



Hawthorn Syrup

Hawthorn Syrup or Jam is an incredibly tasty way to enjoy the abundant red berries. Many say it tastes a bit like Strawberry Jam! It is a simple process and can be enjoyed with roasted apples or other delights.

Ages

6+

Duration:

- This activity can be done with a group in 1.5 hours (to include foraging time). However, it is always nice to have spaciousness around foraging and cooking.

How To

- Depending on the time you have and how far you'll be going to forage, you may want to start by lighting your fire first so it can establish for cooking on.
- Gather ripe Hawthorn Berries (*Crataegus monogyna*) from local, abundant trees
- Wash the berries in a bowl of water (or running tap if at home)
- Sort the Hawthorn Berries so that most stalks are removed and only the healthy looking ones are put into the pot and any that look damaged or past their best are discarded, being gifted perhaps to the birds. You could even plant a few of the seeds and see if they grow.
- Place the pot over a fire and add hot water to cover the fruit. (If making out in the woods, it's helpful to bring a flask of hot water to speed up the process).
- Simmer until the fruit is soft and squishy. You will see the colour of the berries has changed and they look more muted or faded tones.
- Mash the fruit to separate the flesh from the skins and seeds.
- Add sugar to taste.
- You can now take the lid off to help some of the water evaporate and thicken your mixture to a syrup consistency.
- Use a spoon to push the syrup through a sieve, discarding the roughage, pips and bits of skin too large to pass through.
- If you sieved it and on reflection it looks too runny, you can always put the syrup back into a clean pot and heat more to drive off more moisture, stirring to ensure it doesn't burn.
- Share and enjoy the syrup. One idea is to gather acorn cups still with their stalk on to use as mini cups to try the syrup. Another idea is to roast little apples on the fire to dip into the syrup.

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Equipment Needed

- Fruit - hawthorn berries
- Hot Water (in a thermos if making in the field)
- Sugar
- Foraging bags or baskets
- Bowl and water to wash fruit
- Pot
- Trivet
- Fire Gloves
- Masher
- Mixing spoon
- Sieve
- Bowl to sieve into
- Jar (if you want to take some home)
- Extra Bowl
- Fire Lighting equipment and decent wood supply if making out in the field

Variations

- The principles of making fruit syrup or jam apply to other fruits so you can experiment with all sorts of recipes. However, Hawthorn Berries are relatively high in pectin and so are great to help it thicken.

Teacher Tricks and Tips

- As you're gathering the berries and processing them, it is a lovely opportunity to share anecdotal stories or information about the Hawthorn tree's gifts. For example you can share about how the medicine of the Hawthorn tree is wonderful for bringing health and balance to the circulation system and the heart.

Invisible Learning

- Connection to the Hawthorn and Crab Apple trees
- Understanding a way of preserving fruit
- Processing a wild food for eating

Hazards to Highlight

- Identification of wild foods
- Potential burns from cooking on the fire

Risk Assessment Considerations

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

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

Links

- Hawthorn Song, Hawthorn Fruit Leather, Other wild foods

Tags

- Foraging, Hawthorn, Syrup, Jam, Cooking, Wild Food, Berries

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