

Quick Japanese Knotweed Jam with Mint

Ingredients

- 4 oz. young Japanese Knotweed stalks
- 3 tbsp. granulated sugar
- 1 tbsp. fresh mint, finely chopped
- 1 tbsp. chia seeds

Steps

1. Remove any leaves and tips from the Japanese knotweed, wash well, and chop it into small pieces. Place the knotweed into a sauce pan with the sugar and ½ cup of water. Bring the mixture to a simmer, stirring. After the knotweed has started to break down, remove from the heat.

2. Add the mint and chia seeds, stir, and place in a jar. Place in the fridge overnight, and enjoy!

