

MY BLACKBERRY JAM RECIPE

Have you ever picked some ripe blackberries during summer?

You know blackberries are excellent plants to have around. You can see them all across Swansea. They really spring ~~come~~ out during summer between June and August. They are good in vitamins, minerals and antioxidants all beneficial. They are low in calories and fat as well. A ripe blackberry is deep black colour with slightly tender consistence. To make jam or simply enjoying more delicious blackberries, pick only ~~the~~ berries that are fully black.

Our story with blackberries started ~~in~~ since pandemic. During all summer especially in rainy days, I has been going out to pick up blackberries with my children. It became a sort of custom for us. I think there is priceless having a piece of fresh fruit you have picked yourself.

Even though I always felt like I was the only one picking blackberries and people stared at us ~~as~~ whilst we were picking them, it was funny for us when staying at home.

Blackberries are so expensive at shops compared to other fruits but they're free if you like picking them. Because ~~of~~ it is a thorny plant, it can hurt you at times.

I can hear your question: ~~that~~ What were you doing with these blackberries? Well, sometimes we just picked up them to eat but most of the time I was ~~making~~ preparing blackberry jam.

To prepare blackberry jam:

MY RECIPE

You just need a little of sugar, it depends on your taste, the blackberries you have picked and a pot to boil them in.

After you have picked them, they just need to be soaked in a large bowl for a proper cleaning. Fill up a large bowl with cool water and put blackberries into it gently.

After cleaning, mix up blackberries with a little of sugar in a pot. Boil them for at least 15 to 20 minutes until jam is become thick. The colour of mixture should be beautiful purple. Transfer it into a clean glass jar and let it cooling completely. Now It is ready to eat. Delicious, healthy and home made...

The best bit is of course is sharing it with my neighbours and friends and seeing them enjoy my jam, seeing them happy. It is about ~~the~~ sharing jam as much as picking blackberries!

But meanwhile NOTICE IT PLEASE!!!

“Don’t completely clear an area of food, leave some for the animals and give a chance for the plants to reseed”. Jonny Tomlinson