



## Quickest Fruit Jam

By Erin Fletter

**Prep Time 5 / Cook Time / Serves 4 - 6**

## Fun-Da-Mentals Kitchen Skills

**chop:** to cut something into small, rough pieces using a blade.

**mash:** to reduce food, like potatoes or bananas, to a soft, pulpy state by beating or pressure.

## Equipment

- ☐ Cutting board
- ☐ Kid-safe knife
- ☐ Dry measuring cups
- ☐ Measuring spoons
- ☐ Potato masher

## Ingredients

### Quickest Fruit Jam

- ☐ 1/2 to 1 C fresh or frozen berries, thawed (strawberries, blackberries, blueberries, raspberries, or a combination!)
- ☐ 1 T granulated sugar or honey
- ☐ 1 small pinch salt

## Food Allergen Substitutions

### Quickest Fruit Jam

# Instructions

## Quickest Fruit Jam

### chop + add

To a mixing bowl, add **1/2 to 1 cup of fresh or frozen and thawed berries**. Chop larger berries first to make them easier to mash. Next, add **1 tablespoon of sugar or honey** and **1 small pinch of salt**.

### mash + squish

Mash berries using a potato masher until you have a smooth consistency. A few small chunks can remain and are delicious! Or, add chopped berries, sugar or honey, and salt to a resealable plastic bag, seal tightly, and squish with your hands until berries are mashed! Serve with warm **High Tea English "Crumpets"** and **Assorted Sweet and Savory Butters!**

## Featured Ingredient: Berries!

Hi! I'm a Berry!

"To be specific, I'm an edible berry. We might be sweet or sour, colorful, juicy, and delicious! People around the world eat us alone, with other foods, and in jams, preserves, and pies! Yum! Did you know that bananas, pumpkins, tomatoes, and watermelons are technically berries!"

Thousands of years ago, before crops were domesticated, hunter-gatherers picked wild berries, an activity people still enjoy doing today.

Berry cultivation may have begun as early as the 10th century in Japan, the 14th century in Europe, and the 18th century in the United States.

The word "berry" comes from the Old English "berie," from the German "beere."

Globally, strawberries are grown twice the amount of any other berry, although strawberries, blackberries, and raspberries are not actual berries, botanically speaking—they are aggregate fruits.

Botanical berries include blueberries, cranberries, elderberries, gooseberries, lingonberries, and persimmons.

Berries are a wonderful snack eaten by themselves or added to cold and hot cereal. But they are equally delightful when made into preserves, jams, and sauces. In addition, berries are often used in baked goods like cakes, cobblers, muffins, and pies.

Berries are often called a "superfood" and are recommended by doctors and nutritionists for a healthy diet. They are high in antioxidants and fiber, and many have essential nutrients like vitamin C, helping to protect against cancer and chronic disease.