

Rose: Preserve It!

Rose Hip and Apple Jelly

- 1 cup rose hip juice (about 1 quart hips)
- 1-1/2 cups apple juice (about 3 to 4 ripe medium-tart apples)
- 3 cups sugar
- 1/2 package powdered pectin
- 1/8 to 1/4 teaspoon mace (optional)
- 5 drops red food coloring (optional)
- 1 drop yellow food coloring (optional)

1. Sterilize canning jars by boiling for 10 minutes at altitudes of less than 1,000 feet. At higher elevations, boil jars 1 additional minute for each additional 1,000 feet elevation.
2. Measure sugar and set aside.
3. Mix mace and pectin into the juice. Bring to a hard boil, stirring constantly; add coloring and sugar.
4. Boil hard 1 minute.
5. Remove from the heat, skim foam if necessary.
6. Fill hot jelly into hot, sterilized jars, leaving 1/4-inch headspace. Wipe rims with a dampened clean paper towel; adjust two-piece metal canning lids.
7. Process jars in a boiling water or atmospheric steam canner for 5 minutes at 0-1,000 feet elevation, 10 minutes at 1,001-6,000 feet, and 15 minutes above 6,000 feet.

Source: North Dakota State University, #NF1423



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