


FIND THE  
*Love List*

~SPRING~



**Support Local!**

Get lost at a local Farmers Market. Try a new food item before you leave.

**The Spring Staple**

Make homemade jam with your fruit of choice. Simple recipe on the back.

**Let's Go Fly a Kite**

Take the kids and grandkids to a windy park and give it a whirl. Feel the joy!



**Flower Power**

Build your own bouquets - one for you and one for someone you love.

**Spring Spa Day**

We're coming out of hibernation. Get a facial. Buy new shoes. Do something for you. It's an order!



## STRAWBERRY JAM

### INGREDIENTS

- 3 ¼ cups washed and prepared strawberries
  - ¼ cup lemon juice
- 1 package MCP pectin (yellow box)
  - 4 ½ cups sugar

### DIRECTIONS

1. Combine strawberries and lemon juice in medium bowl. Mix well slowly to avoid clumps. Add 1 package MCP pectin. Stir mixture every 5 minutes for 30 minutes.
2. Add sugar and stir until dissolved. Jam will start opaque and finish shiny and darker when finished. Pour into containers.
3. Let set at room temperature for 24 hours before placing in the freezer or fridge.

Can store in fridge for 4 weeks and in freezer up to 2 years.

Recipe by:  
@mamalisaskitchen