

## Sassafras Twig Tea

Cut several green, slender sassafras twigs and place them in a quart canning jar or ceramic bowl.

Pour boiling water over them and cover. Let sit 5-10 minutes and serve.

The tea will be light colored and lemony.

You can also refrigerate or reheat this tea, which will darken the color of the tea.

You can also make tea from sassafras leaves, in a similar fashion.



Sassafras twigs and leaves

*Note:* research shows that the bark of the ROOTS of sassafras contains safrole, which is potentially carcinogenic in large quantities. Safrole is not present in large quantities in the twigs or leaves.

## Black Raspberry Jam

Pick 5 cups black raspberries

(be sure you have permission if picking on private or public property)

1 box SURE-JELL Fruit Pectin

½ tsp. butter or margarine

6-1/2 cups sugar, measured into separate bowl



Wild black raspberries

**BRING** boiling-water canner, half full with water, to simmer. Wash jars and screw bands in hot soapy water; rinse with warm water. Pour boiling water over flat lids in saucepan off the heat. Let stand in hot water until ready to use. Drain well before filling.

**CRUSH** black raspberries thoroughly, one layer at a time. (Strain half of pulp to remove some of the seeds, if desired.) Measure exactly 5 cups prepared fruit into 6- or 8-qt. saucepot.

**STIR** pectin into prepared fruit in saucepot. Add butter to reduce foaming. Bring mixture to full rolling boil (a boil that doesn't stop bubbling when stirred) on high heat, stirring constantly. Stir in sugar. Return to full rolling boil and boil exactly 1 min., stirring constantly. Remove from heat. Skim off any foam with metal spoon.

**LADLE** immediately into prepared jars, filling to within 1/4 inch of tops. Wipe jar rims and threads. Cover with two-piece lids. Screw bands tightly. Place jars on elevated rack in canner. Lower rack into canner. (Water must cover jars by 1 to 2 inches. Add boiling water, if necessary.) Cover; bring water to gentle boil. Process 10 min. Remove jars and place upright on a towel to cool completely. After jars cool, check seals by pressing middle of lid with finger. (If lid springs back, lid is not sealed and refrigeration is necessary.)

Jam recipe courtesy of [Kraftrecipes.com](http://Kraftrecipes.com)

