numerous air holes in the top crust. Optional: Brush the top with cream or milk and then sprinkle generously with sugar to make for a crispy top.

Bake in a 400 degree oven for approximately 45 minutes until the crust is toasty and the pie is bubbly. Initially the filling is runny but will become less as the pie cools. It is good served with vanilla ice cream.

(The filling can be frozen and used at a later time.)



Recipe #14

Submitted by: Julie Vickers, Recipe by: Rhoda Poenisch

CACTUS SALAD

Salad Ingredients:

1 bag cooked cactus or 3-4 cactus pads

1 Roma tomato (diced)

¼ cup diced sweet onion

¼ cup diced red bell pepper

¼ cup chopped cilantro

¼ cup or more of crumbled queso fresca cheese

1 jalapeno or serrano pepper (diced; optional)

Dressing Ingredients:

Lime juice (one lime)

1 slight palmful kosher salt

Black pepper

Dash of unseasoned rice vinegar

Dash of Mirin wine

¼ cup quality olive oil

Directions:

Use fresh cut cactus with spines removed (can be store-bought or homegrown). Open and spread entire bag on paper towels and pat dry. Put in a bowl and drizzle a bit of olive oil over and mix well to coat. Place in baking dish large enough to make one layer. Sprinkle with kosher salt.

Bake at 375 degrees with the convection mode on if available (keeps cactus from getting slimy). Bake for about 30 minutes. Check often to prevent burning. A little charring is good. May take longer than 30 minutes, so keep your eye on it until you think it appears done. Once done, turn oven off and leave cactus to somewhat dry. Cool in refrigerator before making salad.

Next, mix dressing ingredients, adding olive oil last. Toss the cactus, veggies (tomato, onion, peppers, cilantro), and cheese with the dressing and refrigerate to combine the flavors. Serve with tortilla chips.

Recipe #15

Submitted by: Julie Vickers

CHILE PEQUIN HOT SAUCE

Ingredients:

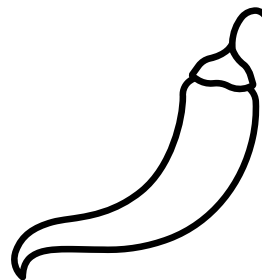
Chile Pequin Peppers

Olive Oil

Directions:

Harvest the peppers when they are fully ripe and bright red. Dry them until they are crunchy. Then, crush them, put them in a cruet (can use an empty vinegar bottle that has a sieve at the top), and cover them with olive oil. Use enough crushed peppers to fill about 1/3 of the cruet with olive oil. After about a month, the olive oil has taken the red coloring and heat of the peppers, and it keeps for years (if it lasts that long).

A few drops at a time are wonderful on omelets, stir fry, soup, or stew. The seeds are viable even after two years in the olive oil.



PRICKLY PEAR FRUIT RECIPES

Submitted by: Kathy Saucier

Originals by: Nancy Hutto

Preparing Prickly Pear Tunas:

When picking the tunas, be sure they are ripe all the way through. Cut one open to see. They need to be as bright inside as they are on the skin, that deep fuchsia color. Tongs are useful for picking, just grab and twist. Do not use gloves, they'll be ruined. A cardboard box or a plastic bucket is best to deal with the spines. Different species of PP vary in the number of spines. Often, there are large spines at the junction to the pad and little stickers almost too small to see with the eyes. These are called glochids. If you are cooking the tunas up just for the juice, you do not need to remove the spines or glochids. Wash the tunas, still using those tongs, and cut into halves or quarters. Place in a pot and just cover with water. Boil about 20-30 minutes, mashing with potato masher occasionally. Strain the juice through multiple layers of cheesecloth, which catch the softened spines.

(½ gallon of tunas makes about 4 cups juice)

Recipe #16

CACTUS CANDY

Ingredients:

2 Cups cactus juice

¾ Cups applesauce

½ Cups lemon juice

4 Cups sugar

4 envelopes Knox gelatin

Directions:

Mix applesauce, lemon juice and sugar in a saucepan. Dissolve gelatin in ½ C cactus juice. Add this and the rest of the cactus juice to the fruit & sugar. Boil in a large deep pot for 15 –20 minutes, stirring frequently (boils up like candy).

Remove from heat and allow to cool. Pour into a greased 8x8 or 9x9 pan. I find even a 10x10 pan is good because it will set up faster. Let stand 48-72 hours until firm. Cut into squares & dust with powdered sugar.

Recipe #17

Submitted by: Kathy Saucier

Original by: Nancy Hutto

DESERT DREAM DELIGHT

Ingredients:

1 cup flour

1 stick butter & 2 tablespoon butter

1 cup chopped pecans

8 oz. cream cheese

1 cup powdered sugar

1 large carton Cool Whip

1 ½ cup prickly pear juice

1 ½ cup sugar

½ tsp. salt

½ cup corn starch

½ cup water

4 eggs

½ cup lemon juice



Directions:

Mix flour, 1 stick butter, and chopped pecans. Press in a 9x13 pan. Bake at 350 degrees until brown. Let cool. Mix cream cheese, powdered sugar, and 1 cup of Cool Whip, reserve the rest for later.

Boil prickly pear juice, sugar, and salt. Mix corn starch and water to make a smooth paste. Add to boiling mixture gradually, stirring constantly. Cook until thick and remove from heat.

Combine beaten eggs and lemon juice. Stir into thickened mixture. Return to heat and cook, stirring constantly until it bubbles. Stir in 2 tablespoons butter. Remove from heat, cover and cool until lukewarm. Pour over the cream cheese layer, spreading evenly. Top with a layer of the remaining Cool Whip.

EXTRA

Teas from plants:

Here are some of my favorites. Blackberry/Dewberry leaves have nice flavor and red color. Sumac berries make a tea that is similar to Pink Lemonade. Steep leaves, berries, etc. in hot water and let cool. Time varies. Not long enough and you don't get enough flavor. I watch for the color change, then strain and chill. Some continue to deepen in color after chilling.

Recipe #18

Submitted by: Kathy Saucier

Origin: Mesquite Country, Tastes & Traditions from the Tip of Texas

COOKING WITH MESQUITE

Mesquite Flour Directions:

Beans need to be very dry (tan and rattle when shaken) and may require a food dehydrator. If they have any moisture at all, they grind into a gooey mess. When they are thoroughly dry, pick out bad spots and break beans into pieces. Place a few at a time in a blender & grind until all you have left is a fine meal and the seeds. This meal is the hull and pulp. **Do not eat the seeds!** Sift the flour from the seed and store. The book describes the flour to be between the consistency of cornmeal & wheat flour. Since these pods are picked from the wild, I always freeze my meal just in case any kind of beetle egg might be sitting waiting to hatch and feast. Freezing kills any live insect present.

My favorite ways to use the flour is to substitute a portion of your biscuit or pancake mix with it. About ¼ cup to a cup of the mix. Nice honey nutty flavor.

Mesquite Jelly Directions:

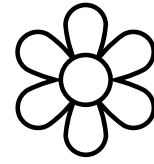
I use the Sure-Jell recipe for mint jelly substituting the Mesquite bean infusion for the mint. One other change is to boil 2 minutes rather than just the regular 1 minute. I have found that 4 Cups of juice, 5 Cups sugar, 1 package of Sure-Jell makes 7 jars of jelly.

Bean Prep: Pick pods with moisture in them (reddish yellow color); inspect pods and remove any discolored parts; wash and break into pieces; place in pot and add water to cover; bring to a light boil and cook 1 hour; use a potato masher during this cooking time and add more water if it boils down too far. Strain liquid through multiple layers of cheesecloth, and this is your infusion juice for jelly.

While you are boiling these beans, your house will smell very good. There is a good reason it is called Honey Mesquite.

Recipe #19

Submitted by: Paula Purcell



BUTTERFLY PEA FLOWER TEA

Ingredients: 4 cups water 15-20 fresh flowers

Directions:

Bring water to 208 degrees. Turn off heat. Add flowers to hot water and allow to steep for 10-15 minutes. Strain tea and discard flowers. Add 2-3 tbsp honey and pour into glasses with 1/2 cup ice each. Add 1/2 tsp lime juice to each glass (optional).

Can also add cinnamon, ginger, or lemongrass. For lemonade, juice lemons, add water, crushed ice, and stevia, then infuse butterfly pea leaves to make it blue.

Recipe #20

Submitted by: Paula Purcell

SUMAC-AID or BUSH LEMONADE

Remove fuzzy berry clusters from the tree. Place about 6-7 clusters in a pitcher and add cold water for 3-8 hours. Do not boil--will make it bitter. Strain liquid. Add sweetener of choice for better taste.

Treat indigestion and stomachache as well as a substitute for lemonade. Flavor gets stronger as summer goes on. Best time to pick is at the end of summer or early fall.

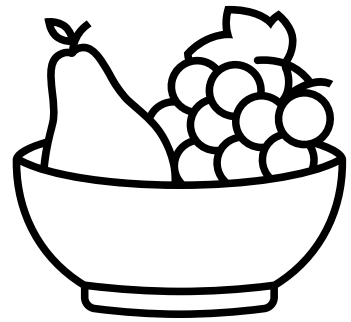
Recipe #21

Submitted by: Paula Purcell

PLANTAIN OINTMENT

Gather and wash leaves. Finely chop or tear leaves into small pieces. Remove seeds and place all into a jar. Fill the jar to brim with olive oil. Cap and let sit for 6-8 weeks. Then strain oil from leaves and seeds. Use on skin irritations, dry skin, cracked/bleeding areas, cuts, or abrasions. Helps with pain and healing.

Instant First Aid: On a fresh cut, chew leaves to a pulp and apply to cut. Leaves eaten raw in salad or brewed for stomach ailments. Can also make a tincture.



Jams and Jellies



Recipe #22

Submitted by: Joyce Conner

MUSTANG GRAPE JELLY

Ingredients:

5 c. grape juice (from about 3 ½ lbs. ripe grapes)

1 box (1 ¾ oz) of pectin

7 c. sugar

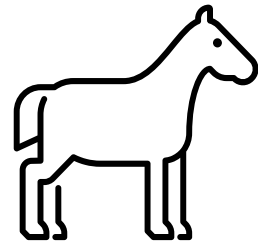
Preparation:

Pick grapes when ripe (wear rubber gloves to protect hands from stringent juice). Remove grapes from stems and discard stems into compost. Using ~3 ½ lbs. washed grapes, add 1 ½ cups water. Bring to a boil and simmer covered for 10 minutes. Using a muslin bag or strainer, squeeze out all the juice. Discard pulp. You can save juice in the fridge for a couple of days until ready to proceed.

Making Jelly:

When you are ready, put 5 cups of juice into a large pan. Add pectin. Stir well. On high heat, bring to a full rolling boil and boil hard for a full minute, stirring constantly. Stir in sugar all at once. Bring back to a full rolling boil and boil another minute. Hot liquid will rise to the top of the pan - hence a large pan is needed. Remove pan from heat, skim off foam, and ladle remaining into hot jelly jars. Seal with canning lids*.

*Jars should be clean and placed into boiling water to heat prior to filling. Take jars out of water one at a time and ladle in hot jelly to ¼ inch of top. Wipe rim and threads with damp towel. Screw on a heated dry canning lid (bands do not have to be hot) firmly but only finger tight. Place jars down into a hot water bath (into a canning or large kettle with rack on bottom) in which water covers top of jars by about 2 inches. Bring to a steady gentle boil for 10 minutes. Remove jars and set them upright on a towel or rack to cool. You will hear them seal with a pop as they cool. Leave them alone overnight. If the next day a lid flexes, it has not sealed. Put this jar into the fridge for early use. Now, firmly tighten sealed jars and store in the pantry (good for at least a year).



Recipe #23

Submitted by: Carol D. Gaskamp

NO-COOK FREEZER DEWBERRY JAM

Recipe Source: From a Blackberry Jam recipe, whatscookinginamerica.net

5 cups mashed and strained fresh dewberries

2 cups sugar (or Splenda)

6 tablespoons instant Pectin (powder form)

6- 8-oz containers. I used plastic freezer containers, half-pint or 8-ounce size although glass canning jars can be used. Sterilize containers (in dishwasher, right before using. If using glass jars, sterilize lids and rings in boiling water for 10 minutes and keep in hot water until used).

Gently wash berries and sort out stems, cores, leaves, dried berries. Crush berries with a potato masher, food mill, or food processor (pulse to a very fine chop.) Crush 1 cup at a time for best results. DO NOT PUREE.

Sieve all the pulp to remove the seeds.

Measure the sugar and pectin into a large non-reactive pan or bowl; set aside. (If you want to use less sugar, you need to use Pectin for Less Sugar or No Sugar. Reducing the sugar or using other sugar substitutes will result in jam not setting up.)

Add the exact amount of mashed and strained berries (5 cups). Stir until well mixed, about 3 minutes. It is important to stir in the pectin well.

Place prepared jam into prepared containers (jars or plastic), one container at a time. Fill to within ½ inch of top of container to allow for expansion when freezing. Wipe rim of container with clean damp cloth and cover with lids. Let stand for 30 minutes. Can be used immediately, or label and freeze. Refrigerate open containers up to 3 weeks. Yields 6 (8-oz) containers.



Recipe #24

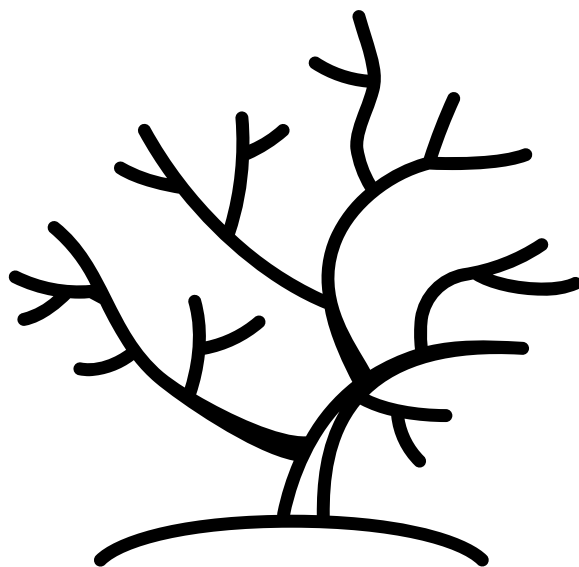
Submitted by: Carol D. Gaskamp

MUSTANG GRAPE JELLY

Recipe source: Texas Highways blog post, retrieved 6/23/18 (with my parenthetical notes)

Wash grapes thoroughly (I remove the stems although the blog post says they don't need to be removed, just washed). Place washed grapes in a cooker and add enough water to cover them. Bring to a boil and cook, stirring frequently, until the skin begins to pop. Once the skins slip easily from the grapes, they are ready to press. Strain the cooked grapes and juice through a colander lined with a jelly bat or medium textured cheese cloth. Press more juice from the grapes with a wooden mallet but do not force the pulp through the colander.

(I used a food mill to extract the juice). Add one box of fruit pectin to five cups strained juice. Bring this mixture to a rolling boil and then add 7 cups sugar. Stir constantly. Bring the mixture back to a rolling boil and cook for 3-5 minutes. Remove from heat when the mixture forms a string as it is poured from a spoon. Skim the foam and crystals from the surface and pour into hot sterilized containers. Seal immediately with lids. (I used sanitized plastic containers and stored in freezer when cooled and set.)



Recipe #25

Submitted by: Eleanor Daily

Source: <http://cookingweekends.blogspot.com/2012/09/wild-mexican-plum-jam.html?m=1>

WILD MEXICAN PLUM JAM

Ingredients:	3 cups water
2 lbs. wild Mexican plums	2-3 cups *sugar

Directions:

- Be sure to only use the plums that have fallen, if they're still on the tree, they are not ripe! Wash the plums, pick them over and place them into a heavy pot. Add the water and bring them to a boil for about 8-10 minutes. Turn off the heat.
- When the plums are cool enough to handle, remove a cupful at a time and place into a sieve placed over a bowl. Don't discard any of the water in the pot. Remove the seeds and press as much pulp through as you can. Continue until you have gone through all of the plums. Return the pulp mixture to the water in the pot. (I like to go through the discarded seed and skin mixture afterwards and pick out a few skins to return to the pot for their texture and color, but this isn't necessary.)
- Place a small plate into your freezer.
- Add 2 cups of sugar to the plums and stir until it has dissolved. Taste. Add more sugar if the mixture is too tart. Bring to a boil, then reduce the heat a touch and simmer for about 20-30 minutes, skimming off any foam that forms.
- Remove the cold plate from the freezer and place a teaspoonful of jam onto the dish. If the jam is too runny then simmer it for a few more minutes and try again. If you like its consistency, then ladle into hot sterilized jars, cover, cool and keep refrigerated.

If you plan on keeping the jam longer than 4-6 weeks, then ladle into hot sterilized jars leaving about a 1/2" head space. Cover with metal lids, and screw on the bands. Process in boiling water bath 8 minutes (extend this time to 15 minutes if your jars weren't hot and sterilized beforehand). Remove from the water and leave to cool. (Makes about 1 1/2 pints.)

Recipe #26

Submitted by: Marie McDermott

PRICKLY PEAR (NOPAL) CACTUS JELLY

1 ½ cups prickly pear juice

1 package powdered pectin

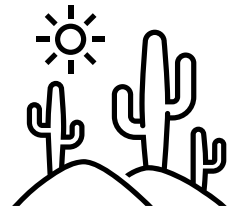
3 Tbsp. lemon, lime or sour orange juice

3 ½ C. sugar

Mix prickly pear juice and pectin. Stirring constantly, Bring to a fast boil. Add citrus juice and sugar. Bring to a hard, rolling boil (one that can't be stirred down) and boil for 3 minutes. Remove from heat, skim, and pour into sterilized jelly glass jars. Cover at once with 1/8 of melted paraffin.

You may need to add some citrus powder to make it set better.

I have used a little pomegranate juice for color...it can get pretty orange without some help!



Recipe #27

Submitted by: Kathy Saucier

CACTUS JELLY

Using Sure-Jell instructions, use these amounts:

3 cups prepared prickly pear juice

½ cup lemon juice

4 ½ cup sugar

1 package Sure-Jell

The jelly recipe may not reliably set up, depending on natural pectin levels in the cactus fruit.

Recipe #28

Submitted by: Lisa Rawl

Source: Sure-Jell

BLACKBERRY JAM

Ingredients: 1 package fruit pectin
2 quarts blackberries 7 cups sugar

Directions:

Select fully ripe berries. Wash and stem. Crush berries in small amounts. If they are very seedy, put them through a sieve.

Measure 5 cups crushed berries into a large kettle. Measure sugar and set aside. Add the pectin to blackberries and stir well. Bring quickly to a full rolling boil, stirring constantly. Continue boiling for 1 minute, stirring constantly.

Remove from heat, skim off foam with large metal spoon. Ladle jam into hot, sterilized jars. Seal lids. Process for 10 minutes in boiling water canner.

Recipe #29

Submitted by: Lisa Rawl

Source: Juanice Boyd

ELDERBERRY JAM

Ingredients:
8 cups elderberries
6 cups sugar
¼ cup vinegar

Directions:

Wash, drain, stem, crush, and measure berries. Add sugar and vinegar. Bring slowly to boiling, stirring occasionally until sugar dissolves. Cook rapidly until thick. As mixture thickens, stir frequently to prevent sticking. Pour hot into sterile jars, leaving ¼-inch head space. Seal lids. Process 15 minutes in boiling water bath. Yield about 3 pints.

Recipe #30

Submitted by: Lisa Rawl

Source: Juanice Boyd

AGARITO JELLY (Red-fruited barberry)

Ingredients:

2 cups agarito juice

2 cups sugar

Directions:

Use equal parts of washed fruit and water and place in nonmetal container. Let stand overnight. Boil for 5 minutes. Mash, strain and squeeze to remove juice. Use about 1/3 half-ripe berries for best jelly. If fruit is very ripe, use commercial pectin.

Place juice over heat and bring to a boil. Add sugar and boil about 5 minutes until mixture sheets from a spoon. Remove from heat, skim off foam, pour into hot sterilized jars. Seal lids. Process for 5 minutes in boiling water canner.

Recipe #31

Submitted by: Lisa Rawl

Source: Texas Agricultural Extension Service

BLACKBERRY JELLY

Ingredients:

4 ½ cups sugar

3 ½ cups blackberry juice

1 package pectin

Directions:

Sort and wash fully ripe berries; remove any stems or caps. Put into a large kettle and crush. If berries are very juicy, add no water; otherwise, use only enough water to prevent scorching. Bring to a boil and, stirring constantly, boil 5 to 10 minutes. Drain cooked berries through a damp jelly bag which is placed over a stand or colander.

Measure juice into kettle. Add the pectin and stir well. Place on high heat and, stirring constantly, bring quickly to a full rolling boil that cannot be stirred down. Add the sugar, continue stirring, and heat again to a full rolling boil. Boil hard for 1 minute. Remove from heat; skim off foam. Pour at once into hot, sterilized jars. Seal lids. Process 5 minutes in boiling water canner.

Recipe #32

Submitted by: Lisa Rawl

Source: Juanice Boyd

HUCKLEBERRY JAM

Ingredients:

1 pound or 1 cup berries

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

Directions:

Select huckleberries, wash in cold water, and drain. Stem and crush berries. Bring juice to rolling boil. Add sugar gradually. Boil, constantly stirring gently from the bottom of pan to prevent sticking. Cook until thick. Remove from heat, skim foam, pour into hot, sterile jars. Seal. Process 10 minutes in boiling water canner.

Recipe #33

Submitted by: Lisa Rawl

Source: Juanice Boyd

CACTUS (Nopal Tuna) JELLY

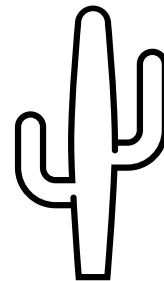
Ingredients:

2 quarts cactus juice

$\frac{1}{2}$ cup lemon juice

3 boxes pectin

5 pounds sugar



Directions:

Gather tunas and singe spines over gas flame with a two-tine fork. Scrub with a stiff brush in cold water. Measure 3 cups water to 30 tunas. Cut tunas in half, add the water, and cook in pressure saucepan for 15 minutes. Strain juice through jelly bag. Mix together cactus juice, lemon juice, and pectin. Bring to a boil. Add sugar. Bring to a rolling boil and cook for 1 to 3 minutes or until jelly slips off the spoon. Pour into hot sterilized jars. Seal lids. Process 5 minutes in boiling water canner.

Recipe #34

Submitted by: Lisa Rawl

Source: Southern Living

MUSCADINE JAM

Ingredients:

4 pounds muscadines

1 package powdered pectin

1 cup water

7 ½ cups sugar

Directions:

Wash grapes. Remove stems and skins; set skins and pulp aside. Discard stems. Combine pulp and 1 cup water in a Dutch oven. Bring to a boil; cover, reduce heat, and simmer 5 minutes. Press mixture through a sieve or food mill to remove seeds.

Place reserved skins in a large saucepan, and cover with water. Bring to a boil; cover, reduce heat, and simmer 5 to 10 minutes or until tender. Drain and chop skins, reserving liquid.

Combine pulp mixture and chopped skins. Place 6 cups fruit mixture, adding reserved liquid if necessary to make 6 cups, in a large Dutch oven. Stir in powdered fruit pectin, mixing well. Bring mixture to a rolling boil, stirring constantly. Add sugar; return to a rolling boil. Boil for 1 minute, stirring constantly. Remove mixture from heat, skim off foam. Stir for 5 minutes. Pour into hot, sterilized jars, leaving ¼ inch headspace. Seal lids. Process for 15 minutes in boiling water canner.

Recipe #35

Submitted by: Lisa Rawl

Source: Juanice Boyd

MAYHAW JAM

Ingredients:

⅔ to ¾ cup sugar to each pound of fruit

1 gallon fruit

1 cup water

Directions:

Wash and remove stems. Add water to fruit. Crush and heat to simmering. Add sugar and cook until jam remains in a heap when piled on a plate. Pour into hot, sterilized jars. Seal lids. Process 5 minutes in boiling water canner.

Recipe #36

Submitted by: Lisa Rawl

Source: Institute of Texas Culture

CACTUS JELLY

Ingredients:

1 gallon cactus tunas (pear apples)	6 cups sugar
½ cup lemon juice	1 ½ boxes pectin



Directions:

Gather tunas and singe spines over flame with a two-tine fork. Scrape away burned sticker residue with the edge of a sharp knife. The fruit can now be peeled easily, but rubber gloves are recommended to keep the juice from dyeing your hands.

Cut the peeled tunas into quarters and place in a saucepan, seeds and all, with just enough water to show through the fruit. Bring to a gentle boil, cover, and cook for an hour. Strain juice through jelly bag. Measure 3 ¾ of juice, add lemon juice and pectin. Bring to a boil. Add sugar. Cook for 3 minutes. Remove jelly from heat and cool for 45 minutes, skim off foam. Pour jelly into hot, sterilized jars. Seal lids. Process for 5 minutes in boiling water canner.

Recipe #37

Submitted by: Lisa Rawl

Source: Ball

MUSCADINE OR SCUPPERNONG JAM

Ingredients:	2 quarts grapes	6 cups sugar
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Directions:

Separate pulp from grape skins. (1) If desired, chop skins in a food blender or chopper. Cook skins gently for 15 to 20 minutes, adding only enough water to prevent sticking (~ ½ cup). (2) Cook pulp without water until soft, press through a sieve or food mill to remove seeds.

Combine pulp, skins, and sugar. Bring slowly to a boil, stirring occasionally, until sugar dissolves. Cook rapidly almost to jelling point, about 10 minutes. As it thickens, stir frequently to prevent sticking. Pour into hot, sterilized jars, leaving ¼ inch headspace. Seal. Process 15 minutes in boiling water canner. Yields ~ 3 pints.

Recipe #38

Submitted by: Lisa Rawl

Source: Farm Journal

CHOKECHERRY JELLY

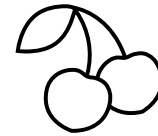
Ingredients:

3 cups chokecherry juice

6 ½ cups sugar

¼ tsp. almond extract (optional)

1 bottle pectin



Directions:

Use fully ripe berries. Stem about 3 ½ pounds cherries and place in a large kettle with 3 cups of water. Cover and cook 15 minutes. Place in jelly bag and squeeze out the juice. Measure the juice and pour into large kettle. Add sugar and stir. Bring to a boil, stirring constantly. Stir in pectin, bring to a full rolling boil, and boil for 1 minute, stirring constantly. Remove from heat, stir and skim for 5 minutes. Add extract if desired. Pour into hot, sterilized jars. Seal lids. Process for 5 minutes in boiling water canner. (Different taste achieved if using half apple and half chokecherry juice)

Recipe #39

Submitted by: Lisa Rawl

Source: Houston Chronicle

DEWBERRY JELLY

Ingredients:

Dewberries or Blackberries, Sugar, Lemon Juice, Salt

Directions:

Dewberry jelly usually needs pectin unless about ¼ of the berries are really underripe. However, it seems to have a better flavor when berries are fully ripe.

Wash, stem, and hull berries. Put into a kettle and mash. If berries are firm, use ¼ cup water; if very ripe, no water. Bring to a boil, stirring constantly and boil 5 to 10 minutes. Put into jelly bag and let juice drip overnight into a container. Measure juice, add 1 tablespoon fresh lemon juice per cup and boil 5 minutes. Add ¾ cup sugar and ½ teaspoon salt to each cup of juice. Boil until syrup reaches jelly stage. Pour into hot, sterilized jars. Seal lids. Process 5 minutes in boiling water canner.

Recipe #40

Submitted by: Lisa Rawl

Source: Farm Journal

MULBERRY JAM

Ingredients:

1 qt. prepared mulberries

¼ cup lemon juice

salt

3 cups sugar

½ tsp. cinnamon

Directions:

Stem mulberries (mix of ripe and green) and cover with cold salt water. Use ¼ cup salt to 1 quart water. Let stand 5 minutes. Drain. Rinse in cold water 3 times.

Place berries in large pot and crush. Add sugar, lemon juice, and cinnamon. Cook slowly, stirring constantly, until jellying point is reached. Remove from heat; skim and stir alternately for 5 minutes. Pour into hot, sterilized jars. Seal lids. Process for 10 minutes in boiling water canner.

Recipe #41

Submitted by: Lisa Rawl

Source: Juanice Boyd

ELDERBERRY JELLY

Ingredients:

2 quarts elderberries

3 cups sugar per quart juice

½ cup water



Directions:

Select purple, fully ripe berries. Wash and stem. Add water to berries and boil gently until berries swim in their own juice. Strain through white cloth. Bring juice to a boil. Add sugar. Boil briskly until syrup reaches jelly stage. Pour hot into sterilized jars. Seal lids. Process 5 minutes in boiling water canner.

Recipe #42

Submitted by: Lisa Rawl

Source: Kerr

PERSIMMON JAM

Ingredients:

3 quarts persimmons

2 lemons, juice and grated rind

Sugar

Directions:

Wash and cut up persimmons, remove white membrane and cook in a small amount of water until soft and pulpy. Put through food mill, measure, and add lemon juice and rind and 1/3 as much sugar as pulp. Add more sugar to taste if desired. Boil until thick and pour into hot, sterilized glasses. Seal lids. Process 15 minutes in boiling water canner.



Recipe #43

Submitted by: Lisa Rawl

Source: Manya Rawl

HUCKLEBERRY JELLY

Ingredients:

3 cups huckleberry juice

2 ½ cups sugar

Directions:

Sort and wash fully ripe berries; remove any stems or caps. Put into a large pot and crush. Add just enough water to prevent scorching. Bring to a boil and cook until very tender, stirring constantly. Strain cooked berries through a damp jelly bag. Bring juice to a boil, and boil for 5 minutes. Measure 3 cups juice and add 2 ½ cups sugar. Return to heat and boil until jelly sheets from spoon, stirring constantly. Pour immediately into hot, sterilized jars. Seal lids. Process 5 minutes in boiling water canner.



Recipe #44

Submitted by: Lisa Rawl

Source: Houston Chronicle

MAYHAW JELLY

Ingredients: 3 pounds mayhaws, 1 box powdered fruit pectin, 5 ½ cups sugar

Directions:

To prepare juice, wash and crush fully ripe berries thoroughly. Add 4 cups water. Bring to a boil and simmer, covered, 10 minutes. Place in four thicknesses of dampened cheesecloth (or jelly bag) in a colander over a large bowl and squeeze out juice. For clearest jelly, let juice drip through cheesecloth or press twice.

To make jelly, measure 4 cups juice into a 6 or 8 quart saucepan or kettle. Add water if necessary. Measure out sugar. Combine pectin with juice in pan. Bring quickly to a hard boil, stirring occasionally. Add sugar all at once. Bring to a full rolling boil that cannot be stirred down. Boil hard 2 minutes, stirring constantly. Remove from heat, skim off foam with a metal spoon. Pour at once into hot, sterilized jars leaving ½ inch headspace. Seal lids. Process 5 minutes in boiling water canner. Cool. Let stand overnight to avoid breaking the jell.

Recipe #45

Submitted by: Lisa Rawl

Source: Texas Highways

MUSTANG GRAPE JELLY

Ingredients: ½ gallon Mustang grapes, 1 package powdered pectin, 7 cups sugar

Directions:

Wash grapes thoroughly; do not need to remove stems. Place grapes in a cooker and add enough water to cover them. Bring to a boil and cook until the skins begin to pop, stirring frequently. When the skins slip easily, remove from heat and strain through a colander lined with cheesecloth or a jelly bag. Press all of the juice from the grapes with a wooden mallet, but do not force the pulp through the colander. Add pectin to 5 cups strained juice. Bring to a rolling boil. Add sugar, stirring constantly. Bring the mixture back to a rolling boil and cook for 3 to 5 minutes. When the mix forms a string as it is poured from a spoon, remove from heat. Skim foam. Pour into hot, sterilized jars. Seal. Process 5 minutes in boiling water canner.

Recipe #46

Submitted by: Lisa Rawl

Source: Juanice Boyd

MESQUITE BEAN JELLY

Ingredients:

5 cups bean juice	7 ½ cups sugar
3 – 4 cups water	1 box pectin
2 cups lemon juice	Food coloring (Optional)

Directions:

Select mesquite beans at the stage of maturity where a slight amount of red color is beginning to show on the pods. Wash and break pods into small pieces. Add lemon juice and a small amount of food coloring, if desired. Add water and cook for one hour over low heat, stirring juice. Strain. Bring 5 cups of juice to boil, add pectin, and bring to a boil that cannot be stirred down. Add sugar and cook for 5 minutes. Pour into hot, sterilized jars. Seal lids. Process 5 minutes into boiling water canner.

Recipe #47

Submitted by: Lisa Rawl

Source: Houston Jr. League, Manya Rawl, & Foxfire

WILD PLUM JELLY

Ingredients:

4 cups prepared plum juice	6 Tbl. liquid pectin
1 cup water	Food coloring
6 ½ cups sugar	

Directions:

Wash, stem, and crush plums. Do not peel. Combine fruit and water in a large preserving kettle. Bring to a boil and simmer, covered, 10 minutes. Press through a jelly bag, strain, and measure. Add sugar and mix well. Bring mixture to a boil, stirring constantly. Stir in pectin. Return to a full rolling boil; boil hard for 1 minute, stirring constantly. Remove from heat and skim. Pour into hot, sterilized jars, leaving ¼ inch headspace. Seal. Process 5 minutes in boiling water canner.

PLANT
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