

SEP-OCT

## **Hawthorn berries** (*Crataegus monogyna*)

Arriving a little later in the season than Rowan berries, Haws are a deeper red than the more orange coloured rowans, and can be eaten raw as a snack on the go (as long as you nibble around the large seed). Their berries are packed with nutrition and have a tart, tangy taste and mild sweetness, ranging in colour from yellow, to deep red, to black. For centuries, hawthorn berry has been used as an herbal remedy for digestive problems, heart failure, and high blood pressure. In fact, it's a key part of traditional Chinese medicine. One of my favourite things to make from these berries is hawthorn ketchup.

### Herbal uses

Anti-inflammatory  
Lower blood pressure  
Aid digestion



SEP-NOV

## **Meadow waxcap** (*Cuphophyllus pratensis*)

A fairly large, tasty mushroom that is common and can be found quite late in the year, appearing up until November, providing there aren't any severe frosts. They often grow in little rings in open meadow and moorland, especially where livestock are grazing. There are many members of the wax cap mushrooms and this is one of the best in the family for edibility having both a good taste and thick flesh. Overcooking the mushroom will result in the flesh turning too watery, so watch out.



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## **Sloe Berries** (*Prunus spinosa*)

Sloe is also known as Blackthorn and is a thorny hedgerow plant with dark purple berries often sought after in autumn to make warming country wine or gin. Picking sloes, or blackthorn berries, in autumn, is a well-kept countryside tradition in Britain, Ireland and parts of Europe. The fruit is often made into sloe wine or gin. Sloes are also used to make jam and jelly. The small tree or shrub also has a firm place in folk history and medicine in the British Isles.

### **Nutritional**

**Fresh sloes contain vitamin C and vitamin E**

**They are rich in potassium, calcium and magnesium**

