

Heritage Recipes

You can share old family recipes and traditions

Wild Sand Plum Jelly and Sand Plum Butter

The cherry-sized sand plum is ripe in early June and is a long-time favorite with my family. I can remember going to pick sand plums along the banks of the Arkansas River as a girl. They grew in abundance along the river banks then, but seem to be much harder to find these days. Plus they are often hit hard by a late frost. Sand plum jelly is a special favorite of my aunt's. You can make the same jelly with beach plums --the season for beach plums starts around the middle of August. The sand plum is a lovely pink when ripe. The beach plum should be picked when red if you are making jelly. You'll also find a recipe for my personal favorite -- Sand Plum Butter.



Wild Sand Plum Jelly

Wash plums (not too ripe) and cover with cold water. Cook slowly until soft. Strain through double cheesecloth, squeezing gently. Strain this juice through a jelly bag or a flannel bag (rinsed in hot water and wrung dry). Allow to drip -- don't squeeze. Measure out 5 cups of juice. Boil ten minutes and add 2/3 as much sugar as juice (original measure) and boil until it gives a jelly test. Seal in sterilized jars.

Sand Plum Butter

Cook sand plums and drain off juice. Rub pulp through a colander. Add back to juice and cook as you would apple butter. (Yes, its really this simple!)

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