

# Autumn foraging

## Brambles

*Where:* Hedgerows, woodland

*About:* Everyone's favourite berry to forage, blackberries ripen and can be picked from late summer into autumn.



## Hawthorn

*Where:* Hedgerows, woodlands

*About:* Hawthorn berries can be used to make a delicious jelly. In spring, the flower buds are edible, and known as 'bread-and-cheese'.

## Sloes

*Where:* Hedgerows, woodland edges

*About:* Sloes are the fruit of the Blackthorn, used to make sloe gin.

## TEASEL - DID YOU KNOW THAT...?

The dry, papery seedheads of Teasel, a tall plant that grows in damp and disturbed areas, are a familiar sight in the late summer and autumn. Rough to the touch, the seedheads were once gathered for use in removing dust from clothing.



## Rock samphire

*Where:* Rocks and cliffs by the coast

*About:* In his play *King Lear*, Shakespeare gives Edgar the words 'Halfway down (the cliff) hangs one that gathers samphire – dreadful trade!'. In fact, the fleshy leaves and stems of Rock samphire is well worth foraging. Although more often collected through spring and summer, it is still around in the autumn - take



care to pick younger shoots (the older ones are a bit tough), and only a few per plant. You can eat it raw, but it is perhaps best wilted in a little butter and then served as an accompaniment to fish. Traditionally, it was pickled.