

# STONE

age jam  
recipe

You will need:

- 1.4 Kg blackberries
- 8 crab apples
- 20 elderberries
- 10 Sloes
- 6tbs Runney honey (pure)
- 2 pears

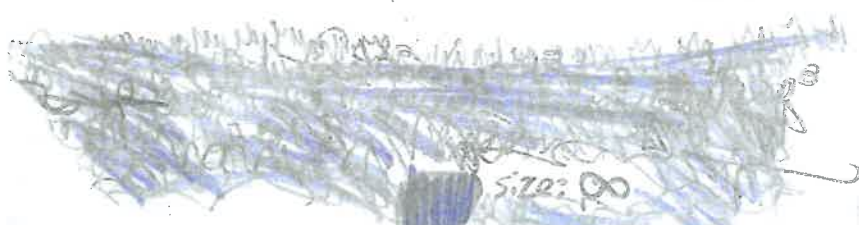
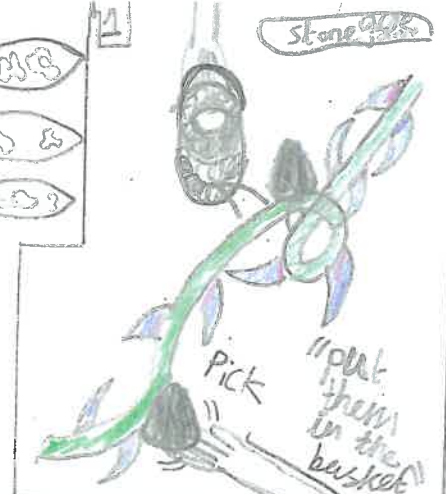
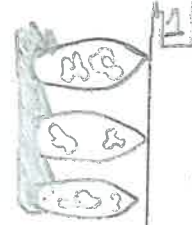
A large pan

A Wooden spoon

A stove

What to do:

1. Go and pick your berries
2. Wash your hands.
3. Wash the berries.
4. Hand place the berries/fruit in the pan.
5. Bring stove to a boil.
6. Put the pan on the stove.
7. Stir for an hour.
8. Add the honey
9. Let the Fruit cool down for an hour.
10. Serve with oat cakes.



Eat ME

The jam  
we can  
make out  
of this  
is so  
good