

# Grow Master Fact Sheet



If you have any queries please contact your local Grow Master Garden Centre.

## Decorative & Bountiful

Citrus trees are perhaps the most sought after tree that is decorative and bountiful but there are many others too. Ask about some of the following:

- 1 Pomegranate (Punica)
- 2 Strawberry Guava (Psidium)
- 3 Irish Strawberry (Arbutus)
- 4 Tree Tomato (Tamarillo)

Here are a few delightful recipes to enable you to utilise the fruit that you'll grow.

### Pomegranate Sauce

Pomegranates make an unusual sauce that is delicious served with roast lamb.

Juniper berries are another tree fruit that is used as a spice.

The recipe makes 275ml (1/2 pint).

2 pomegranates

150ml (1/4 pt) dry red wine

15ml (1 tablespoon) chopped mint

5 juniper berries, roughly crushed

10ml (2 teaspoons) arrowroot

2.5ml (1/2 teaspoon) salt

1. Press the pulpy pomegranate seeds through a sieve to extract the juice. Put the juice in a pan with an equal quantity of red wine, the mint and the juniper berries. Bring to the boil.
2. Mix the arrowroot with 60ml (4 tablespoons) cold water and stir into the pan. Add the salt.
3. Simmer, stirring all the time until the sauce thickens. Check the seasoning and serve hot.

### Guava Jelly

6-8 cups whole fruit

8 cups sugar

Juice of one lemon

Peel the guavas and remove the seeds. Cover skins and seeds with water and boil. Cut the remainder of the fruit into small pieces, add a little water and boil until soft. Add the sugar, allowing 2 cups of sugar to every 2 cups of fruit. Strain the liquid from the seeds and skins and add to the fruit and sugar. Cook it until it jells. Add lemon juice.

Bottling: Guavas are best halved and bottled in syrup.

### **Arbutus Jelly**

Arbutus

Sugar

Lemons

Cut arbutus. Cover with cold water and boil for 2 hours. Strain and measure the juice. To every litre allow 250gm sugar and the juice of half a lemon. Bring to the boil stirring and then simmer very slowly for 2 hours until it forms a jelly.

### **Jambo Jelly (Lilly Pilly)**

The Lilly Pilly is a well-known native tree prized by the early settlers as a source of fruit for jams and jellies. It has a purple/white, cherry-like fruit and it makes a beautiful dark red jelly.

Lilly Pilly fruit

Sugar

Tartaric acid

- 1 Remove stalks from fruit and wash fruit well. Barely cover with water and bring to the boil. Cook until fruit is tender. I like to boil a while lemon with the fruit. The fruit will lose its colour. Strain through a cloth (gauze or chux) overnight. Do not squeeze the cloth or the jelly may become cloudy.
- 2 Add 1 cup sugar to every cup of liquid and bring to the boil. Cook rapidly until a small amount of juice jells on a cold saucer. The addition of 1 teaspoon tartaric acid for each 6 cups of liquid will help with setting.
- 3 Bottle in sterile jars.

