



### **Pine Pollen Pancakes**

Each year, there is a short window of just a few weeks when the Pine Trees are forming their pollen catkins ready for pollination. Just as they become mature, they offer an incredibly nutritious and delicious food source. Here we show you about the Pine Tree's two year reproductive cycle, how to find and gather the pine pollen catkins and add them into yummy pancakes.

### **A few tips for finding and identifying Pine pollen**

In late April and early May, be on the look out for the Pine trees in your region and watch for when the candle like pollen catkins emerge and mature.

- In Britain, the native Pine tree is *Pinus sylvestris* and has its needles growing in pairs.
- The Pollen cobs can look like little candles adorning the tree and usually appear in early May.
- The young trees or trees growing alone tend to have branches lower to the ground making it easy to gather the Pine catkins (or 'pollen cobs')
- Pine pollen has all **8 amino acids** and **omega oils 3, 6 and 9** making it a complete **protein**. It has the full range of **B vitamins** as well as all the oil soluble **vitamins and C, A, D and E**.
- You can also make a tea from the 'core' of the pine pollen cob once you've stripped the pine 'bobbles' off.

### **Ages**

All

### **Duration**

45 minutes minimum

### **How To**

- Gather enough Pine pollen catkins (or 'cobs'), at least five each is a good number to start with. For putting the little pollen bobbles in the mix, we find the ones that are almost ripe but not yet releasing their pollen are yummiest.
- Prepare your cooking space with a fire or stove, equipment and ingredients.
- Mix the pancake or drop scone batter. Here we use a gluten free flour, oat milk, baking powder and a couple of eggs. If you haven't already, add the pollen bobbles from the Pine catkins to the mix and stir in.

*Disclaimer: The advice in this guide is considered to be correct at the time of writing, but Red Squirrel Resources accept no liability for actions inspired by these resources.*

- When you're happy with the consistency of the batter, start heating the pan or griddle. Alert the group that the pan will get very hot on the fire. Once it's had a chance to heat up, add some oil and then pour out a little of the mix to test the temperature of the pan.
- Add as many small pancakes as easily fit in your pan and enjoy watching them cook, flip when the top of the pancakes no longer looks liquid.
- Enjoy eating with a spread of honey and lemon juice.

### Equipment Needed

#### Ingredients:

- Vegetable oil (Coconut if possible)
- Pancake batter (here we use gluten free flour, eggs and oatmilk)
- Pine Pollen 'Cobs'
- Optional toppings: Honey, lemon juice
- Gathering bags
- Mixing bowl/jug for batter
- Spoon or fork for mixing
- Frying pan or griddle
- Spatula
- Fire gloves
- Heat source - fire or stove
- Water on hand in case of any burns

### Variations

- You can make a thicker mix and add baking powder or use self raising flour to create Pine pollen drop scones.
- These are really tasty especially with lemon and honey.

### Teacher Tricks and Tips

- When frying pancakes have the pan hot enough that the bottom of it will seal when the batter goes into the pan; it makes it much easier to flip them.
- We recommend doing small pancakes or drop scones (around 10cm diameter) so you can get multiple in a pan and more to go around. Aiming to do one big pancake each for a group is ambitious!
- If cooking on an open fire, have plenty of fuel at the ready to keep your fire stoked. It can be annoying to have prepped the fire, made the mix and started cooking just to find the fire is starting to dwindle and you need more heat.

### Invisible Learning

- Understanding the two year cycle of the Pine's seed production
- Foraging, plant identification, plant properties
- Wild cooking

### Hazards to Highlight

- Burns from hot pan or hot oil spitting

### Risk Assessment Considerations

These are the risk assessment consideration documents to be referred to for this activity.

- Plant Based Activities
- Fire Activities
- Site risk assessment (specific to your site)

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### Links

- [Safe Foraging Practice](#)
- [Respectful Harvest](#)
- [Pine Tree Lore](#)
- [Pine Song](#)
- [Elderflower fritters](#)
- [Dandelion Drop Scones](#)

### Tags

- Wild cooking, foraging, plant activities, Pine, Pollen, pancakes, drop scones