



**WOODLAND
CLASSROOM**

WILD FOOD RECIPE BOOK

GREAT TASTING GRUB FOR SPRING



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Welcome to your Wild Food Recipe eBook!

We have compiled a selection of recipes from us, our special guest speakers from the Wild Food Workshops and from some of you wonderful people.

This ebook accompanies our Spring and Late-Spring Wild Food Workshops where you can find details on how to identify many of the wild edibles included in the recipes here. You can watch the workshops again on our YouTube channel: Woodland Classroom

Recipes here mostly feature wild foods which can be found in late March, through April and early May.

As this is not a conventional cookbook there are times where you will have to guesstimate and experiment with some of the ingredients. Getting creative in the kitchen is all part of the fun.

We hope that you find a love for wild food and continue learning with us throughout the year.

Best wishes, *James & Lea*

**Tag us in your wild food creations
on social media**



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EARLY SPRING
MARCH / APRIL



DANDELION HONEY

BY IAN SIPPITT

- 6 cups of dandelions heads, includes petals and green bits. No stems or leaves .
- Simmer 1L of water for 25 minutes with dandelion heads and 1 whole lemon thinly sliced with skin left on. Unwaxed lemons are best.
- Strain the liquid from the plant material.
- Measure the liquid and add as many grams of sugar as millilitres of water. For example 450ml of water needs 450g of sugar added.
- Simmer for about 45 minutes to reduced to a thick liquid or until it takes time to drop off a spoon. Bearing in mind a hot liquid honey will be thinner than a cold one
- Pour into a sterile jar and enjoy on toast, as a sweetener to herbal tea.



GROUND ELDER PESTO

BY SINI (IN FINLAND)

- Grind 500g of fresh, young Ground Elder (*Aegopodium podagraria*) leaves
- Rinse thoroughly.
- Add 100g pine nuts, 1 garlic clove and 50g of high quality grated Parmesan.
- Mash with a stick blender
- Add olive oil to make pesto less thick.
- Check the taste and season with salt and black pepper.
- Store in the fridge... if it lasts that long.



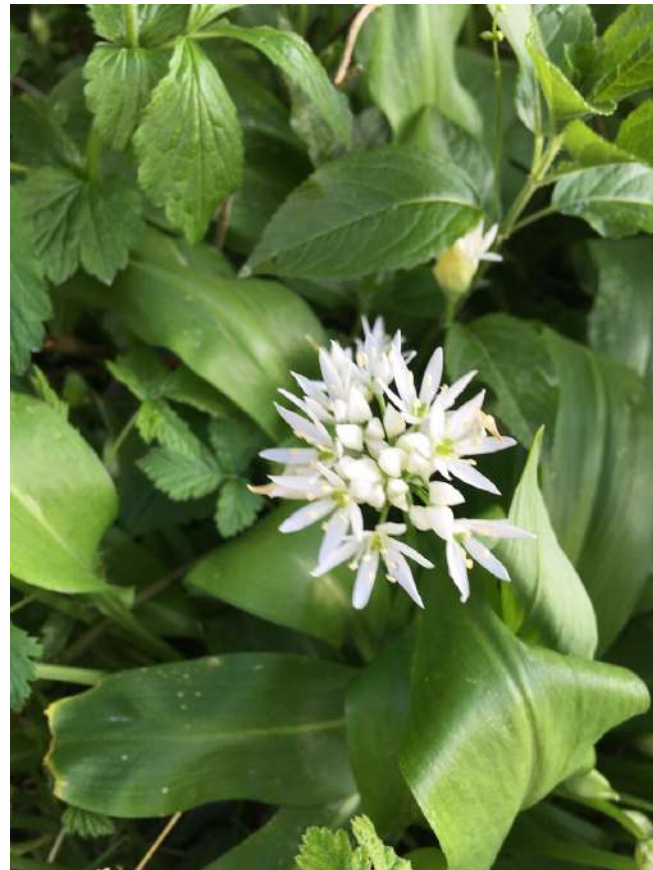
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INTENSE WILD GARLIC

MAYO DRIZZLE

BY CEIRIOS DAVIES

- Press 3 wild garlic bulbs. Be sure to forage from an abundant area as taking the bulbs removed the plant entirely.
- Whisk 6tbsp of mayonnaise.
- Add in the wild garlic and 1tsp of lemon juice.
- Continue to whisk adding water until it becomes a runny consistency.
- Keep chilled and consume within 6 hours.



CHICKWEED SALAD

BY CEIRIOS DAVIES

- Forage fresh chickweed (*Stellaria media*), you'll know it by the single line of hairs upon it's stem, it's opposite leaves and small white flowers.
- Gather a bunch of fresh, young dandelion leaves Away from any path edge.
- Wash and shred the chickweed and dandelion leaves.
- Remove the central stems of the dandelion leaves to make them less bitter.
- Add grated apple and carrot to taste.
- Use as a base for a salad, so add other greens (wild or shop bought) as you like.
- Toss all of it together and drizzle with a little olive oil.
- For a really wild alternative try this with the Spruce Tips Salad Dressing featured elsewhere in this book.



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HOP SNACKS & WATERCRESS SOUP

BY ERIC BRESLER

- Gather young Hop (*Humulus lupulus*) shoots.
- Wash and eat them raw as a side or in a salad.
- Sauté the shoots in butter (see picture opposite).
- Try them steamed as a side vegetable.
- Chop them into an omlette.



Watercress works well with a poached egg too.

- Gather Watercress (*Rorippa nasturtium-aquaticum*) from a clean river or pond.
- Chop the cress and melt 30g of salted butter in a pan.
- Fry the cress together with a good squeeze of lemon juice for 5 mins.
- Add 600ml of vegetable stock and 4 diced potatoes and simmer until the taters are tender.
- Pour the whole mix into a blender to liquidise or use a potato masher.
- Return to the pan, adding 150ml milk.
- Add salt & pepper to taste.
- Reheat ready for serving.

WILD GREENS MAYONNAISE

BY LEA KENDALL

- Gather fresh, young nettles leaves from the top of the plant. They are at their best before they flower.
- Forage for other wild greens including wild garlic, garlic mustard (*Alliaria petiolata*) leaves, chickweed, young cleavers, common sorrel (*Rumex acetosa*) leaves, young hairy bittercress, young hawthorn leaves and fresh, young dandelion leaves.
- Wash all the greens well and then drain. Be careful of the stinging nettle leaves. Use gloves or stir with a long wooden spoon.
- Cut out and remove the central stem from the dandelion leaves to remove bitterness.
- A good blitz of all the greens in a food processor bashes up the stinging hairs on the nettle leaves so gets rid of the sting. To be really safe though, blanch the nettle leaves in water first.
- Once the wild greens are all well chopped up add them into a jar or your favourite mayonnaise and mix thoroughly. Or to be really swish, make your own mayo from scratch.
- Any combination of the above greens works added to the mayo. It's simply a way to get the goodness of the spring hedgerow into you and this works great with kids who don't know they're eating the good stuff.



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NETTLE PASTA

BY ROSIE

- Blanch 5-6 sprigs of young, fresh nettle (*Urtica dioica*) leaves in hot water.
- Squeeze out excess water & blitz with 2 eggs in a food processor.
- Pour into a bowl with 200g flour and mix until it makes a dough (add extra flour if too wet).
- Knead for a few minutes until smooth, then wrap & chill for 30 mins.
- After chilling, simply roll out & shape as desired.
- Boil for 2-3 minutes in salted water and it's ready to eat.
- Try with a simple sage butter or, time allowing, a more complex sauce like a ragu.



BASIC NETTLE SOUP

BY ERIC BRESLER

- Pick fresh, young nettle leaves from the top of the plant. Watch out for stings!
- Diced potato, chopped onion & garlic and nettle leaves go into a saucepan of water. Just enough water to cover the ingredients.
- Add a vegetable stock cube and bring to the boil.
- Reduce heat, and simmer until vegetables are tender
- In a heatproof bowl whisk until blended.
- Adjust with seasonings.
- This is just the base for nettle soup. You could add all sorts of ingredients to this depending on the season. Different veg, meat, other wild greens.
- Try freezing tubs of this basic batch for use as a base to your culinary creations as you need it.



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WILD GARLIC PESTO

BY CECILY FULLERTON-SMITH

- Gather wild garlic (*Allium ursinum*), otherwise known as ramsons, before it flowers.
- Wash and chop 150g wild garlic leaves
- Dry toast 50g walnuts in a dry fryer
- Add 50gm Parmesan cheese, 1 crushed garlic bulb, the zest and juice of a lemon with the walnuts and wild garlic
- Blitz in a food processor until a rough paste
- Add 150ml of oil to make a smooth paste
- Taste – season with extra lemon juice, salt & pepper
- Fill pesto into a clean jar, top with more oil to help preserve, screw lid tightly & keep in the fridge

CLEAVERS WATER

BY LIZZY MASKEY

- Also known as goosegrass, catchweed, stickyweed, sticky bob, stickybud, stickyback, robin-run-the-hedge, sticky willy, sticky willow. It's all the same though: *Galium aparine*.
- Take a handful of fresh, young cleavers and crush into a jar.
- When the plant is young it is much less sticky and "woody".
- Top up the crushed plants with water and leave for 24hours to infuse.
- Enjoy from the fridge as a tonic for the lymphatic system.
- It's an acquired taste (like wheatgrass) but very good for you.

Follow Lizzy's bushcraft blog at Pippin & Gile
www.pippinandgile.co.uk/pippin-and-gile-blog/



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WILD GREENS SALAD

BY DAVE WATSON

- Gather Lime (*Tilia spp.*) leaves and Jack-by-the-Hedge (*Alliaria petiolata*) leaves as a base.
- Add a few of the first Spruce shoots before they firm up to add a tang. Peel away the papery outer layer and chop the spruce shoots.
- Common Hogweed (*Heracleum sphondylium*) can be sliced into the salad like celery. It's best if gathered prior to the flowering.
- Add a few Gorse or Broom flowers, these are both yellow, edible petals.
- Add a few Wild Garlic (strong flavour) and Hawthorn Flowers (sweet aroma) to taste.
- Sprinkle a few Sweet Violet flowers to add some rich colour.
- Toss in some Wood Sorrel (*Oxalis acetosella*) leaves and their flowers, if in season.
- **Warning: Common Hogweed stems have been known to affect some people. It is also easily confused with other umbellifer species, some of which are extremely/deadly poisonous. So, exercise caution when foraging for this.**



FORAGED STIR FRY

BY DAVE WATSON

- Chop potato and onion and fry in a pan for ten minutes with a little oil or butter.
- Add some St Georges Mushroom (*Calocybe gambosa*), dried Crab Apple slices (from the previous autumn) and chopped Jelly Ear Fungus (*Auricularia auricula-judae*)
- Cook for a few minutes more.
- As the pan is removed from the heat add a sprinkling of young Hairy Bittercress (*Cardamine hirsuta*) or Chickweed (*Stellaria media*).
- Food always tastes better outdoors, so try cooking this on an open campfire.

See Dave Watson's Bushcraft & Wild Food course programme at www.woodlandcrafts.com



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GROUND IVY TEMPURA

BY JAMES DUNLOP

- 2 handfuls of Ground Ivy (*Glechoma hederacea*) leaves.
- 150g plain flour
- 1 tbsp of cornflour
- 1 egg
- 300ml of cold water
- 100ml rapeseed oil
- Soya sauce or honey (to taste)
- Pinch of salt



- Separate out the Ground Ivy leaves from the stems. Discard the stems.
- In a chilled bowl, mix together the plain flour, cornflour, egg and cold water and salt until you have a thin batter.
- Heat the rapeseed oil until it is very hot.
- Dip each ground ivy leaf in the batter, until it is well coated.
- Fry the battered ground ivy leaves until lightly crisped.
- Remove and drain on kitchen paper
- Serve with a soya sauce or honey drizzle or dip.



James Dunlop hosts Forest School & Bushcraft sessions in Essex.

Find our more at
www.wildthymeoutdoors.co.uk

SPRUCE NEEDLE SYRUP

BY LEA KENDALL

- Pick plenty of fresh, bright green spruce tips when they first appear on the tree. This is usually April.
- Prepare a clean, sterilised jar with a good lid.
- Put a layer of spruce tips in the bottom of the jar, 1-2- centimetres thick and cover with an even layer of sugar. Just enough so the plant material is lightly covered.
- Repeat this process with alternating layers of spruce tips and sugar until the jar is full.
- Seal the jar and store in a cool, dry, dark place.
- Every 2 days shake the jar lightly to mix the ingredients.
- After 2 weeks you should see the syrup forming in the bottom. After 4-6 weeks your syrup should be ready. Sieve out the plant material and store the syrup separately.
- This goes great with ice cream, porridge, to sweeten herbal teas or made into a sorbet.



SPRUCE SALAD DRESSING

BY LEA KENDALL

- You can forage from any spruce tree. I usually go for Norway Spruce as Sitka Spruce are more spiky to handle.
- The base of the dressing is 1 part apple cider vinegar to 3 parts extra-virgin olive oil.
- Fill half the jar with fresh, young spruce tips. Be sure to peel off the papery outer layer first.
- Add a flat teaspoon of whole black peppercorns.
- Add a good pinch of sea salt.
- As a personal preference I like to add a good dollop of raw local honey to sweeten the vinaigrette.
- Then fill the jar with the dressing base using the ratios as described above.
- Ensure all the plant material is completely covered to avoid the mix going mouldy.
- After 6 weeks in a cupboard you can either remove the plant material using a sieve or you can eat the spruce tips as part of the dressing, give it a go :-)



HUNTER-GATHERER BURGERS

BY CHRIS GRICE

- Wash a cereal bowls worth of fresh, young nettle leaves then carefully remove any stalks.
- Drain the nettle tips and add the wet leaves to a hot pan, stir until wilted to kill the stinging hairs, this will make the mixture more easy to mix.
- Chop the nettles and 2 handfuls of raw Garlic Mustard (Jack by the Hedge) leaves.
- Grate half an onion and season with salt and pepper to taste.
- Fold the onion and the wild greens in with 500g of lean beef mince little by little until mixed evenly.
- Press the mixture into a chef's ring, or form into patties by hand, the thickness is up to you but I recommend splitting the mix into 4 burgers.
- Separate the burgers with a square of tin foil and refrigerate for 30mins
- Cook to your own preference, but it tastes best cooked outdoors on an open fire/bbq.
- For an even more authentic hunter-gatherer flavour use either venison mince or, if you can get it, bison mince.



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WILD GARLIC KIMCHI

BY LEA KENDALL

- Wash, drain and pat dry the garlic leaves to remove much of the chlorinated tap water.
- Peel and finely chop 1-3 inches of ginger and finely chop 1-4 chillies (depending on how spicy you like your food). I use red chillis as it looks good against the green leaves.
- Roughly chop the garlic leaves then add them with the ginger and chilli to a mixing bowl.
- Sprinkle on 1-2 teaspoons of salt, massaging the salt into the plant material
- Mix the ingredients as you massage it with your hands and continue this for at least 5 minutes. You should notice a green watery liquid forming at the bottom of your bowl. If this isn't happening, then there might not be enough salt, so add a little more, but go steady and keep looking for the liquid being drawn out of the garlic leaves. If you add too much salt it can spoil the taste, so take your time
- Massage again each time you add salt for at least 5 minutes. Total massage time is around 15 minutes. If a fistful of plant material drips with green water when squeezed you know it's ready to pack into the jar.
- Pack into a clean, sterilised jar with a good lid.
- Use a chopstick or wooden spoon handle to push down the plant material until the jar is tightly packed.
- Pour any remaining liquid into the jar so that it completely covers the plant material. This is very important. If it doesn't quite cover, keep pushing down until it does. You could use ceramic baking beans, a clean stone or some other weight to keep the material down if needed.
- Seal the jar and store in a dry, dark place at room temp for a minimum of 2 weeks.
- You know fermentation has begun when bubbles appear.
- If you want a stronger flavour, leave it to ferment for another 2 weeks or longer.
- Once opened store in the fridge. Each time you use it, push the plant material back down under the liquid. Enjoy this with cheese, crackers, salad, jacket potato or as a side dish with Asian foods.



NETTLE & ELDERFLOWER HAYFEVER REMEDY

BY LEA KENDALL

- Half fill a clean jar with fresh, young nettle tops - being careful not to get stung.
- Fill the remaining space with elderflowers, removing the majority of the stalks.
- Ensure the jar is well filled with plant material.
- Pour on raw local honey a little at a time, waiting for it to run through the plant material.
- Keep filling until full and the liquid covers the plant material.
- If your honey isn't very runny and struggles to sink to the bottom of the jar, you could heat up the honey gently to thin it out or, as I like to do, add a little bit of brandy to wash it through.
- Completely cover all plant material and seal the jar.
- Store in a cool, dry place, out of direct sunlight.
- Allow to sit for at least 6-8 weeks.
- Once ready, sieve out the plant material, which you can use in a tasty herbal tea, then discard the plant material, preferably in your garden compost bin.
- The remaining honey is your soothing, healing remedy for colds, coughs and respiratory tract disorders.
- It's also a great boost of wild nutrition in your daily diet.
- If you want this usable for children I suggest replacing the brandy for apple cider vinegar.
- Using honey that's made by local bees is proven to be effective against hayfever.



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Chris Grice, Patron (Elder)



LATE SPRING
APRIL/MAY



ELDERFLOWER CHAMPAGNE

BY LIZZY MASKEY

- Pick 6 elderflower heads. Give them a sniff test, some smell sweet and summery – others like cats wee. Leave the latter ones for elderberries later in the year. Don't pick a tree bare.
- Leave them out for a short while in the shade for the creatures inhabiting them to escape.
- Cut off the majority of the stems, leaving just the flowers. The wood and the leaves of elder contain trace elements of cyanide that is best avoided.
- Add the 4.5ltrs water and 1.5lbs sugar together, stir well to dissolve the sugar.
- Add 2tbsps cider vinegar, zest & juice from 1 lemon. Stir well.
- Leave for 24 hours covered with a muslin, outside in a cool slightly breezy space. This will help it collect more wild yeasts.
- Strain through a muslin cloth.
- Bottle into bottles that are designed to take some pressure.
- Leave in a cool dark place for two weeks. Then enjoy in the sunshine.

**For a more alcoholic and advanced version of Lizzy's elderflower champagne, visit her blog at Pippin & Gile Bushcraft & Foraging:
www.pippinandgile.co.uk/pippin-and-gile-blog/**



ELDERFLOWER FRITTERS

BY FRIEDERIKE

- Collect freshly opened elderflowers that haven't been rained on.
- Remove any insects but don't wash them, that would take away the flavour in the precious pollen.
- Make a standard thin pancake batter that is rich in eggs.
- Heat about half an inch deep of oil in a heavy bottomed saucepan.
- Hold the elderflowers by the stem and dip them in the batter, shake off excess.
- Drop them into the oil and fry from both sides until golden and crispy.
- Drain on kitchen towel to remove excess oil.
- Sprinkle with icing sugar to taste and serve.



LIME LEAF DOLMADES

BY LIZZIE MASKEY

- This is a tasty dish inspired by holidays in Greece, a take on the stuffed vine leaf.
- Gather then wash your lime (*Tilia spp.*) leaves. The larger the leaf, the bigger your dolmades will be. Cut off any leaf stalk or simply avoid eating it later.
- Soak some wild rice for about 10 minutes in warm water with some onion, fennel, marjoram, and mint.
- Drain the rice mixture.
- Add a teaspoon to the leaf - in the middle at the largest part of the leaf - fold in the two sides and then roll. Use more than one leaf to ensure it's well wrapped if you have to.
- Place in a dish and cook for about 20 minutes.

For more wild food ideas, visit Lizzy's blog at Pippin & Gile Bushcraft & Foraging:
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POLISH SORREL SOUP

BY BARBARA ROLEK

- In a large saucepan place 6 cups cold water, 1 large sliced and peeled carrot, and 1 bunch of parsley & bring to a boil.
- Add a bay leaf, 3 medium potatoes chopped and cubed, and 1 bouillon cube.
- Reduce heat, and simmer until vegetables are tender.
- In a large skillet, melt 1tbsp butter and sauté 1/2lb of sorrel leaves for 10 minutes.
- Transfer to the soup and bring to a boil.
- Reduce heat & remove the bay leaf.
- In a heatproof bowl fork-blend 1 cup of sour cream with 1tbsp flour and temper with a few ladles of hot soup, whisking constantly until smooth
- Transfer tempered sour cream-flour mixture to soup, stir well, and simmer until thickened and just under the boiling point.
- Adjust seasonings to taste.



FERMENTED ASH KEYS

BY LEA KENDALL

Ingredients

- Amounts are for a standard jam jar. Scale up as appropriate.
- Ash keys (enough to fill the jar).
- 1.5 tbsp sea salt (organic is best).
- 1 flat teaspoon whole black peppercorns.
- 2 bay leaves.
- 3 whole garlic cloves (peeled).
- 1 flat teaspoon of mustard seeds.
- 2 cups mineral water.

Instructions

- Pick the ash (*Fraxinus excelsior*) keys when they freshly appear on the tree. Usually the end of April and through May.
 - Remove the keys from their stalks.
 - Make a salt brine by mixing the water and salt until it dissolves. Don't use tap water as the chlorine isn't good for fermenting.
 - Prepare a clean, sterilised jam jar with a good lid.
 - Mix all the ingredients together in the jar and pour on the brine.
 - Ensure all the plant material is totally covered by the brine.
 - Seal and store in a dry, dark cupboard for 2-4 weeks.
- Use this food as you like, we certainly will as it's a new dish for us and we shall be experimenting with fermented ash keys. Let us know how you get on.



ELDERFLOWER SORBET

BY KAY RIBBONS-STEEN

- The taste of summer! This is so good on a hot day, whilst sat in the garden.
- First make up a sugar syrup using 700g caster sugar and 1ltr of water.
- Place this mix in a saucepan over a moderate-high heat and bring to the boil, stirring until the sugar is dissolved.
- Reduce the heat and allow to simmer steadily for 5 minutes until it thickens.
- Take the pan off the heat and add the flowers from 9 elderflower heads (definitely don't add the stalks) and the zest from 3 unwaxed lemons.
- Stir this in and then leave to infuse until the syrup has cooled.
- Strain the syrup and pour this into a clean, re-used ice cream tub.

- Place the tub in the freezer for 2-3 hours, being sure to stir it every half hour or so.
- Stirring like this ensures the mix is even and the ice crystals are brought in from the outside into the middle.
- Your sorbet should be ready when you have the right consistency.
- Remove it from the freezer a few minutes before you want to serve so that it softens slightly.



WILD MINT RAITA

BY LIZZIE MASKEY

- Here's a familiar dip for anyone who likes Indian food. It goes great with the Lime Leaf Dolmades also.
- Gather your watermint from a clean pond or river. Take leaves from above the water level only.
- Wash 3/4 cup of fresh watermint leaves (or you can use mint from your herb garden) and leave to drain.
- Dry roast 1/2tsp of cumin and then blend into a powder. Put this in a mixing bowl.
- Add 1tsp of greek yogurt and stir in the mint.
- Add 1/4tsp of sugar, a pinch of salt, and 1/2 a chopped green chilli into a jar and blend.
- Slowly add in another cup of yogurt until the raita is well blended.
- Serve cool from the fridge.

For more wild food ideas, visit Lizzy's blog at Pippin & Gile Bushcraft & Foraging:
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OTHER WILD RECIPES



An eye-catching & healthy spring breakfast including foraged garden ingredients. Submitted by Jitka.

SUBMISSIONS FROM
OUR WORKSHOP
ATTENDEES FOR YOU TO
ENJOY AT OTHER TIMES
OF THE FORAGING YEAR

HAZEL CHOCOLATE SPREAD

BY EILEEN DONNELLY

- Gather ripe hazelnuts in autumn before the squirrels get them first.
 - Shell the nuts.
 - Lightly toast as many hazelnuts as you want in the spread, the more, the nuttier.
 - Grind them to a paste and weigh them.
 - Melt an equal weight of melted chocolate in a container above a pan of hot water.
 - Stir in the ground hazelnuts.
 - Place in fridge and allow to cool and set
 - Should last a few weeks in the fridge - if you don't eat it all by then!
- This is a great one for kids who already love Nutella. Tell them this is the real thing!



DRYADS SADDLE ON TOAST

BY ERIC BRESLER

- Latin name: *Polyporus squamosus*
- Ensure the fungi is in good condition.
- Slice it thinly.
- Fry it in butter.
- Add a dash of soy sauce or a splash of cider for some extra flavour.
- Add seasoning to taste.
- Serve on warm, buttered toast.

Caution: When foraging for fungi always ensure you have made a positive ID. Remember, "if in doubt, leave it out."



MEDITERRANEAN WILD MARMALADE

BY PATRICK WILSON

- Place 2lb 2oz of lemons and limes in a large stainless steel pan, or preserving pan.
- Cover with 4 pints water, then bring to the boil.
- Reduce the heat and simmer, covered, for about an hour until the fruit is soft.
- Remove the fruit from the pan with a slotted spoon and set aside to cool.
- Carefully measure out 3 pints of the cooking liquid, discarding any extra or topping up with water as necessary. Return the liquid to the pan.
- When the fruit is cool enough to handle, cut them in half and scoop out the flesh, pith and pips into a bowl. Pour the pulp into a muslin bag and secure with kitchen string. Add to the pan.
- Chop the peel into shreds as fine as you like and add to the pan. Set the pan over a low heat and add 3lbs 5oz granulated sugar. Stir until the sugar is dissolved.
- Add cinnamon and rosemary (from the garden) to your own taste.
- Bring the marmalade to a rolling boil for 10-15 minutes.
- Skim off any fruit scum that rises to the surface.
- Test for setting point by dropping a little of the mixture onto a chilled saucer, leave for a moment, then push your finger into the marmalade. If it wrinkles it is ready. Alternatively, dip a spoon into the marmalade, allow the mixture to cool a little, then slowly pour it back into the pan. If it is at the setting point, the drops will run together to form a hanging flake (this is known as the flake test).
- It can take up to 30 minutes to reach setting point, so keep testing.
- This goes great on toast, whilst sat in your garden enjoying a late, lazy breakfast. Just add sunshine.



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