

Salmonberries

Table 2. ORAC values for salmonberry products

Salmonberries	ORAC
Dried berries	540
Fruit leather	98
Frozen fruit	40
Frozen juice	15
Canned juice	15
Canned fruit	55
Jam	30
Syrup	10

Salmonberries should be harvested in mid- to late summer depending on the location. Hand picking is the best method for collecting salmonberries since the fruit is extremely fragile.

Mature salmonberries are very juicy and can be eaten raw or made into jams, jellies and syrups. Salmonberry seeds are tough after cooking, so many recipes suggest

- **To sterilize canning jars**, boil in water for 5 minutes.
- **To prepare two-piece lids** (rings and tops), wash, rinse and keep in hot water until ready to use.
- **If less sugar is desired** in recipes calling for pectin, be sure to use no-sugar-needed pectin and follow the instructions on the box.
- **To use a boiling water canner**, see instructions on page 3.

Salmonberry Fruit Leather

2 cups salmonberry puree
2 tablespoons honey (to taste)

Prepare puree and combine with honey. Line a cookie sheet with microwaveable plastic wrap. Spread puree mixture evenly, about $\frac{1}{8}$ to $\frac{1}{4}$ inch thick, over the plastic, but do not push it completely to the sides. Leave a bit of plastic showing for easy removal.

Oven dry at 140°F for 10 to 18 hours. Leave oven door slightly open so moisture can escape. Test periodically for dryness. Fruit leather dries from the outside edge toward the center. Test for dryness by touching the center of the leather; no indentation should be evident. Continue drying until pliable and leatherlike.

Dehydrator: To ensure a quality product, follow manu-