



Autumn Hedgerow Recipes

Elderberry Rob

This is a tasty syrup that is excellent for coughs, colds and flu. It is loved by kids as well as adults. It stores for about a year if the bottles are sterilised and not opened. From experience mine never lasted that long.

- Take a quantity of elderberries (a few pounds is suffice) and take them off the stalks using a folk and remove any unripe green berries

- Add a couple of sticks of cinnamon, about 6-8 cloves, couple of star anise and a tablespoon of grated ginger if preferred.
- Then add a small amount of water, up to half the amount of berries.
- Bring to the boil and simmer for about half an hour. Crush with the back of a spoon or potato masher to help extract the juices.
- When done, strain through a fine sieve or jelly bag.
- Measure and add the same quantity of sugar.
- Bring to the boil to dissolve all the sugar and simmer for 10 minutes.
- When its cooled pour in to sterilised bottles and seal.

To use; measure 10-30 ml in a cup and add the same amount of boiling water for a lovely warming drink.

If you want to add honey instead of sugar to enhance the soothing and healing effects. Add slightly more than equal quantities of honey and do not boil. e.g. 500 ml of liquid = 550 on honey. Heat can impair the healing qualities of honey.

Hedgerow Vinegar

You can use whatever hedgerow fruits are available: blackberries, elderberries, rowan, haws, rosehips, raspberries.

Pendle Hill Project Foodie Foray - Wild Hedgerow Medicine September 2020

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4 star anise

2 cinnamon sticks

4 cardamom pods

4 cloves

1 inch chunk of fresh root ginger

Place berries into a jam jar. Pour over enough cider vinegar to cover. Put the lid on the jar and leave in a warm place (sunny windowsill), shaking every few days. Leave it for a couple of weeks then strain through muslin/a jelly bag/a sieve lined with a tea towel. Pour into clean, sterilized bottles and take 1 tsp. every few hours for colds and flu or take 1 tbsp. daily as a general winter tonic.

Hot water can be added to make a nice warming drink.

The vinegar can also be used in salad dressings.

Mix with equal parts of honey to make an oxymel and take 1tbsp. to soothe sore throats and coughs, or as a winter health tonic to allay aches and pains and ward off colds and flu.

Mulled Fruity Hedgerow Drink

Ingredients

A few handfuls of blackberries, elderberries, rose-hips, haws, rowan berries etc.

2 litres apple juice

4 star anise

2 cinnamon sticks

4 cardamom pods

4 cloves

1 inch chunk of fresh root ginger

Or you can use the strained berries and spices from the hedgerow elixir or vinegar.

Directions

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Place all ingredients together in a saucepan.

Bring to the boil then simmer for around 20 minutes.

Strain.

Serve and enjoy. Local honey can be added to sweeten the drink if desired but it delicious on its own.

Hedgerow Jelly (Jam)

<https://www.bbcgoodfood.com/user/331657/recipe/hedgerow-jelly-jam>

Ingredients

A variety fruit from the hedgerow or garden: blackberries, elderberries, sloes, damsons, wild plums, haws, rosehips.

An equal weight of either cooking or crab apples
Sugar: preserving or cane, 1lb (500g) per 1 pint (600ml) juice

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Method

- **STEP 1**

Wash and pick over the fruit, discarding any that are damaged

- **STEP 2**

Wash and cut up the apples, cutting out any bruises. Don't peel or core them

- **STEP 3**

Put all into a preserving pan with a little water and simmer until soft and it's mostly juice

- **STEP 4**

Put into a jelly bag and strain overnight

- **STEP 5**

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Measure the juice (n.b. Don't squeeze the jelly bag or the result will be cloudy)

- **STEP 6**

Return to the pan and add 1lb (500g) per 1pt (600ml) of juice and allow to dissolve over a low heat.

- **STEP 7**

Boil rapidly until setting point is reached. (A knob of butter helps get rid of any scum)

- **STEP 8**

Put into sterilised jars, cover and label.

- **STEP 9**

Enjoy on toast, scones, rice pudding; with cold meat; or in a sauce for venison or pork

Elderberry and Hawthorn Jam

<https://eat smarter.com/recipes/elderberry-hawthorn-jam>

800 grams

elderberries

500 grams

hawthorn berry

500 milliliters

water

500 grams

jam sugar (3:1 ratio)

2 tablespoons

lemon juice

Preparation steps

1.

Rinse the berries, then add to a pot with the water. Simmer for 30 minutes, until soft. Mash the berries, once most of them have softened.

2.

Pass the berry mixture through a fine strainer. Mix the jam sugar and the lemon juice into the berry puree. Bring to a boil, and cook for 4 minutes until

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the jam begins to thicken. Fill the prepared jars to the brim with the jam, and seal tightly.

Apple Cider Vinegar Recipe with the Mother

<https://wellnessmama.com/124169/apple-cider-vinegar/>

Apple cider vinegar with "the mother" has many benefits and it is simple to make at home with some organic apple scraps and a little time. Here's how...

Ingredients

- organic apple scraps
- 2 TBSP [cane sugar](#)
- 2 cups water (filtered)

Instructions

1. Clean a quart jar very well and let air dry.
2. Fill the jar $\frac{3}{4}$ full with apple scraps. If you are using whole apples, roughly chop them up before you put them in the jar.
3. Dissolve the cane sugar into the cup of water.
4. Pour sugar water over the apples until they are completely submerged. Add a little additional water if needed to make sure the apples are covered.
5. Weigh down the apples with [a fermentation weight](#) or with the small glass jar. Any apples that are exposed to the air could mold.
6. Cover with the [cheesecloth](#) or coffee filter and secure with the rubber band.
7. Store in a dark place at room temperature. I put mine in a cabinet in the kitchen.
8. Leave it for approximately 3 weeks. Check on it every few days to make sure the apples are staying under the water and to make sure no mold is growing.
9. After 3 weeks, it will still smell fairly sweet. Strain the apples pieces out and return the liquid to the jar. Compost the scraps.
10. Recover and put the jar back in a dark spot for another 3-4 weeks, stirring every few days.
11. When the ACV has reached the "tartness" you like you can put a lid on it or transfer it to a different jar with a lid and start using it!

Notes

This recipe is for a quart size jar of apple cider vinegar. If you are making a larger jar, just make sure your apple scraps fill the jar $\frac{3}{4}$ of the way and are covered with sugar water.

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When the ACV is finished you can save "the mother" that has floated to the top or just a small quantity of the finished ACV to start a new batch that will ferment more quickly.

If you would like to learn more, come and join Weeds and Wild Medicine, an online course on hedgerow herbalism.

See www.weedsandwildmedicine.co.uk for more info and to book.

For information on getting herbal help with your health and wellbeing see www.daniellekay.co.uk