

# RYEBANK RECIPES



A guide to foraging and cooking  
with edible plants

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Ryebank Fields is a natural food source, presenting many opportunities for foraging. The Friends of Ryebank Fields have put together these recipes, using plants that should be familiar and easily identifiable, so that anyone who wants to can have a go at making them. All plants used in these recipes can be found growing on Ryebank Fields.

By producing these recipes we aim to promote Ryebank Fields as a healthy and sustainable food source by encouraging safe foraging practices and sharing ideas and experiences. Foraging for our own food is educational, leads to a more diverse and healthy diet, promotes a more active lifestyle, saves money and is ultimately kinder to the environment as wild foods are not treated with pesticides, chemicals or preservatives.

Ryebank Fields is now home to our Community Orchard. The original fruit trees were planted by a local resident who lived adjacent to the fields and planted apple and cherry trees to the rear of his garden so that people passing by could help themselves to the fruit. He is sadly no longer with us but his neighbours and friends have looked after the trees on his behalf and the Friends of Ryebank Fields have continued his legacy by planting more trees in his memory. In a traditional Wassail event in January 2020, members of the community added to the orchard by planting a variety of fruit trees including apple, plum, pear, peach and cherry. All the new saplings were donated by local people; the roots were christened to bless the trees and wish them longevity and children hung bread in their branches in accordance with ancient rites. There are now around 30 fruit trees in total. The community orchard is planted alongside the oldest apple tree on the fields and is surrounded by blackberry bushes and wild raspberries. We have also planted jostaberry and more raspberry canes. Two wheels of fairy ring seating have been donated by Alderwood Tree Care and the orchard is a lovely place to meet, play, sit and reflect.

As part of our future vision for the fields we also aim to install raised vegetable beds in order to create a Plant and Pick area where members of the community can sow and share produce to cut down on food miles and single use plastic waste and encourage more sustainable eating habits. We want to install a wormery too so that we can produce our own compost. Community growing schemes are an inclusive way to meet, look out for and make friends with our neighbours and encourage inter-generational skill sharing and learning.

We hope you enjoy cooking with these plants and we'd like to keep adding more recipes to the collection, so if it grows on Ryebank Fields and you have a recipe, please email it to us at:

[ryebankfieldsfriends@gmail.com](mailto:ryebankfieldsfriends@gmail.com)

We'd also love to hear from you if you have any feedback, comments or suggestions. Happy foraging!

~ The Friends of Ryebank Fields

DISCLAIMER: MMU's Human Health Risk Assessment states that the land is not currently suitable for allotment end use. We know that local residents have been foraging on Ryebank Fields for years, however, we cannot categorically state that it is safe to continue to do so. We are still sharing our recipes as our future vision for Ryebank Fields supports creating and promoting a sustainable food source and the use of wild foods and simple hedgerow ingredients is an integral part of that. You should be able to find all the plants we have featured either growing wild locally or in parks or gardens.

MANY PLANTS AND FLOWERS ARE POISONOUS. PLEASE ONLY PICK THINGS THAT YOU KNOW FOR SURE ARE EDIBLE. IF IN ANY DOUBT, DO NOT EAT IT.

# NETTLE SOUP

Prep time: 20-30 mins

Serves: 4

## INGREDIENTS

**Fresh NETTLES**

- about 4 large handfuls

**1 x large POTATO**

**1 x LEEK**

**1 x stick CELERY**

**STOCK CUBE**

**Knob of BUTTER**

- optional

**SOUR CREAM**

- optional

## METHOD

**FORAGE** for nettles

- pick young plants, around  
APR/MAY time is good.

**PICK** the top 4-6 leaves as these are the most tender.

**GRASP THE NETTLE!**

-to avoid being stung or, more sensibly, wear gloves.

**WASH** the nettles thoroughly.

**CHOP** the leek, celery and potato.

**Add all ingredients (except the sour cream, if using) to a pan, season, add water and bring to the boil then SIMMER for approximately 15 mins until soft. The cooking process will remove the sting from the nettles.**

**BLEND**, add sour cream, if required, and serve with crusty bread.



VEGETARIAN



VEGAN without butter/sour cream



Please only pick plants that you know are edible, if in doubt do NOT eat it

## 1. Nettle Soup

Our first recipe uses the common nettle. Please don't be wary of eating this plant as the cooking process kills the sting. Nettle leaves are delicious in soups and stews and taste like a more flavoursome version of spinach. The leaves can also be used to make a herbal tea. Nettles grow in abundance on Ryebank Fields and are best harvested from February/March until before they flower in summer.

It's said that nettles are a good source of iron and are an antihistamine and anti-inflammatory. It's also claimed that they have magical powers and can be used to ward off ghosts and evil spirits!



# DANDELION COOKIES

Prep time: 30 mins

Makes: 12 biscuits

## INGREDIENTS

*Fresh DANDELIONS*

*- about 20 flower heads*

*110g self-raising FLOUR*

*110g porridge OATS*

*75g Demerara SUGAR*

*110g BUTTER*

*1 x dessert sp GOLDEN SYRUP*

*Pinch of SALT*

*1 x table sp LEMON JUICE*

*Lemon or Orange ZEST*

## METHOD

**FORAGE** for dandelions

*- pick the flower heads only for this recipe.*

**PRE-HEAT** the oven to 170C, 325F or Gas Mark 3.

**WASH** the flowers thoroughly.

**REMOVE** the yellow petals by pinching and firmly pulling. A little green is ok but too much will give a bitter taste.

**DISSOLVE** the butter, sugar and syrup in a saucepan over a gentle heat.

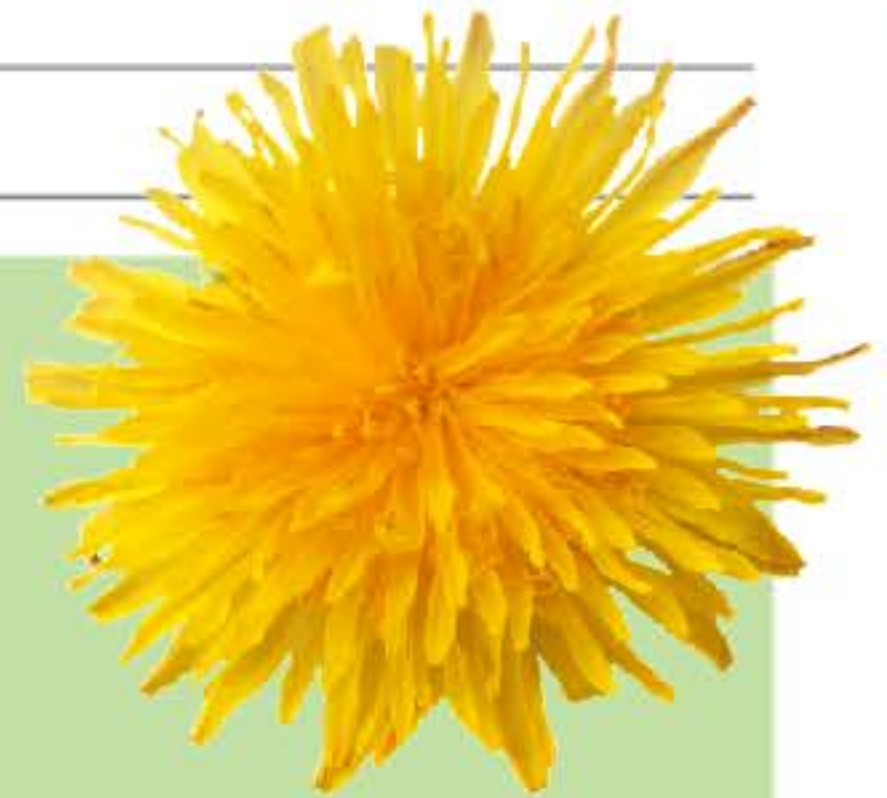
**MIX** the sifted flour, oats, salt and dandelion petals in a bowl.

**STIR** in the butter and sugar mixture, then add the zest and lemon juice.

When fully mixed together, using your hands, **DIVIDE** into 12 balls of dough and press gently to flatten. If the mixture is a little dry, add a few drops of water, if it is very sticky, add a little more flour.

**BAKE** on a lightly greased baking tray, in the centre of the oven, for 15 minutes.

**COOL** the cookies on a wire rack then enjoy!



VEGETARIAN

Please only pick plants that you know are edible, if in doubt do NOT eat it

## 2. Dandelion Cookies

This recipe uses dandelion flowers, which are prominent in spring, have a much milder taste than the leaves and roots, and add a lovely texture to the biscuits. Dandelion leaves can also be used to make tea and the roots can be steamed and eaten as a vegetable.

It is said that dandelions are rich in antioxidants and can be used as a diuretic. It's also claimed that these plants have magical properties; they can apparently increase psychic ability and if you make a wish, as you blow the seeds off a dandelion head, it is sure to come true. The seed heads can also be used as dandelion clocks as the number of puffs of breath it takes to blow off all the seeds tells you what time it is.



# THREE CORNERED GARLIC PESTO

Prep time: 15 mins

Makes: 1 jar

## INGREDIENTS

150g **THREE CORNERED GARLIC** leaves

1 x clove **GARLIC**  
zest & juice of half a **LEMON**

50g **grated PARMESAN**

150ml **OIL**

50g **PINE NUTS**

**SALT & PEPPER**

## METHOD

**FORAGE** for three cornered garlic leaves  
- APR/MAY time is good.

**WASH** the leaves thoroughly and **CHOP**.

**BLITZ** the leaves, parmesan or vegan alternative  
(e.g. nutritional yeast), garlic, lemon zest and pine  
nuts to a rough paste in a food processor.

Season and slowly, on low power, **BLEND** in almost all of the oil.

**TASTE**, season (if required) and add a few squeezes of lemon juice.

Transfer the pesto to a clean jar and **TOP** with the remaining oil.

**SERVE** stirred through pasta or as a salad dressing.

The pesto will keep, in the fridge for 1-2 weeks.



VEGETARIAN



VEGAN without parmesan



### 3. Three Cornered Garlic Pesto

Three cornered garlic, also known also as three-cornered leek or snowbells, due to its white, bell-shaped flowers, is an allium similar to wild garlic. It is identifiable by its taller flowers, triangular stem and oniony smell and has a milder, sweeter and less earthy flavour. It is most prolific in April and May and can be found in the Aspen grove on Ryebank Fields. The whole plant is edible and can also be used in soups and stews. The flowers have a pleasant, mild garlicky flavour and are delicious in salads.

Alliums have anti-bacterial and anti-fungal properties and are said to help reduce blood pressure and cholesterol and be a defence against coughs and colds. According to folklore, they can be used to deter fairies and eating them will make you 'as strong as a bear!'



# ELDERFLOWER CORDIAL

Prep time: 30 mins (over 2 days)    Makes: approx 2 litres

## INGREDIENTS

20 - 25 ELDERFLOWER heads

2 x large LEMONS

2.5 kg white SUGAR

85g CITRIC ACID

1.5 litres WATER

## METHOD

*FORAGE* for elderflowers - late MAY/early JUNE is best.

*PICK* flowers on a sunny morning, they should smell fragrant.

*WASH* flowers thoroughly and *TRIM* back stalks.

*DISSOLVE* the sugar and water in a large pan - heat gently, do not boil.

*PARE* the zest from the lemons and *SLICE* them into rounds.

*Bring* pan to the *BOIL* then switch off the heat.

*Add* the elderflowers, citric acid, lemon slices and zest and *STIR* well.

Leave to *STEEP* for at least 24 hours.

*STRAIN* through a muslin cloth or clean tea towel and ladle into sterilised bottles.

*TIP:* To sterilise bottles - wash in soapy water, rinse thoroughly and leave in a warm oven to dry.



EGATARIAN



EGAN

Please only pick plants that you know are edible, if in doubt do NOT eat it

#### 4. Elderflower Cordial

Spring is the perfect time to make this delicious and refreshing cordial. The elderflower heads are in bloom and ready to pick. Elder trees can be found around the perimeter of Ryebank Fields and also along the Nico Ditch. Remember to pick the flowers on a warm sunny morning as this is when they are at their prime. Elderflowers can also be used to make syrup, jelly and even champagne or the whole flower head can be dipped in batter to make fritters.

Elderflower is said to be beneficial for colds and sore throats and to combat hay fever. The Elder is a native tree often found in ancient hedgerows. The Anglo Saxons believed the tree was sacred as the elder mother lived in the trunk. It was therefore considered unlucky to chop or burn the wood. People would often wear elder leaf necklaces or plant the tree close to their homes due to its protective qualities.



# PINEAPPLEWEED TEA

Prep time: 10 mins

Makes: 2 cups

## INGREDIENTS

*2 handfuls PINEAPPLEWEED  
flower heads*

*boiling WATER*



## METHOD

**FORAGE** for pineapple weed  
(also known as wild chamomile)  
**JUNE/JULY/AUGUST** is a good time to pick.

**WASH** flower heads thoroughly and **TRIM** back stalks.

Lightly **PRESS** the flower heads between your fingers to release the flavour.

**BOIL** a kettle of water.

Using a tea ball or other infuser **STEEP** the flower heads in the boiling water for 2-3 minutes.

When the water is a yellowish-green colour the tea is brewed.

**TIP:** some people can have an allergic reaction to pineappleweed so it's a good idea to lightly chew and discard a flower head and then wait around 48 hours to check before making the tea.



VEGATARIAN



VEGAN

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## 5. Pineappleweed Tea

This herbal tea has a light, refreshing taste with a natural sweetness. Pineappleweed or Wild Chamomile can be found in bare ground such as on paths, roadsides and pavement cracks and is abundant on Ryebank Fields. It is easily identifiable as its conical greenish yellow flower heads resemble a pineapple in shape and, if crushed between the fingers, give off a distinct pineapple smell. It can also be eaten raw in salads or used to make jelly, syrup and cordial.

Pineappleweed is said to be an effective remedy for an upset stomach, heartburn and other digestive problems. It can also repel insects by rubbing it on the skin or hanging in a room. According to folklore if burnt with a lock of their hair it can prevent a loved one from leaving. It was also traditionally used to line babies' cradles.



# COMMON HOGWEED SEED CURRY

Prep time: 30 mins

Serves: 4

## INGREDIENTS

	1 x medium ONION
COMMON HOGWEED SEEDS use 2 seed heads, approx 25 seeds	1 x tsp grated GINGER
1 x tsp of dried CUMIN, CORIANDER & TURMERIC	2 x tbsp OIL
2 x cloves GARLIC	1 x tin tomatoes
1 x stick CELERY	1 x tbsp YOGHURT (or vegan alternative) optional
CHILLIES to taste	VEG STOCK CUBE
	SALT & PEPPER

## METHOD

FORAGE for common hogweed seeds  
- AUGUST/SEPTEMBER is good.

WASH the seeds thoroughly.

HEAT the oil in a large frying pan.

GRIND & MIX in the dry spices: turmeric, coriander, cumin, black pepper and salt.

Lightly CRUSH and add the common hogweed seeds.

Finely CHOP the chilli, garlic, ginger, celery and onion.

SAUTÉ all ingredients until soft.

Add the stock cube and tomatoes and SIMMER until cooked.

Optional: STIR in the yoghurt or alternative e.g. coconut milk and heat through.

Serve with basmati rice.

TIP: You can add any ingredients you like to make a delicious curry e.g. chickpeas, spinach, peppers, mushrooms, potato, okra, cauliflower or other vegetables (or meat if you prefer).



EGATARIAN



EGAN without yoghurt

Please only pick plants that you know are edible, if in doubt do NOT eat it  
**WARNING** ⚠ common hogweed should not be confused with giant hogweed a much taller and larger plant which can cause serious blistering and skin irritation when touched

## 6. Common Hogweed Seed Curry

Possibly one for the more experienced forager, this is a basic recipe but you can add common hogweed seeds to flavour any curry of your choice. They can be used when still fresh and green or when they have dried and turned brown. They are ready to pick in August and September. You can find common hogweed on Ryebank Fields in the wooded areas near to Longford Park. Common hogweed is so named as it was traditionally used as fodder for pigs. It derives from the carrot family and is also known as cow parsnip. The seeds have a distinct flavour, like a cross between cardamom and coriander, with a fresh citrus burst combining lemon, lime and orange all at once. The seeds can also be pickled or used to give a spicy flavour to cakes and flapjacks. They become mellow and more gingery as they dry.

Common Hogweed is said to be beneficial for anxiety and can be used as a decongestant and even as an aphrodisiac. Any hogweed can cause minor skin irritations so it is best picked by adults only, which is according to folklore most likely why it was known as Mother Die to stop children from picking it. Please be very careful not to mistake common hogweed for giant hogweed which can burn the skin and cause severe blisters if touched.



# ROSEBAY WILLOW HERB SYRUP

Prep time: 1 hour

Makes: approx. 750ml

## INGREDIENTS

Around 50 ROSEBAY  
WILLOWHERB flower spikes

Juice of 1 x LEMON  
500 ml WATER

600g SUGAR

half tsp CITRIC ACID

## METHOD



*FORAGE for Rosebay Willowherb flowers - JULY/AUGUST time is best.*

*WASH the flower heads thoroughly.*

*REMOVE the flowers taking care not to include the stems and leaves as these have a bitter taste. TIP: Each individual flower is attached to the main spike by a small delicate stem. These are often pink like the flowers so it may be helpful to hold the spike upside down when removing the flowers as this makes them easier to distinguish. You can add in some of the pink buds directly above the flowers but avoid any that are green or are lower down.*

*In a saucepan cover the flowers with water (approx 500ml) and SIMMER until the colour drains out and the petals turn a greyish white colour.*

*Strain immediately to remove the flowers to stop the liquid from becoming bitter. It should now be a reddish brown colour.*

*Return the liquid to the pan and turn up the heat. As soon as it begins to boil add the lemon juice and you will see it restore the colour to a bright vivid pink.*

*SIMMER for 5-10 minutes to reduce slightly and then STRAIN through muslin or thick kitchen roll to remove any bits.*

*Allow the liquid to cool slightly then return it to the pan and STIR in the sugar until it has completely dissolved. Turn on the heat and BOIL for 4 minutes (without stirring) then STIR in the citric acid and BOIL for one more minute. To make a thick syrup, for each cup of liquid add 3 cups of sugar and 1/4 teas sp citric acid. For a runny syrup you can either reduce the amount of sugar or add more water. For a tangier taste add more lemon juice.*



VEGATARIAN



VEGAN

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## 7. Rosebay Willowherb Syrup

This sweet syrup has a light floral flavour and a vibrant pink hue. It's made using only the flowers and patience is needed to remove them whilst avoiding the more bitter stems and leaves so allow yourself plenty of time to do this carefully. The syrup is then quite simple to make and is delicious on ice cream, pancakes or waffles. It can also be used to flavour lemonade, smoothies and cocktails. The young shoots that come up earlier in the year are also edible and can be cooked like asparagus. Rosebay Willowherb can be found in abundance on the northern side of Ryebank Fields. It's otherwise known as fireweed or bombweed due to its propensity to grow on land that has been either burnt or bombed.

It's said to be a good remedy for coughs, hiccups and asthma. In late summer the flower petals turn to fluffy seed heads, traditionally known as 'sugars' when caught on the wind, and if you catch one you can make a wish.



# BRAMBLE JELLY

Prep time: 1 hour

Makes: 1 jar

## INGREDIENTS

500g *BLACKBERRIES*

500g *SUGAR*

190 ml *WATER*

Juice of 1 x *LEMON*

## METHOD

*FORAGE* for blackberries or other summer berries  
(you can mix more than one variety of fruit if desired)  
- only pick fruit that is ripe and unblemished  
- *AUGUST/SEPTEMBER* time is good.

*WASH* the blackberries thoroughly.

Gently *STEW* the berries and water in a pan. After around 5 minutes when the fruit is starting to break down, *MASH* to release the juice and then continue to heat gently for another 15 minutes.

*ADD* the lemon juice and sugar and continue to *STIR* on a low heat for another 5 - 10 minutes until all the sugar has dissolved.

Turn up the heat and *BOIL* for 8 minutes. *STIR* periodically to prevent the mixture from sticking.

*STRAIN* into a bowl using a sieve lined with a muslin cloth or tea towel. Use a wooden spoon to *PRESS* the mixture through.

*SPOON* the jelly into a jar and allow to cool and set.

The jelly will keep in the fridge for approximately one month.



EGATARIAN



EGAN

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## 8. Bramble Jelly

Brambles are defined as wild blackberries, raspberries or dewberries. You can find both blackberries and raspberries growing on Ryebank Fields. Blackberries grow in abundance along the perimeter of the fields on all sides and raspberries can be found at the eastern end of the Nico Ditch. This recipe makes a delicious jelly or seedless jam and tastes great on fresh crusty bread. The berries can simply be eaten as a fruit or used in a multitude of recipes including pies, crumbles and cakes or used to make smoothies or ice lollies.

The fruit is high in fibre and packed with vitamin C. It is said to help prevent heart disease and improve both cognitive and motor function. According to folklore brambles belong to the fairies and the first fruit of the season should be left for them to eat. Brambles picked at a full moon can be woven into a wreath with rowan and ivy to ward off evil spirits and bramble bushes were traditionally planted on graves to stop the dead from rising and returning as ghosts!



# DOCK SEED CRACKERS

Prep time: 40 mins

Serves: 4

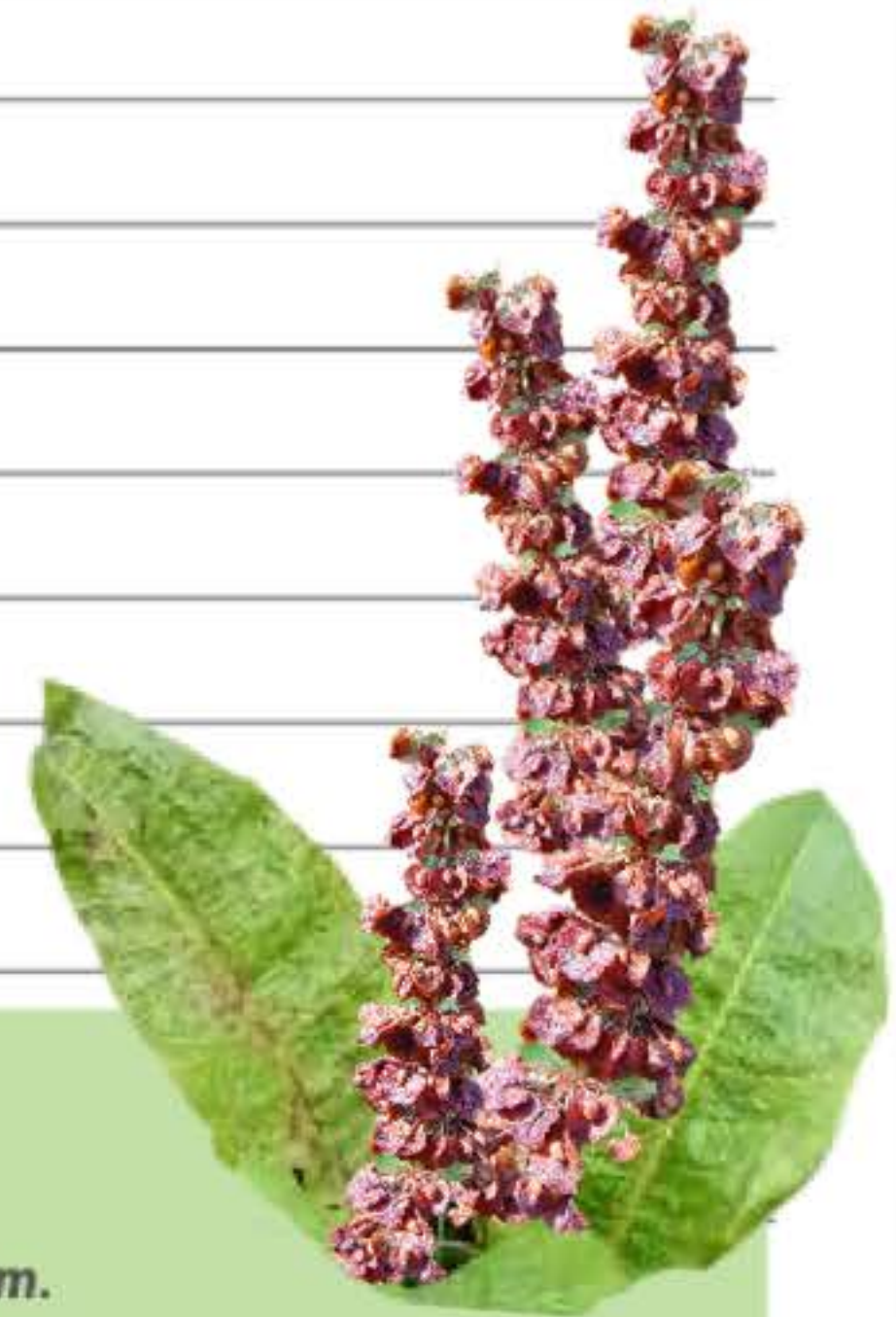
## INGREDIENTS

*1 x cup DOCK SEEDS*

*1 x cup FLOUR (of choice)*

*1 x tsp SALT*

*Approx 100ml WATER*



## METHOD

**FORAGE** for dock seeds

- late summer/autumn is best
- pick seeds that are dry enough to easily fall from the stem.

**REMOVE** the seeds from the stems and **RINSE** in a sieve.

Pat dry with kitchen towel then spread the seeds on a baking tray and **TOAST** in a warm oven for 4 -5 minutes until fully dry.

**RUB** the seeds with your fingertips and **ROLL** them together using the palms of your hands until they crumble, then **GRIND** them finely using a pestle and mortar. They should give off a sweet, nutty aroma.

In a bowl **MIX** together the ground seeds, flour, and salt. **ADD** the water very slowly, a couple of drops at a time, until the dough is pliable but not sticky.

Thinly **ROLL** out the dough on a floured surface, then **CUT** into shapes.

**BAKE** for 8-10 minutes at 200C or Gas Mark 6, then leave to **COOL** on a wire rack.

Serve with cheese or dips.



EGATARIAN



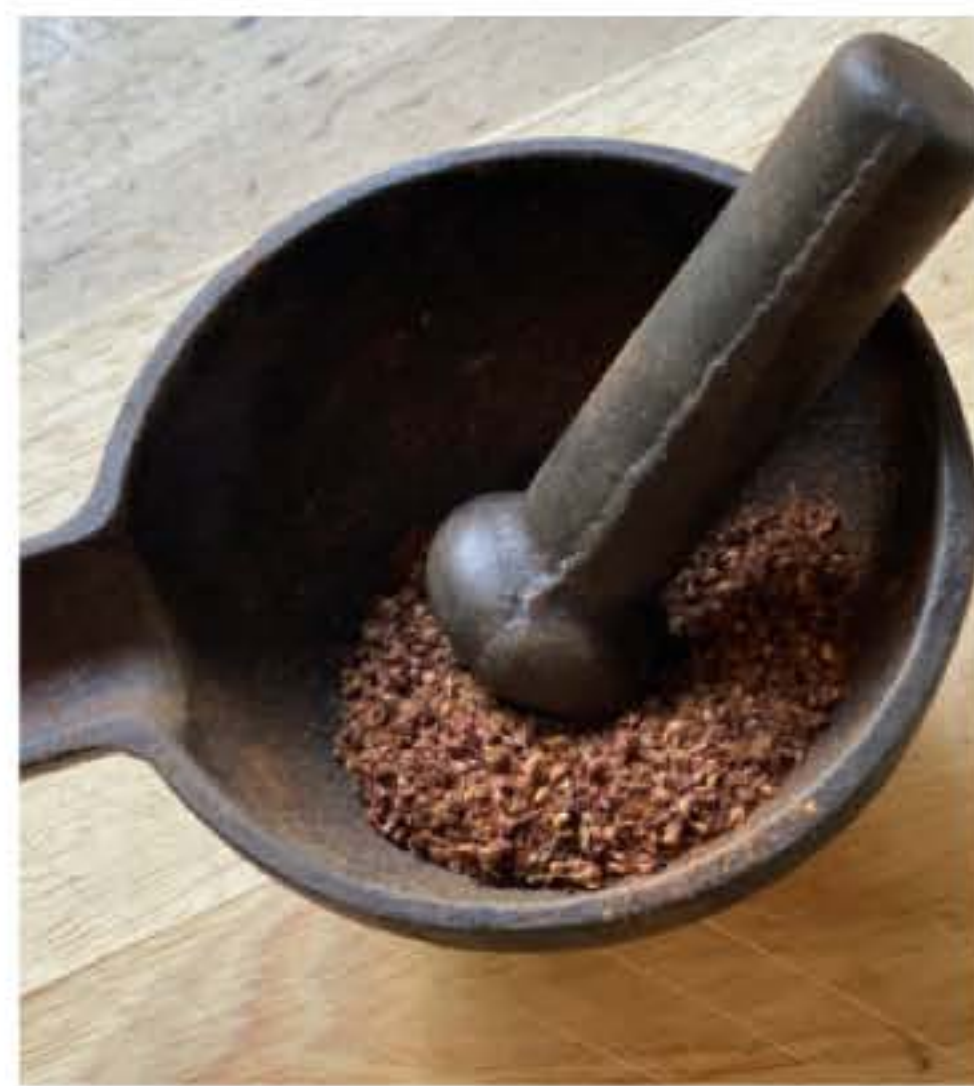
EGAN

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## 9. Dock Seed Crackers

As a relative of buckwheat, the flour made from ground dock seeds can be put to many uses. It doesn't contain gluten so is best mixed with another type of flour. The seeds should be collected when dry from August onwards. The leaves are also edible. They should be gathered when young and have a lemony taste. They can be shredded and used in stir fries or stuffed like cabbage. Dock can be found in many different locations around Ryebank Fields.

It is said that dock can be used as a laxative or diuretic and is good for skin conditions such as eczema and psoriasis. In folklore dock is favoured to help cut ties and enable new beginnings and symbolises transition and new life. Dock tends to grow next to nettle patches and if rubbed on the skin is said to relieve nettle stings.



# HORSERADISH SAUCE

Prep time: 10 mins

Serves: 4

## INGREDIENTS

*2 inches HORSERADISH ROOT*

*2 x tbsp SOUR CREAM*

*SALT*

## METHOD



**FORAGE** for horseradish and dig out a piece of the root.

**SCRUB** the root to remove the soil.

**PEEL** the root to remove the outer skin so that it is completely white, then **GRATE** finely.

**TIP:** This will release its pungent aroma and may make your eyes water.

**MIX** the grated horseradish into the sour cream.

**ADD** a sprinkle of salt.

Use approximately 1 tsp horseradish to 1 tbsp sour cream or adjust to taste.

The sauce should last for a few days in the fridge.

**TIP:** Additional horseradish can be preserved by grating and covering with white vinegar until ready to use.



EGATARIAN

## 10. Horseradish Sauce

Horseradish sauce is made from the root of the plant and is traditionally served with roast beef or fish but is also delicious with beetroot. Horseradish can be added to soups and stews or used in dressings and the young leaves can be eaten in salads. There is an extensive patch of Horseradish on Ryebank Fields adjacent to the old car park area.

Horseradish is high in vitamin C, and is said to be anti-inflammatory and good for digestion and weight loss. Horseradish is an ancient plant mentioned in Greek and Roman times. The Delphic Oracle is thought to have prophesied that the plant was worth its weight in gold. In Britain it was grown at inns and coach stations to make cordials to revive exhausted travelers and according to folklore it can be sprinkled in corners, at thresholds and on window sills to break hexes and evil spells.



# APPLE CHUTNEY

Prep time: 1 hour

Makes: 1 jar

## INGREDIENTS

*2 x large sour APPLES  
(or equivalent amount)*

*1 x medium ONION*

*1 x tbsp BROWN SUGAR*

*60 ml APPLE CIDER VINEGAR*

*3 x dried APRICOTS*

*1 x tsp MUSTARD SEEDS*

*1 x tsp GINGER*

*1 x tsp CHILLI flakes*

*1 x tsp SALT*

*Zest of 1 x ORANGE*

## METHOD

**FORAGE** for apples

- late summer/autumn time is good.

**WASH, PEEL** and **CORE** the apples and dice into small pieces.

Finely **CHOP** the onion, ginger and apricots.

**COMBINE** all the ingredients in a pan, **STIR** and **HEAT** gently until boiling.

Turn down the heat, **COVER** and **COOK** gently, stirring occasionally. Cook for 30 - 40 mins for a soft chutney or reduce to 20 - 30 minutes for a bit more bite.

Serve with cheese or cold meats.



VEGETARIAN



VEGAN

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## 11. Apple Chutney

You can add any dried fruit or spices of your choice to vary this simple recipe, for example, dates, raisins, cranberries, cinnamon, cloves, rosemary, etc. There are endless more culinary uses for apples, from pies, puddings and cakes, to sauces, juices and cider. Apple and other fruit trees can be found on the south western perimeter of Ryebank Fields, near to Longford Park, and also on the north eastern side in the community orchard.

'An Apple a day keeps the doctor away.' Apples are rich in fibre and a good source of vitamin C. It is said they are good for digestion and are an antioxidant and anti-inflammatory. Apples symbolise fertility and immortality. The Romans brought the apple tree to Britain as a representation of Pomona, the goddess of plenty. She protected the fruit trees, gardens and orchards. Traditionally the apples are known as the love fruit and there are many customs associated with foretelling future romance. Young girls would carve their initials into the fruit and potential suitors would bob for the apples, either in troughs of water or hung on a line of string, to determine who they would marry. If you peel an apple in a single unbroken strip and throw the peel over your left shoulder, when it lands it will form the initial of your true love.



# HAWTHORN BERRY KETCHUP

Prep time: 1 hour

Makes: 1 small bottle

## INGREDIENTS

200g HAWS

70g BROWN SUGAR

120ml WATER

SALT & BLACK PEPPER

120ml APPLE CIDER VINEGAR

SPICES to taste

## METHOD

**FORAGE** for hawthorn berries (haws)  
- autumn time is best.

Remove stalks and **RINSE** thoroughly.

Add the haws, water and vinegar to a pan and **SIMMER** for approximately 30 minutes until soft.

Keeping any residual liquid, **PUSH** the cooked haws through a sieve using a wooden spoon. This can take about 10 minutes but it's worth it to get as much purée as possible.

Add the haw purée back to the pan with the liquid, brown sugar, salt, pepper and spices and **STIR** on a gentle heat until the sugar has dissolved, then **BOIL** for around 5 minutes until the mixture thickens.

Use a pinch of your favourite spices to taste - ginger, cloves, nutmeg, allspice, cinnamon, smoked paprika or cayenne pepper all work well.

Serve with bangers and mash, home-made chips, cheese or cold meats.



VEGETARIAN



VEGAN

## 12. Hawthorn Berry Ketchup

Hawthorn is a native British hedgerow plant that was used extensively to form field boundaries during the Enclosures of the 18th Century. The word 'haw' derives from the Anglo-Saxon 'haeg' for hedge. Hawthorn berries or haws are best harvested in autumn when the berries are plump and ripe. They are identifiable by a five pointed star at their base. The leaves are also edible and are said to taste like bread and cheese while the berries produce apple tones. Hawthorn can be found in the hedgerows around Ryebank Fields and also as single trees.

Hawthorn is said to be especially good for the heart and circulation and can help to lower blood pressure.

Hawthorn boughs are traditionally used as decorations in May Day celebrations. It is considered to be very unlucky to chop down a hawthorn as in folklore the tree is said to be the abode of the fairies and stands at the threshold to the 'otherworld'. Single hawthorns were often planted as protection for holy wells, stone circles and burial grounds.



RYEBANK FIELDS is a 4.6 hectare plot of land in Chorlton, South Manchester. It was formerly clay pits for a local brickworks and later became an unregistered tip. The area was remediated by the City council and gifted to Manchester Metropolitan University as a sports facility. They abandoned Ryebank Fields in 1996 and for almost 25 years now the local community has acted as custodians of the fields. We have managed, interacted with and cared for our local green space in the landowner's absence. Ryebank Fields has blossomed into a naturally rewilded urban oasis, a much-loved community amenity and a biodiverse wildlife haven.

NOW MANCHESTER METROPOLITAN UNIVERSITY WANT TO CASH IN AND SELL OUR BELOVED FIELDS TO DEVELOPERS.

We need your help to stop them.  
You can:

Sign our petition:

<https://you.38degrees.org.uk/petitions/give-ryebank-fields-back-to-the-people>

Join our mailing list:

Email: [ryebankfieldsfriends@gmail.com](mailto:ryebankfieldsfriends@gmail.com)

Donate to our fundraiser:

<https://gf.me/u/yx223k>

Join our Facebook group:

<https://m.facebook.com/groups/1795200020576555>

Follow us on Twitter:

<https://twitter.com/ryebankfields>

Follow us on Instagram:

[https://instagram.com/friends\\_of\\_ryebank\\_fields](https://instagram.com/friends_of_ryebank_fields)

Check out our website:

<http://www.saveryebankfields.org/>

But, most of all, please spread the word. In our fast growing city a rare and unique habitat is under threat. Once it's gone, it's gone forever. This development must be stopped for our health, our children's health and the health of our planet

# DISCLAIMER:

MMU's Human Health Risk Assessment states that the land is not currently suitable for allotment end use.

We know that local residents have been foraging on Ryebank Fields for years, however, we cannot categorically state that it is safe to continue to do so.

We are still sharing our recipes as our future vision for Ryebank Fields supports creating and promoting a sustainable food source and the use of wild foods and simple hedgerow ingredients is an integral part of that.

You should be able to find all the plants we have featured either growing wild locally or in parks or gardens.

MANY PLANTS AND FLOWERS ARE POISONOUS. PLEASE ONLY PICK THINGS THAT YOU KNOW FOR SURE ARE EDIBLE. IF IN ANY DOUBT, DO NOT EAT IT.



**Friends of Ryebank Fields**  
2020