

# Recipes and Tips



## **Himalayan Balsam blossom jam**

100gm Himalayan Balsam petals  
1 kg sugar  
200 mls water  
2 tbsp orange juice

Add sugar, juice and water to a saucepan over a medium-high heat. Bring the mixture to a simmer and cook until the sugar has completely dissolved making a syrup.

Add the petals and cook on low heat for around 30 minutes stirring all the time.

Strain through a fine sieve

Pour into heated jars and seal.

Given that this plant causing huge problems for rivers and wetlands (by outcompeting native vegetation and leading to bank erosion in the winter when it dies back) – NOT popping any seed pods when collecting is definitely recommended. Whole flowers can be collected carefully with the 'bag-the-whole-head' into a bin bag method BEFORE seed time (and why not remove any other Himalayan balsam plants in the area at the same time by pulling them up?)