

Aronia Berry Jelly

Aronia berries are becoming sought after for their amazing health benefits. The Aronia berries has been known as a “superberry” in recent years. The little berry is a power house of antioxidants.

WHAT YOU NEED FOR THE ARONIA/BLUEBERRY JELLY

- 1 cup fresh or frozen aronia berries
- Approximately 4 cups water
- 1 cup blueberries
- 1 apple cut up
- ¼ cup lemon juice
- zest from one orange
- 1 ¾-ounce package regular powdered fruit pectin such as Sure-Jell
- 4 ½ cups sugar

WHAT YOU NEED FOR THE ARONIA/CRANBERRY JELLY

- 1 cup fresh or frozen aronia berries
- Approximately 4 cups water
- 1 cup cranberries
- 1 apple cut up
- ¼ cup lemon juice
- zest from one lemon
- 1 ¾-ounce package regular powdered fruit pectin such as Sure-Jell
- 4 ½ cups sugar

HOW TO MAKE THE JELLY

- 1 Place berries, apple, and zest in large saucepan and cover with about 4 cups of water. Cook until berries and apple are soft, about 10 minutes. Strain the mixture through a fine sieve. Juice should measure 4 cups. If not enough juice, add water to make the 4 cups. If too much, save remaining juice in refrigerator.
- 2 Pour the juice and lemon juice into a 6- to 8-quart heavy kettle. Sprinkle with pectin. Let stand for about 2 minutes, then stir to dissolve. Bring to a full rolling boil over medium-high heat, stirring frequently with large metal spoon. Stir in sugar. Return to full rolling boil and boil for 2 minutes, stirring constantly. Mixture will foam up while boiling. Remove from heat and quickly skim off any foam with metal spoon.



- 3 Ladle at once into sterilized half-pint canning jars leaving a ¼-inch head space. Wipe jars and adjust lids. Process in a boiling water canner for 5 minutes, starting the timing when water returns to a boil. Remove jars and cool on racks until set. Attach label with double-stick tape.



ABOUT ARONIA BERRIES

Aronia berries are one of the highest ranked foods for its health and medical benefits, including the prevention of diseases. Aronia contain very high levels of anthocyanin and flavonoids – five to ten times more than other healthy berries such as blueberries and cranberries. Aronia berries are firm, one-quarter inch in diameter and produced in loose clusters of 10 to 15 berries at the ends of shoots. They are harvested in August and September but can be purchased frozen all year long at supermarkets and health food stores.