



Blackberry Lemon Verbena Jam

Barb served this tasty jam at our Herbal Summer Fruits workshop at Missouri Botanical Garden on August 27, 2016.

1½ lbs (about 5 c) blackberries or blackberry pulp and juice *	1 T lemon juice
1½ c sugar	¼ c lemon verbena leaves, packed

If using whole fruit, crush fruit in a large pan with a potato masher (if using pulp and juice, just add to a large pan).

Stir in sugar and lemon juice and bring to a boil stirring often.

Boil and stir for 8 minutes.

Put lemon verbena leaves in a cheesecloth pouch and add to the jam mixture.

Stir another 8 minutes until it thickens.

If using a thermometer, the mixture should register about 220 degrees.

Makes two cups of tasty jam that keeps in the refrigerator for 2 months.

*I do not like blackberry seeds, so I crush and deseed the blackberries, but this is not necessary.