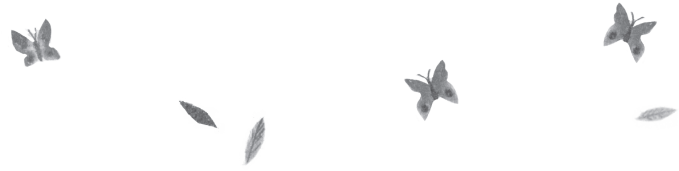


Discover Patchway

FORAGING RECIPES



APPLE JAM (FOR 2 PINT JARS)

Forage for 9 medium sized **cooking apples**.

Peel, core and slice the apples. Add these to a large saucepan, with 1 and a half cups of water, and bring to the boil over a high heat. Reduce the heat so the mixture simmers and stir regularly until the apples are soft (about 30 mins). Transfer the soft apple mix into a blender and mix until puréed.

Put the purée into a clean saucepan and add 3 cups of sugar, 1 teaspoon of ground cinnamon and half a teaspoon of ground cloves. Bring this mix to a boil over a high heat and stir regularly. Once it has boiled, reduce the heat so the mixture simmers and stir regularly until the purée thickens and holds its shape on a spoon.

Store the apple jam in air-tight containers and put in the fridge for 24 hours before using.

ELDERFLOWER CORDIAL

Forage for 15 heads of **elderflower**.
You might need a tall person to reach them.

Wash the elderflower well (making sure you pick off any bugs). Place 500g of caster sugar and 4 tablespoons of runny honey in a large pan with 1 litre of water and gently bring to the boil until all the sugar has dissolved. Remove from the heat. Finely grate 2 lemons and add this zest to the mix along with the elderflowers, making sure the flowers are completely covered by the liquid. Squeeze the juice of one lemon into the pan. Cut the other lemon into slices and add these too. Put a lid on the pan and leave to infuse for 24 hours.

To strain the cordial, line a fine sieve with a muslin (or good quality kitchen towel) and pour the mix through into a bowl. Store the cordial in sterilised bottles or jars and drink diluted with water or tonic.

BLACKBERRY SMOOTHIE (FOR ONE)

Forage for half a cup of **blackberries**.

Into a blender, put your freshly picked and washed blackberries, 1 cup of milk, 1 teaspoon of sugar (or honey) and 5-8 ice cubes. Blend until smooth. Add a few fresh blackberries at the end if you like a smoothie with bits. Why not try this with strawberries from The Parade Community Garden or grow your own for next year?

*Around
Your Way*

