



MAY'S RECIPE

---

# *HONEYSUCKLE*

## *JAM*



) (

MOON BY MOON APOTHECARY

*may has arrived & with it, plenty of spring blooms including the resilient & lovely honeysuckle. i find this plant to be pleasantly haunting, its lush & unmistakable scent wafting from what seems to be every direction, lingering about the spirit, & intermingling with the memory*

other than being a particularly prolific tangle of leaves & delicate flowers, honeysuckle is both edible & medicinal. i love making a little bit of an elixir with the flowers every year, as they do wonders for a sore throat during the cold & flu season

the recipe i am about to share with you is one that i find to be a meditative & joyous process. i highly recommend inviting your children (if you have them) along for the gathering & making of your own batch of honeysuckle jam

which, by the by, goes well with just about anything: crackers, toast, muffins, yogurt, ice cream, oats... it makes a perfect treat to accompany your afternoon tea

enjoy!



# ingredients

- 3 cups of fresh honeysuckle flowers
- 4 cups of freshly boiled water
- 1/4 cup of lemon juice
- 3 cups honey
- 1 package of liquid pectin
- 1/2 pint mason jars

# recipe

- collect your honeysuckle flowers & give them a gentle wash
- bring your water to a boil as you pluck the green off the flowers
- once all the greens have been removed & the water boiled, add your flowers into a jar & cover with the freshly boiled water



- put a lid over the jar & let steep for a 3-4 hours (the longer you steep for, the stronger it will be!
- strain your liquid into a large pot & let it get to a boil
- add the pectin & lemon juice, stirring the whole time, for a good minute or so
- add in your honey, continuing to stir over medium-high heat for another few minutes
- ladle the liquid into the jars leaving about a 1/2" of space at the top
- seal the jars with your lids & flip the jars upside down for about 10 minutes
- bring them upright & store in a cool, dry place for 24 hours to cool (you will hear them pop when they seal!)
- you can test your jars to see if they have sealed properly, but open one to enjoy in!