

Embers & Oak





FIELD NOTE: **Foraged Hedgerow Jam**

DATE: **15 Sep 26**

Autumn is a great time for foraging... it is after all Harvesting time !

A delightful stroll along a hedgerow on a sunny Autumnal evening can be livened up with a bit of foraging... and of course the end result is delicious !

You will need: Crab Apples (these will supply the pectin to make it set), Hedgerow fruits (I have used Blackberries, Rose Hips (remove pips and hairs) Hawthorn, Guelder Rose, Sloes, Rowan) and sugar (Roughly 1 part Crab Apples, 1 part Hedgerow Fruits and 2 parts sugar - All measures are in handfuls or container-'fulls' whatever container you use ! (I have made this in a mess tin over an open fire !)

If you are making jelly; Cook the fruit first, then strain before adding your sugar.

Wash the fruits, don't dry them. Chop Crab apples into chunks (you can peel and core them if you want), Remove stones and unwanted pips from the fruits and add to a pan (you'll need some water so it doesn't catch) and simmer to release juices, once the fruit is properly softened, add the sugar, bring to the boil, until it passes the 'cold saucer wrinkle test'. A dab on a cold saucer... let it cool, give it a nudge - if it wrinkles, you're there ! Allow to cool slightly before transferring to a clean, sterilised jar – Ta Dah... Enjoy !

Safety: If you can't ID it, and don't know it... DON'T pick it or eat it ! – Invest in a foraging course or book !









