

# November Fruit - Gooseberries

## Fun Facts

- One gooseberry bush produces around 8-10 pounds of fruit.
- Gooseberries are native to Europe, the Caucasus, and Northern Africa but are now found in North America as well.
- Gooseberries are a tart fruit that can be made into jellies, preserves, pies, and other desserts.
- Gooseberries were once as popular as blueberries!
- Gooseberries are a good source of Vitamin C, Vitamin A, and fiber.

## Growing Gooseberries!



## Gooseberry Jam



### Ingredients

- 1 lb Gooseberries
- 3/4 to 1 lb sugar
- 1/4 cup water
- 1-2 Tbsp Lemon Juice (optional)

### Instructions

Place the cleaned gooseberries into a pot with the water and lemon juice.

Bring them to a boil over medium-high heat, and cook until they've disintegrated.

Add the sugar, and boil the mixture hard until it reaches gel stage, about 8-10 minutes. Use a food thermometer and wait until it reaches 220 degrees F.

Pour the gooseberry jam into prepared jars, leaving 1/4 inch. Apply 2 part canning lids and seal finger tight.

Either store the jars in the refrigerator for immediate use, or process in a water bath canner for 10 minutes for a shelf stable home canned gooseberry jam that will last years at room temperature.

<https://practicalselfreliance.com/gooseberry-jam/>