

## **RECIPE OF THE WEEK-** Strawberry Chia Seed Jam

Its strawberry season which starts in late May and ends around the start of July.

**Strawberries** are quickly growing delicious fruit this time of year and are full of antioxidants and vitamin C.

Strawberries are a perennial plant that live year to year, producing fruit and going dormant in the winter months. They reproduce through horizontal stolons (runners) stems from the mother (main) plant that spread over the surface of the soil and root to create daughter plants. Strawberries require 6+ hours of sunlight and warm temperatures to help their fruit grow

Try this 3 ingredient recipe from our School Gardens Coordinator for an easy jam. The ingredients are simple: strawberries (fresh or frozen, sugar, and chia seeds)

## Strawberry Chia Seed Jam



### **INGREDIENTS**

3 cups fresh or frozen strawberries (you can substitute this for other seasonal berries such as blueberries, blackberries and raspberries).

1-2 tbsp sugar or natural sweetener

1 1/2 tbsp chia seeds

## **INSTRUCTIONS**

On a stove top, add the strawberries and sugar to a pot. Give it a stir.

Cook over medium heat until the strawberries begin to soften (5 minutes)

Mash the strawberries with a fork and turn down the heat to a simmer.

Simmer for 1-2 minutes.

Remove from heat and add the chia seeds.

Mix well. Let it sit and cool for 15 minutes. The chia seeds will thicken it to a jam consistency.

Add the jam mixture to a container and place in the fridge. (Lasts about 2 weeks)