

Eat The View

Recipes and Tips

Himalayan Balsam blossom jam

100 gm Himalayan Balsam petals

1kg sugar

200 mls water

2 tbsp Fresh Orange Juice.

- Add sugar, juice and water to a saucepan over a medium-high heat. Bring the mixture to a simmer and cook until the sugar has completely dissolved making a syrup.
- Add the petals and cook on low heat for around 30 mins stirring all the time.
- Strain through a fine sieve.
- Pour into heated jars and seal.

Given that this is a non-native invasive species causing huge problems for rivers and wetlands (by outcompeting native vegetation & leading to bank erosion in the winter when it dies back) –NOT popping the seed pods when collecting is definitely recommended. Whole flowers can be collected carefully with the 'bag-the-whole-head' into a bin bag method BEFORE seed time (and why not remove any other Himalayan balsam plants in the area at the same time by pulling them up?)



Shropshire Hills
Discovery Centre

the home of Grow Cook Learn

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