

## FUSCHIA JAM AND OTHER RECIPES

Our green champion Steve is a big fan of wild edible plants and often thinks with his stomach when it comes to the ornamental part of the garden as well! After making reference to Fuchsia jam at a number of talks he insisted we post a couple of recipes to get you started on a journey to Fuchsia heaven.

### **Which Fuchsias can I eat?**

Whilst all Fuchsia fruit and flowers are edible there are some wild variations between varieties. If you think about how much difference there is between the 3000 varieties of apple tree it starts to make sense.

Flowers tend to range from mild to very bitter flavours whilst fruits may be watery and tasteless to grapelike and peppery or citrus / lemony.

Recommended Fuchsias for tasty fruit include *F. splendens*, *F. Karl Hedwig*, *F. corymbifolia*, *F. excorticata* aka *Kotukutuku*, *F. magellanica* especially cultivars 'Globosa' and 'Tresco', *F. procumbens* and *F. venusta*

### **Fuchsia Berry Jam** (courtesy of [www.beautyandthefeast.ca](http://www.beautyandthefeast.ca))

#### **Ingredients**

1 lb. sugar  
2 tablespoons water (or apple pectin, apple juice or cider)  
juice of 1 lemon  
1 ½ lb. of ripe fuchsia berries, washed

#### **Method**

Combine the sugar, water and lemon juice in a pan and cook carefully over low heat until the sugar has dissolved.

Set it aside and allow to cool completely.

Add the berries gently, folding them into the mixture so as not to break up the berries too much.

Bring the mixture slowly to a boil.

Boil until the mixture will set when tested on a plate.

Seal in heated jars. Allow to cool completely before eating, then enjoy!

## **Fuchsia Berry Jelly** (courtesy of <http://powellswood.org>)

### **Ingredients**

1 cup fuchsia flowers  
1 cup ripe, washed fuchsia berries  
1 cup sugar  
Juice of 1 lemon  
2 cups of water (or apple juice or apple cider)  
1 apple, sweet, peeled and chopped  
2 tablespoons of unflavoured gelatine

### **Method**

Simmer the flowers, berries, sugar, lemon juice, water, and apple for 10 minutes.

Let the mixture cool slightly before straining.

Add the gelatine and leave to thicken in a refrigerator.

## **Fuchsia Dessert Sauce** (source <http://www.growfruitandveg.co.uk>)

### **Ingredients**

2 lb fuchsia fruit,  
2 oz sugar,  
1 teaspoon cornflour,  
1½ teaspoon lemon juice  
a good pinch each of cinnamon and cloves.

### **Method**

Finely chop the fuchsia fruit.

Place in a pan with all the other ingredients.

Simmer gently until the fruit is very still, stirring lightly.

Serve warm or cold with ice cream or custard.

## **Fuchsia and onion relish** (source <http://www.growfruitandveg.co.uk>)

### **Ingredients**

1 lb apples,  
1 lb onions,  
1 lb fuchsia berries,  
½ lb Demerara sugar,  
1 pint vinegar,  
1 oz salt  
½ teaspoon cayenne pepper.

### **Method**

Peel, core and chop the apples.

Cook with sugar, salt, pepper and vinegar until tender - but not mushy.

Slice the onions and fuchsia berries.

Mix with the cooled apple mixture.

Pack tightly into jars and seal them.

Store somewhere cool and dry for a few weeks to mature before eating.

**Fun Fact** The common name for fuchsia in Spain translates as 'Queen's Earrings'