



## September Activity Pack

We hope you managed to spot some of the beautiful butterflies and moths that was out last month. September sees the transition from summer to autumn, as the leaves begin to change colour and fall.. The fields maybe bare but the hedgerows are brimming with fruits and berries for all. So keep your eyes peeled for those wild Blackberries, Raspberries, Strawberries, rose hips and fresh apples!

This months pack is full of spotter sheets, puzzles, colouring sheets, poems, recipe's and foraging guides to help you find the ingredients you may need. We hope this activity pack inspires you to enjoy the change in seasons, and guides you to pick out and make use of the many edible fruits growing near you.

Enjoy!

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# Ladybird detective



wildlife  
watch



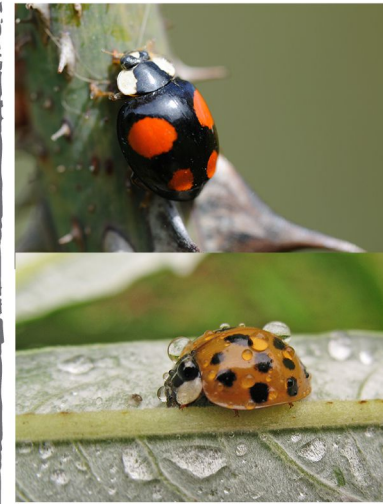
7-spot ladybird



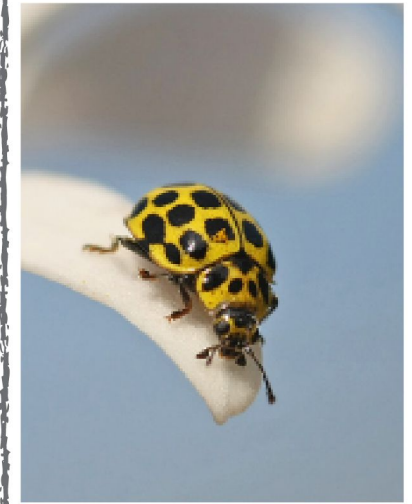
2-spot ladybird



14-spot ladybird



Harlequin ladybird



22-spot ladybird



Pine ladybird



Orange ladybird



Cream-spot ladybird



Kidney-spot ladybird



Eyed ladybird





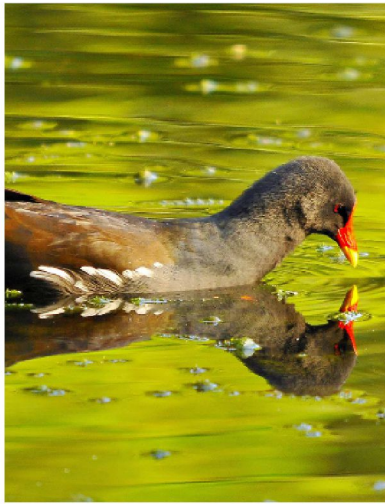
# River bird spotter



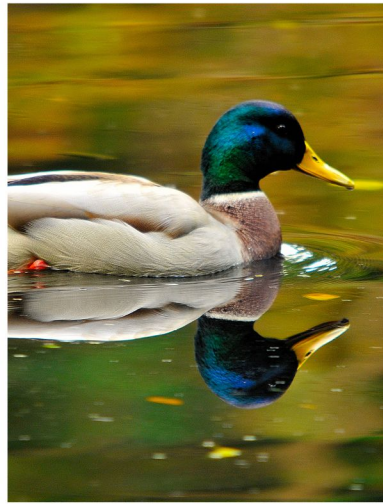
Wildlife  
Watch



Grey heron



Moorhen



Mallard



Kingfisher



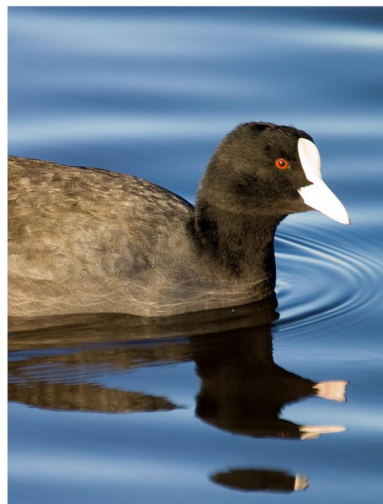
Mute swan



Dipper



Grey wagtail



Coot



Great-crested grebe



Little egret





## Close-Up Quiz: Can you guess the British animal from the zoomed in picture?

1.



2.



3.



4.



5.



6.



7.



8.



9.



10.



Answers:

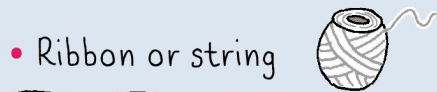
1. Hedgehog 2. Squirrel 3. Bumblebee 4. Peregrine falcon 5. Harvest mouse 6. Ladybird 7. Lizard 8. Swallow 9. Bat 10. Snail



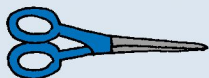
# Decorate a tree

## You will need

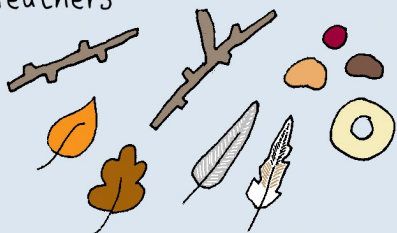
- Ribbon or string



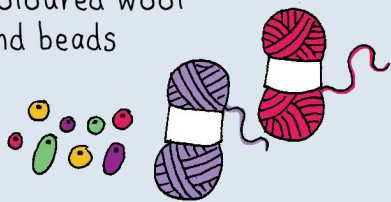
- Scissors



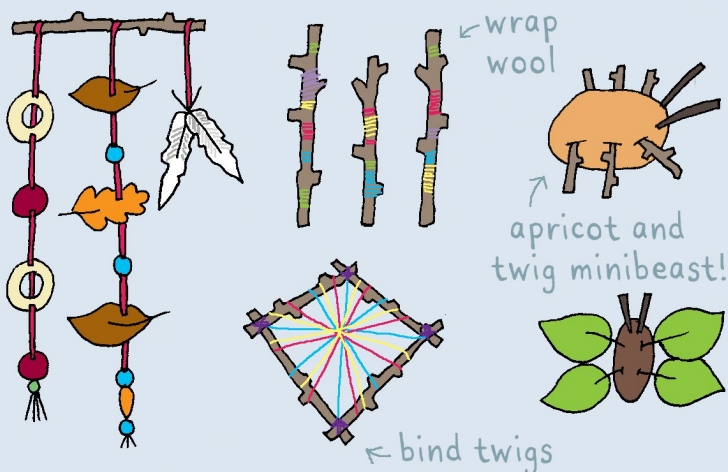
- Natural objects such as twigs, leaves, dried fruit, feathers



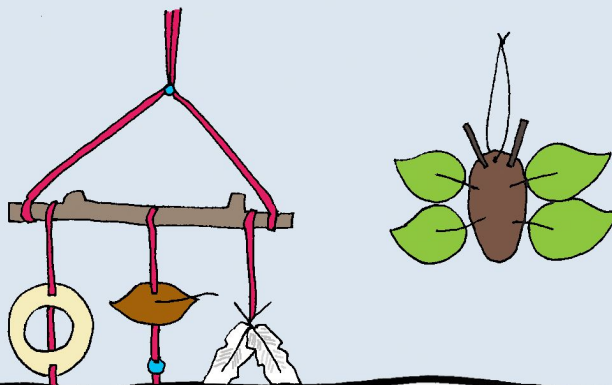
- Coloured wool and beads



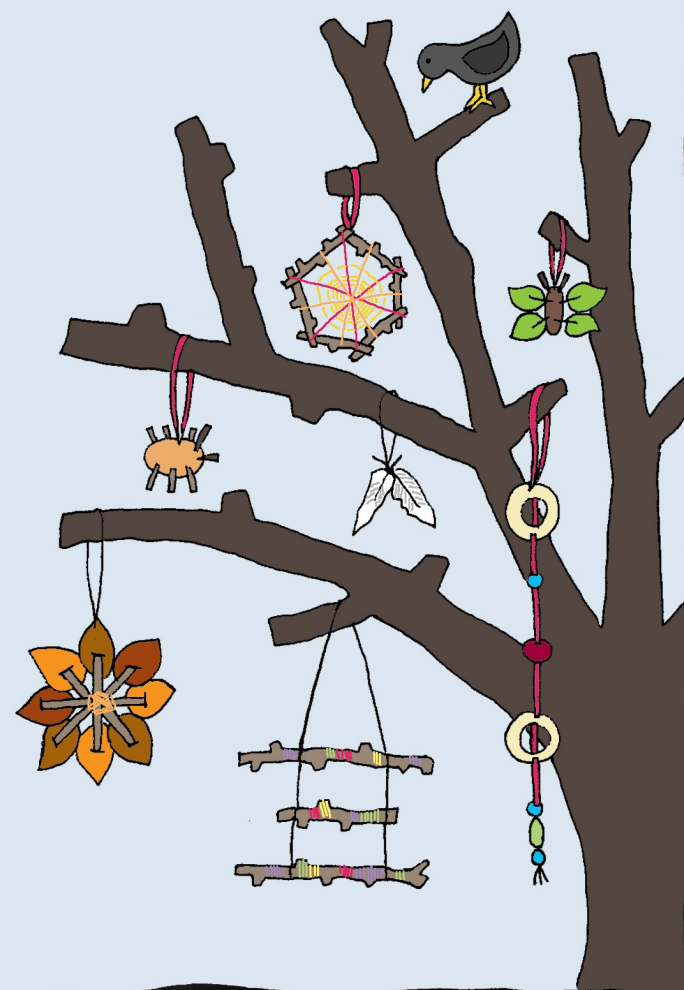
- 1 Get creative! Use your natural objects to make decorations.



- 2 Attach the ribbon or string by either tying it around your decoration or by cutting a hole and threading it through.



- 3 Find a tree! Use your ribbon or string to attach your decorations to your favourite tree.





# Wild at Heart

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## September Foraging

The end of summer and the beginning of autumn is a fantastic time for **foraging** – that is, picking edible wild fruits for eating! The flowers of most plants have now been pollinated by bees and other insects, and turn into the glut of **fruits, nuts, and berries** of autumn! Birds, insects, mice, squirrels, hedgehogs and badgers have a feast before the colder months set in, and if you know what to look for, you can have a great month for **juicing, baking** and making **preserves**!

At Wild at Heart we advocate getting to know the nature in your neighbourhood and caring for it wherever you can. Plants are the basis for our existence so we treat all plants with respect. For us, foraging means engaging with our plant neighbours with all our senses and taste does come into it **BUT!**

1. Some plants can be poisonous so get to know what you can eat on your patch *safely* – if in any doubt, don't eat it.
2. Never pick more than a small amount – leave some for wildlife, regeneration, and other people might like a taste too.
3. Make sure you have a plan to use or preserve your foraged bounty so it doesn't go to waste once it's collected.
4. If you have access to a growing space to grow your own and you find something you like, collect a few seeds or take a cutting and grow it yourself – it's a really lovely way to keep connecting with the nature you have access to all year round.
5. It should go without saying to never forage on someone else's property! If in doubt, ask permission.



### Blackberries

Probably the country's most popular foraged food, we even have a word for picking just blackberries – blackberrying! Blackberries grow from brambles, so take care to mind the thorns, and you can expect to find them along most hedges, roadsides, fields or woodland edges. Pick them when they are fully black but still firm and they easily pop off the branch in one piece. Great for making smoothies, juices, junket, jellies, jams, crumbles, puddings, and pies – you can even scatter them over your breakfast cereal!

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Bonny Bonafilla



## Raspberries

Closely related to blackberries, raspberries also grow from brambles and can be found in the same places as blackberries. A real treat to come across on a walk, they make (in my opinion!) the best of the berry jams! Also great for making raspberry sauce, juice or lovely refreshing puddings.

Lucinda Warner



## Elderberries

Elder is a small tree that grows out above the hedgerow, but is also found in woodlands and scrub. Elderberries are quite tart and it is recommended that you cook them before eating. Elderberries are great for making syrups, and diluted with hot water make a delicious warming drink; also good for jams, pies and chutneys.

## Haws

Hawthorn is a common hedge plant, but can also grow into a medium sized tree found in fields, woods, and scrub. As its name suggests, do mind the thorns! The bright red 'haw' berries are tart with a mild apple-like sweetness, and are best cooked into jellies, chutneys, a traditional candy called 'hawthorn leather', or even ketchup!



## Apples

Apple trees are sometimes grown in community spaces and parks for people to pick. There are thousands of varieties out there with a huge range in flavours! Apples are delicious pressed into juices, or baked into crumbles or puddings, and make great chutneys!

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## Blackberrying

Abundant and probably one of the best-known wild edible berries. You can find them growing everywhere - woodland, waste ground, footpaths, hedges and gardens. They have been eaten since Neolithic times.

There are 400 micro species in the UK and different clumps of blackberries can have a wide difference in taste. Some are sour and not good for eating, whereas some are luscious and juicy with a great taste.

In Scotland they are known as Brambles – where the thickets of blackberries and bracken were used as natural boundaries around a home.



**Harvesting.** I have been keeping an eye on the various black berry patches on my local walks, sampling a few berries as I go. It's the first few weeks of August now and the first berries are truly ripe.

The juiciest fattest berries are the first to ripen. As the season progresses the berries further up the stalks will ripen. But they aren't ever as sweet and benefit from cooking with other fruits. It is said its best not to eat blackberries after the first frosts in October.

Make sure you leave plenty for wildlife and for other people to enjoy.

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## Blackberry Juice Junket

This is a simple way to enjoy the blackberry flavour in a pure and simple way. No sugar is needed. Time and warmth help the juice thicken to a sweet and satisfying thick sauce.

### What you need

- A large bowl of very ripe blackberries
- Sieve
- Bowl
- Hand mixer / blender

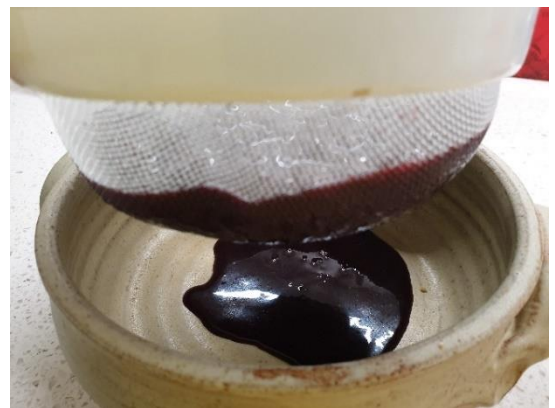
### Method

1. Pick fresh ripe blackberries and rinse in cold water.

2. Use a hand mixer, masher, or blender to release the juice.



3. Transfer mashed blackberries to a sieve placed over a bowl. Use a spoon to press the mash against the sieve to let the juice collect in the bowl.



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4. Once you have got most of the juice from the berries cover the bowl and place somewhere warm for a few hours. The liquid will set, there is no need to stir or add anything to this liquid.



You can use the leftover mashed berries to add into another recipe like a crumble, chutney or jam.



5. Once your juice junket has set you can enjoy it as it is or with cream, yoghurt or ice cream and a biscuit.

6. Keep in the fridge and use in 2-3 days.



**More ways to use the blackberry juice junket**

Add hot or sparkling water to make a fantastic drink

Add to hot buttered toast for a sweet treat

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## Blackberry & Apple Crumble



A classic way to use up your harvest of blackberries is of course in a delicious crumble. Feel free to throw in some wild raspberries or strawberries if you find any. Have a look for some apples growing in your local community space and put in a handful if you can - it saves you buying some apples and they have a great range of flavours.

### Recipe

#### What you need:

- 575 g Bramley apple (3 apples)
- 300 g blackberries, washed
- 100-200 ml orange or apple juice
- 225 g plain flour
- 110 g brown or caster sugar
- 110 g cold unsalted butter
- 50 g porridge oats, or nutty cereal



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## Method:

1. Pre-heat the oven to 190°C/170°C fan/Gas 5.



2. De-core and slice the apples thinly.
3. Put the sliced apple into a baking tray (mine is 25 x 19 x 5 cm, a round dish 23cm across and at least 5 cm deep should also work.)
4. Pour the blackberries on top of the apples.

5. Now pour in some apple juice, orange juice, or even lemon juice – this will stop the apples going brown while you make the topping, but also makes for a nicely stewed crumble without having to stew the fruit separately first. Top up with some water if needed to just cover the apples.

6. Make the crumble topping:  
Measure out the flour, sugar, and butter and put into a large mixing bowl. Using clean hands, rub the butter into the flour until it is all mixed through and looks like moist breadcrumbs.



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7. Mix the porridge oats and/or nutty cereal into the crumble mix.
8. Carefully pour the crumble mix over the fruit and spread to evenly cover all the fruit.
9. Pop your crumble into the oven for 45-50 mins, or until the top is golden and the apples feel very soft when you insert a sharp knife, and the juice is bubbling around the sides! You may need to cover the crumble half way through the baking time with tinfoil to prevent the top burning.
10. Enjoy! Serve hot or cold with cream, or yoghurt, or blackberry junket!



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# Sheffield & Rotherham

## Autumn Seasonal Soup

Vegetable soups are perfect for making the most of what is in season.

At this time of year there's nothing better than hearty, warming soups made with a variety of delicious autumn vegetables.

In this soup the base of onion and carrots is enhanced with chunks of butternut squash and pieces of kale in a broth infused with herbs and spices.

### Ingredients – serves 6

- 2 tbs. olive oil
- 3 medium carrots, diced
- 1 large onion, diced
- 6 medium cloves garlic, crushed
- Half a medium butternut squash, peeled and diced
- 1/4 tsp. ground allspice
- Pinch cayenne pepper; more to taste
- salt
- vegetable stock cube added to a pint of water
- can of tinned tomatoes
- 4 sprigs fresh thyme
- 300 grams chopped kale
- 1 can chickpeas



## Method

1. Heat the oil in a large soup pot over medium-high heat. Add the carrots and onion and cook, stirring occasionally, until they begin to soften.
2. Add the garlic and cook for 1 minute more.
3. Add the squash, allspice, cayenne, and 1 tsp. salt and stir to combine.
4. Add the broth, tomatoes with their juice, and thyme.
5. Bring to a boil, reduce the heat to medium, cover, and simmer for 10 minutes.
6. Add the kale and the chickpeas and cook uncovered until the squash is tender and the kale has wilted, about 10 minutes more.
7. Discard the thyme springs before serving.
8. Season to taste with salt and cayenne pepper.

## Seasonal Eating – Autumn - September to November

**Here is a list of fruits and vegetables which are in season in autumn in the UK.**

- apple
- blackberry
- butternut squash
- Brussels sprouts
- cabbage (savoy and spring green)
- carrot
- cauliflower
- celery
- kale
- leek
- onion
- parsnip
- pear
- potato
- pumpkin
- purple sprouting broccoli
- spinach

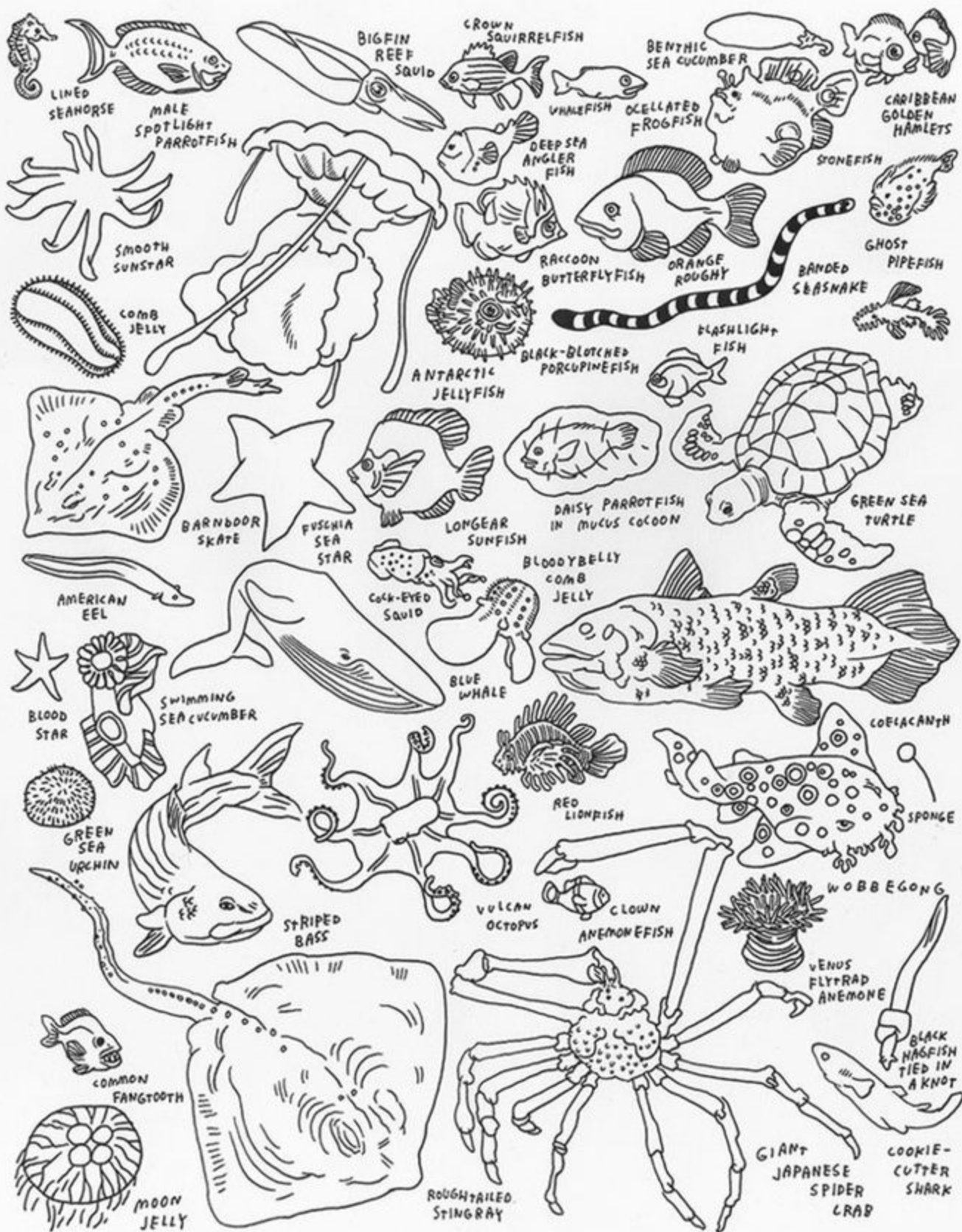












pukka

NATURAL  
HISTORY  
MUSEUM



Colour in this Pukka mandala for a mindful moment





## Blackberry Picking

*Poem by Angela Wybrow*

I have fond memories of going blackberrying  
On Sundays, with my Dad, when I was a child.  
Situating on the very outskirts of our little town,  
The lane was long and winding, lonely and wild.

We worked our way along the prickly hedgerows,  
Plucking perfect fruit from amongst the brambles,  
But the berries, which were over ripe or under ripe,  
Were left behind by us, during our country rambles.

We picked plenty of plump, juicy berries,  
And popped them all in to our plastic pot.  
Dad seemed to know the very best time to go,  
So we always returned home with quite a lot.

Along the way, we spotted spiders in their webs;  
Of spiders, I have always been a little scared.  
So any fruit which was located round about,  
Was more than welcome to stay right there!

The blackberries were taken home to Mum,  
Who mixed them up with apples, inside a pie.  
I always felt a small sense of pride, as we ate  
Those blackberries, picked by my Dad and I.



# Autumn is coming!

Complete the crossword:



1



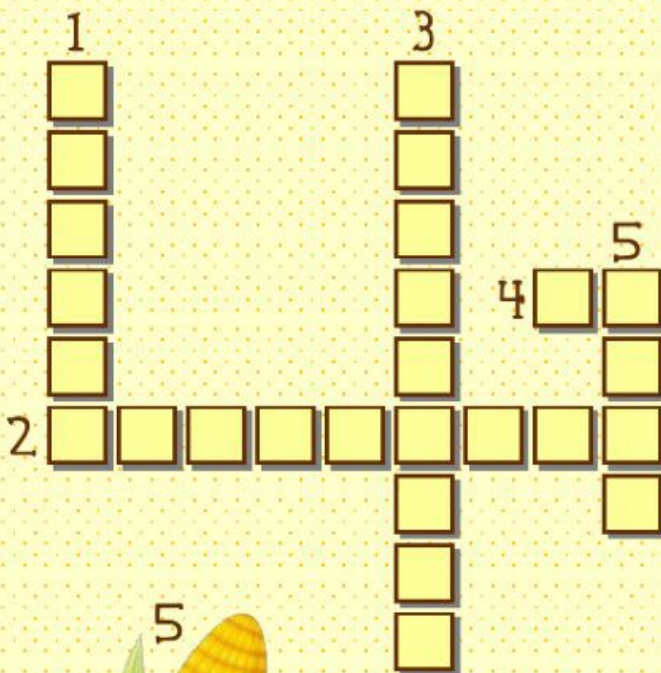
2



3



4



1

3

5

4

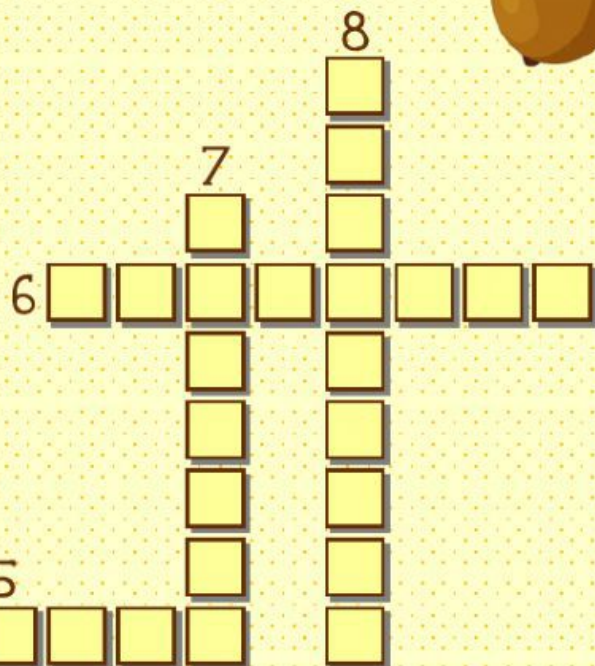
2



5



6



6

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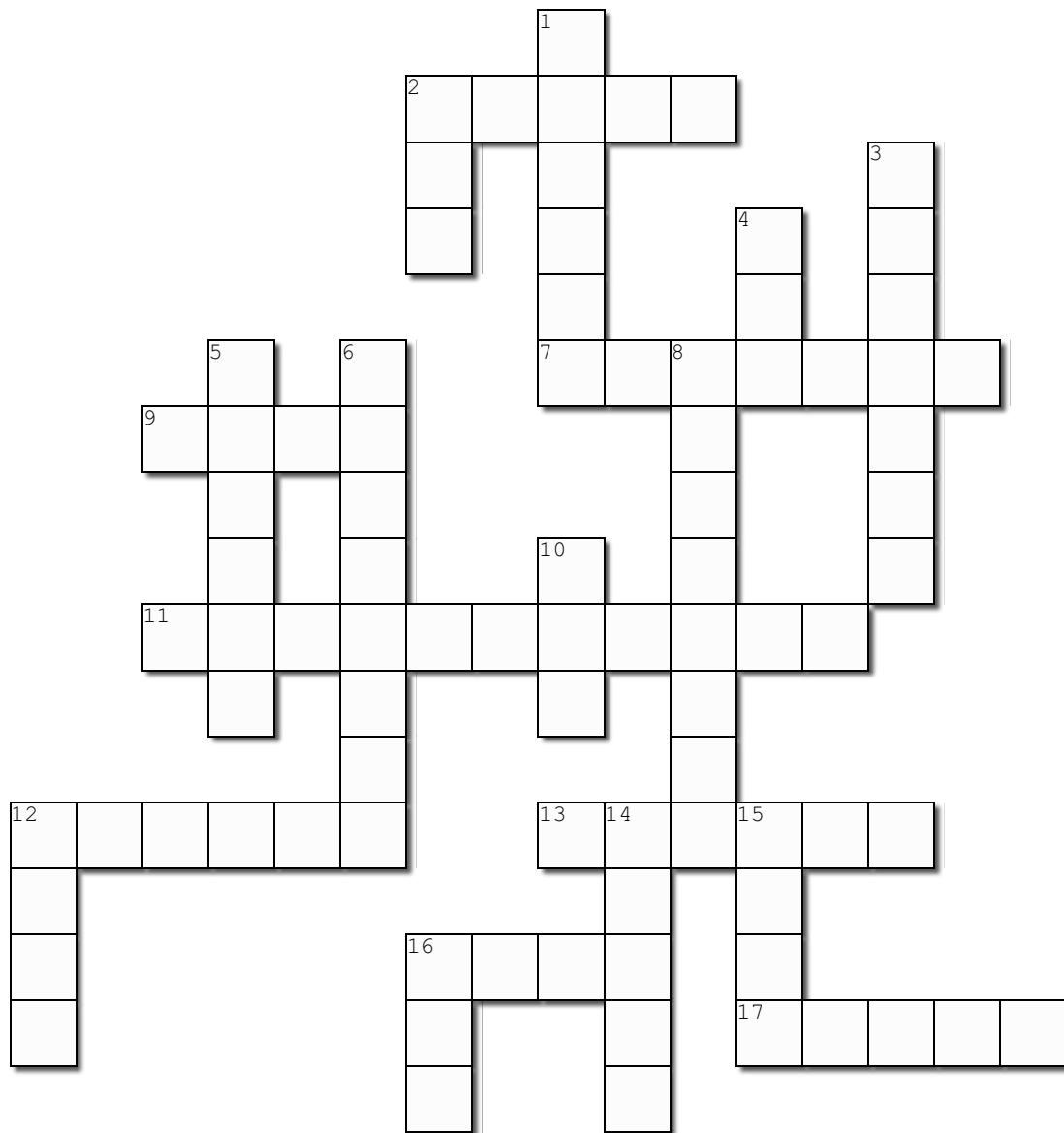


8



# Baby Animal Names Crossword

What is the name for the young of each of these animals? For example, a young dog is called a PUPPY.



Created using the Crossword Maker on TheTeachersCorner.net

## Across

- 2. Songbird (5)
- 7. Frog (7)
- 9. Deer (4)
- 11. Butterfly (11)
- 12. Swan (6)
- 13. Hedgehog (6)
- 16. Horse (4)
- 17. Rabbit (5)

## Down

- 1. Pig (6)
- 2. Fox (3)
- 3. Goose (7)
- 4. Bat (3)
- 5. Bee (6)
- 6. Snake (8)
- 8. Duck (8)
- 10. Goat (3)
- 12. Cow (4)
- 14. Owl (5)
- 15. Sheep (4)
- 16. Fish (3)