

# Woodland activity idea

Simple ideas to inspire groups to engage with woods in a safe and fun way

## 1) Foraging for Haws from the Hawthorn tree and making Haw Ketchup over an open fire

Description of the activity / overview	Gathering Haws from the Hawthorn Tree and making ketchup over an open fire! Haws should be picked late in the season (During October and November is ideal) so there is a relatively short time period you can do this activity!
Permissions needed	Usual woodland permissions (with permission to forage) Fire permissions for fire or fire wok
Timescale	Works well in a 2-3 hour session or less if you prep the haws!
Equipment	Container for collecting Haws (preferably metal so you can use it as a pot for boiling as well) Water for boiling Wooden spoon (preferably one you have whittled!) Sieve Gloves for pouring water Containers to take ketchup home and store Labels Ingredients for ketchup (amounts are very easily adjustable) Hand sanitizers and hand washing kit <ul style="list-style-type: none"><li>• 500g of hawthorn berry</li><li>• 300ml of cider vinegar</li><li>• 300ml of water</li><li>• 170g of sugar</li><li>• 1/2 tsp salt</li><li>• freshly ground black pepper</li><li>• Chilli powder (optional)</li></ul>
Who's enjoyed it in the past?	Mind Groups, walking groups, general public. Foraging sessions seem to attract more participants.

<p>Leader skills and knowledge needed to do the activity (minimum and desired)</p>	<p>This is an easy skill to learn with practice. Important to follow the forager's code and only pick what you need.</p> <p>Minimum requirement: leader knows what berries to pick and to do the activity beforehand.</p> <p>Desired: Previous foraging experience, knowledge of the folklore behind this session, food hygiene certificate.</p>
<p>Methodology</p>	<ol style="list-style-type: none"> <li>1. Start by outlining the usual health and safety features of your walk (length, pace, meeting points) risks of mistaking these for other red berries.</li> <li>2. Great to find an example of a 'Haw' before you start to show the group what they should be looking for. Example is shown in the photo of the firm berries below. Hawthorn berries have a very distinctive 5 pointed 'star' on their base (the old flower).</li> <li>3. Look for Hawthorn trees! Get the group to taste a raw haw (so catchy) and explain some of the folklore behind them/ medicinal properties (see online information and other considerations)</li> <li>4. The haws come off the tree easily, they often bring with them lots of stems which should be removed before cooking –it is fine to leave them attached at this point.</li> <li>5. Add to a large pan and add in the water and vinegar: simmer for around half an hour or until the berries become soft</li> <li>6. Take off the heat and pour the mixture through a sieve. With a wooden spoon make sure you get as much as the pulp through as possible as this is what has all the pectin and will thicken your ketchup.</li> <li>7. Add the mixture back into the pan and simmer with the sugar until it is all dissolved, once dissolved simmer for a further 5-10 minutes to thicken and reduce.</li> <li>8. Season with salt/pepper/chilli (to taste)</li> <li>9. Transfer to sterilised jars and seal (make sure to label them and add on dates) unopened it can keep up to 1 year</li> </ol>

Key elements	health, walking, foraging, food, food hygiene
Online links	<a href="http://www.greatbritishchefs.com/recipes/hawthorn-berry-recipes-foraging">http://www.greatbritishchefs.com/recipes/hawthorn-berry-recipes-foraging</a> <a href="http://www.dryadbushcraft.co.uk/bushcraft-how-to">http://www.dryadbushcraft.co.uk/bushcraft-how-to</a>
Any other considerations	<p>Useful for group to be wearing good walking boots if the ground is muddy/ uneven.</p> <p>To keep encouraging the group to use hand sanitizer and to wash their hands throughout.</p> <p>On their own, haws aren't anything exciting – they're mostly pip and taste a bit like a dry, under ripe apple with the consistency of an avocado: it is quite exciting to get the group to taste them at the beginning and compare it to the finished product. Stress that the pips should not be eaten!</p>
Special TIPS!	<p>Get as much of the pulp through the sieve as possible: this can be quite time consuming but it really helps thicken the ketchup.</p> <p>Bring labels and pens so the group can get creative and make their own labels. This is also a useful activity if it's a large group and there are people standing around the fire!</p>
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