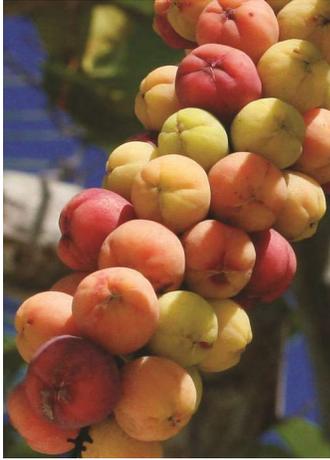


Seagrapes Jelly



Ingredients

1 quart seagrape juice

5 Tbsp. lemon or lime juice

1 package powdered pectin

5 cups sugar

Directions

To prepare juice, wash seagrapes and measure. Put in fairly large, wide pot with half as much water (1 cup water to 2 cups seagrapes). Bring to a boil. Mash often with a potato masher and continue boiling until fruit is reduced to a soft pulp (about 25 to 30 minutes). Drain through a jelly bag or several layers of cheesecloth. Do not squeeze.

Place one quart of juice in a wide kettle. Turn heat high; add lemon or lime juice and pectin. Bring mixture to a rolling boil. Stir in sugar and return to a rolling boil. Boil hard for 1 minute, stirring constantly. Remove from heat. Skim foam if necessary. Pour hot mixture into hot, sterilized jars, leaving a 1/4-inch head space. Seal tightly.

About the Seagrape

Seagrape (*Coccoloba uvifera*) is a remarkable native, salt-tolerant species of plant found near sea beaches of tropical America and the Caribbean, including southern Florida and Bermuda. These amazing plants are plentiful along many of Florida's beaches including those in our local area.

Plants appear as low sprawling bushes or tall continuous hedges along the sand dunes. This plant can be identified by its thick circular leaves growing 8 to 10 inches in diameter. The leaves are leathery in texture with a primary vein that has a red color extending from the base. The entire leaf turns red as it ages. The bark is smooth and yellowish. In late summer, it bears purplish fruit in large grape-like clusters that also contains a pit.

Seagrapes are quite helpful to the ecosystems in which they grow. The fruit is consumed by a number of native birds and mammals, while the protective canopy provides a home for animals including songbirds, lizards, and gopher tortoises.

In addition to providing habitat, seagrape plants help to stabilize sand dunes and to protect upland structures from storm-induced erosion. In fact, this plant has been deemed important enough to be protected under Florida Statute.

For more information about seagrapes, check with the Florida Native Plant Society at fnps.org/plants/plant/coccoloba-uvifera.