



FLAVOR BURST

Each of the tiny bumps on a blackberry is an individual mini-fruit that's called a drupelet.



WARNING!
Always ask an adult's permission before using the stove.

Make blackberry-orange chia seed jam

Ingredients

- Half of a vanilla bean pod
- 12 ounces fresh or frozen blackberries (slightly thawed if frozen)
- 2 (1- by 3-inch) strips orange peel
- 2 tablespoons orange juice
- 1/3 cup dark brown sugar
- 2 tablespoons chia seeds
- Kosher salt

Instructions

1. With an adult's help, use a paring knife or kitchen shears to split the vanilla bean lengthwise. Scrape out seeds with the end of a butter knife. Put them in a medium saucepan.
2. Add the blackberries, orange peel, juice, and sugar to the pan. Stir the ingredients until the berries start to release their juices.
3. Place the pan over medium heat and bring to a boil. Reduce to a simmer and cook until the berries start to break down and

the liquid from the berries becomes syrupy, about 20 minutes.

4. Remove pan from the heat and stir in the chia seeds. (The seeds will help to naturally thicken the jam.)
5. Let the jam cool completely, and remove the orange peel before placing jam in an airtight container. Refrigerate until ready to use. The recipe makes one generous cup of jam, which can be stored for up to a week.



LIFE HACK MASTER THE ART OF FLYING A KITE

Kites are fun to fly! If you're a beginner, consider choosing a classic delta (triangle shaped) or eddy (diamond shaped) kite in a lightweight material with a tail. Both are easy models to fly. Next, pick a spot like an open field or beach, and fly it on a day when there's a steady breeze. Stand with your back to the wind, and have a friend hold the kite overhead. Back up and unravel the string. Next, have your helper let go of the kite while they jog in the other direction. This will push the kite up into the air. Once your kite is flying, slowly release more line to send it higher. Once you're ready to bring it down, roll the string back until the kite is low enough to the ground for you to grab.



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