



To say
thank you
for your order -
here is the latest
edition of
our customer
magazine.

The Good

Life

Issue 3: Spring Summer 2016

'All Things Preserving'

This Issue:

The Benefits of British Glass

Customer Letters - Basic Barra Jams

Crafty Corner

Worldwide Weddings

Preserving in Victorian Britain

Summer Harvest for Health

Novel Summer Recipes

Tag and Label Design Competition



**The Good
Life**
Previous
editions
available
on line



WARES
— of —
Knutsford



Welcome to The Good Life!

Hello from the Wares of Knutsford team and a warm welcome to the third edition of our customer magazine.

We are very proud to have had great feedback from our last magazine, which is still available electronically on our website. In this edition we have tried to pack in as much interest as possible for our readers on all aspects of preserving and the use of jars and bottles in spring and summer. We include customer letters for the first time and details of our exciting label and tag design competition can be found on the back cover. Please do send us anything you like on preserving. Your memories, tips and observations are very interesting to fellow preservers.

We get so many phone calls asking us which jars and bottles to buy - we have tried to point you in the right direction wherever we can.

Thank you for your custom, we don't take it for granted and here's to a happy spring and summer 2016.

Valerie Byles
WARES
— of —
Knutsford



Visit our showroom in Cheshire if you are nearby:
Unit D, Cranage Trade Park, Goostrey Lane,
Cranage, Cheshire, CW4 8HE.
www.waresofknutsford.co.uk
Situated within the Goostrey Home and Leisure
Complex



This Edition

Spring & Summer 2016



A SERIOUS JAR.

If Jem is the same as Jim,
And G sounds the same as J,
Then between a Gem, and Jim, and Jem,
What is the difference, pray ?
We read about Gem Jars, --
Jars made for holding jam.
Then, are these Gem jars jim jam jars?
(Be calm, my mind, be calm.)

The Popular Speaker 1885



The Benefits of British Glass....

we look at early preserving equipment and where our supplies come from today. We also remind you of the safe process for sterilisation.

Basic Barra Jams.....

we hear from Jeanne and David Christie about the inspiration behind their preserving business on the remote island of Barra.



Preserving in the Victorian Era...

The world of preserving in Victorian Britain was driven by the necessity of harsh social conditions for many. We take a look at food preservation in the time of the Bronte sisters and point you in the right direction for authentic recipes.

World Wide Weddings...

jars and bottles have never been more popular for weddings. Here we present some of their many uses and some ideas to inspire those planning their big day.



Spring/Summer Harvest.....

reminders on the health benefits of some popular and less popular garden, allotment and hedgerow fruits.

Recipes....

This edition's recipes are linked to the article on spring and summer harvest. We hope you enjoy them and the health benefits they bring.



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Our Customer Services

At Wares we pride ourselves on good old fashioned customer service. All day long we receive many phone calls from customers with all sorts of jar and bottle related questions. Our lovely customer service team are very knowledgeable and can help you find the right jar or bottle. They can also help you with bespoke quantities, both retail and wholesale, that you won't find on the website.

Basic Barra Jams



What a good idea it was of Valerie's at Wares of Knutsford to start a preserving magazine! For someone like me, living in the Outer Hebrides where I have to 'import' much of my fruit for preserving, "The Good Life" was a rich dip into a wonderland of "hedgerows . . . rosehips, blackberries and elderberries". I was fascinated to read about preserving in wartime Britain; and coming across the story of Marguerite Patten travelling the country in a touring caravan and stopping passers-by made me want to pay a small personal tribute to that great lady, who passed away in June 2015 aged 99.

I didn't know her, of course — her touring caravan probably didn't make it to the Isle of Barra — and, oops, I wasn't born then, either! But several years ago another visionary lady, here in Barra, decided to encourage people to grow their own and become more self-sufficient, as people used to be on these islands. Sarah MacLean started with "Island Markets" every six weeks or so and has now extended to a local producers' shop, known as "Bùth Bharraigh"*, which just means in English, "The Barra Shop."

It's part of a wider project called "Hebridean Living". It's social enterprise at its best, creating jobs and opportunities for people in this small community.

Back in those early days of the island markets, my daughter suggested I make jam for them. She can't remember why, particularly, and neither can I. But I knew nothing about making jam, and my early efforts were a bit hit-and-miss to say the least! Then came my birthday, and my son presented me with a book, saying rather apologetically, "It's probably a bit basic, mum."

My goodness! He couldn't have done better. The book was called, "The Basic Basics: Jams, Preserves and Chutneys Handbook. All you need to know to prepare and store over 200 of the world's best preserves," and it was by Marguerite Patten. It's been reprinted time after time. For the modest sum of £7.99 I had my hands on a wealth of knowledge and experience generously shared. The whole range of preserving is there, from essential information (definitely read this before you start) to complex (to me, anyway) methods of preserving such as crystallized fruit.



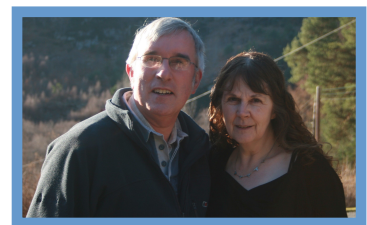
Marguerite Patten

Today would you believe, I am the island's main producer of preserves of different kinds and I run a limited company with my husband (though we haven't had time to do a website yet!). It's all down to Marguerite Patten.

The only other incentive had been a lady in a neighbouring island who used to make home-made preserves for sale, but I'd never have been able to follow in her footsteps had it not been for Marguerite Patten's sound and kind advice. I say, "kind" in the same way that I came to the word, "generous" earlier; her book is full of the plentitude of the hedgerow and of her own rich and full life in food preservation and cooking. I'm indebted to her. What an important heritage she has left.

I want to say before I finish this little piece that I'm also indebted to Edna and Colin Campbell, of Tollie Croft, Tollie of Brahan, Lochussie, near Inverness. They go out of their way to ensure I have all that I need of fruits that we can't grow easily in wild and windy Barra.

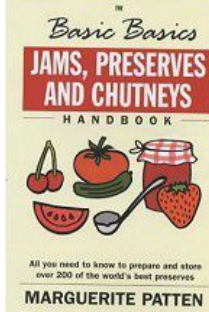
I am proud to be part of the tradition that makes the most of our hedgerows and our farms. I am heartened every time I visit the garden project in Barra where adults with learning difficulties produce some of the fruit and vegetables I use. In the tiny wood near the house I make sure I leave the centre of the prickly bramble bushes (!) for the birds in migratory passage here.



Jeanne and David Christie

And last but not least.....

See edition 1 for preserving in war time Britain article.





... I couldn't do it without the help of Wares of Knutsford. Other companies charge the earth to send jars to the islands — Wares of Knutsford charges the minimum, and Hebridean Preserves and Pastries Ltd can keep going. Thank you, Valerie!

*Bùth Bharraigh has a Facebook page:
<https://www.facebook.com/ButhBharraigh>
 Jeanne Christie.



Hebridean preserves at their best!

Marguerite Patten Recipe Apple and Lemon Jam

Cooking Time: 30 Mins. Makes 750g.
 Use 550g cooking apples, 2 tablespoons lemon juice, 2 teaspoons finely grated lemon rind, 450g Sugar.

Wash the apples and cut into small pieces - do not peel or core the fruit. Put into a pan with the lemon juice and cook until a puree. Rub through a nylon sieve and return to the pan with the lemon rind. Heat gently and then add the sugar and stir over the heat until the sugar has dissolved. Bring to the boil and cook rapidly until setting point is reached. Spoon into hot jars and seal.

Variation: Apple and Orange Jam - use the same quantity of apples but use orange juice and 3 teaspoons of orange rind instead.



Craft Corner

Lots of our customers buy jars and bottles for craft purposes. There are some really lovely ideas on every imaginable theme. In craft corner we provide some images and links to 'how to' websites to help fire the imagination. This issue: [Seaside Jars and Bottles](#)



Jars in fisherman's netting for candles

How to Link



Jars for coastal themed vases and holders

How to Link



Invitations and ships in bottles!



Sea glass collections in bottles and jars



Shell Collections in Jars



70% of our jars and bottles are made in the U.K

The Benefits of (British) Glass



<p>Glass</p> <ul style="list-style-type: none"> Everything tastes better in glass Reusable Glass is made from all natural raw materials Glass won't leach any harmful chemicals 	VS	<p>Plastic</p> <ul style="list-style-type: none"> Has been shown to leach chemicals Fills up landfills Releases harmful chemicals into the air during production Transportation causes needless production of CO2
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Here at Wares we receive calls from customers who want jars and bottles to decant their shop bought goods into - as well as to contain their homemade preserves. Often, this is because of their views about the use of plastic and its impact on both health and the environment. Indeed there are some real advantages to using glass for storage as well as preserving, as there have been for thousands of years, long before plastic arrived on the scene.

The creation of glass is an art that is old as some of the oldest civilizations of humanity. With its incredible properties and easy process of creation, glass has managed to separate itself as one of the most important building materials of our modern civilization.

The secret of glass making came to Britain with the Romans. However, the skills and technology required to make glass were closely guarded and it was not until the Roman Empire disintegrated that skills for glass making spread throughout Europe and the Middle East.

The Venetians, in particular, gained a reputation for technical skill and artistic ability in the making of glass bottles and a fair number of the city's craftsmen left Italy to set up glassworks throughout Europe. By 1887 glass making developed from traditional mouth blowing to a semi-automatic process when a man named Ashley introduced a machine capable of producing 200

bottles per hour in Castleford, Yorkshire - more than three times quicker than the previous production methods. Other developments followed rapidly, but it was not until the First World War, when Britain became cut off from essential glass suppliers that glass became part of the scientific sector. Up until then glass was seen as a craft rather than a precise science. Today, glass making is a modern, hi-tech industry operating in a fiercely competitive global market where quality, design and service levels are critical to maintaining market share. Modern glass plants are capable of making millions of glass containers a day in many different colours - but green, brown and clear remain the most popular. Today, in the U.K there are four large glass bottle and jar manufacturers.

These plants continually produce jars and bottles on a production line of molten glass that never stops. Jars and bottles are made to either a 'bespoke' commissioned mould specific to a product, like Marmite Jars or Bombay Sapphire Gin, or to a standard mould like the classic 1lb jam jar. Only standard moulds are available to the public and the quantities that these jars are made in affects their final price. Which is why smaller jars are sometimes more expensive, despite using less glass - so oddly 12oz are more expensive than 1Lb jam jars. You might be surprised to know that over 70% of our range at Wares is U.K manufactured. Another 15% comes from Italy in the form of some of our more unusual bottles. The industry in

Italy operates quite differently to the U.K. Over time many smaller glass plants have grown up offering smaller runs of bespoke jars and bottles for general sale. Hence we are able to get hold of unique designs in reasonable quantities. The rest are sourced from France in the form of Le Parfait and finally some clip top jars from China.

With increasing consumer concern for the environment, glass has again come into its own proving to be an ideal material for recycling. In fact glass can be endlessly recycled because it is a stable natural compound. Most common glass is made from Silica which comes from the most common mineral in the Earth's continental crust - quartz. Silica sand is quartz that over the years, through the work of water and wind, has been broken down into tiny granules. Glass is made naturally by volcanoes and is an entirely natural product, containing no chemicals at all. It takes less energy to produce in the first place than either plastic or metal and when recycled glass is used in new glass manufacture it takes less energy than starting from scratch. In the U.K the main glass manufacturers have formed an alliance to collect and recycle glass from the local authorities and ship it back to the plants for recycling. In general - all used glass is recycled into amber glass and is used for beer bottles because of the practicalities of sorting colours. You can tell where a clear bottle contains recycled glass because it has a green tint when you hold it to the light. So - hurry for glass!

Did You Know?

In order to avoid confusion the jar and bottle industry now have standard caps, threads and lid moulds to match standard jars and bottle moulds.

- Corked bottles (various sizes)
- Twist off lids (various diameters)
- Screw caps - with regular, mid and deep threads

This can be why it's tricky to find lids and caps for old jars and replacement lids for bespoke (shop bought) moulded jars.



How to Sterilise Jars & Bottles

When preserving food good hygiene is essential to avoid contaminating produce. Sterilising jars and lids and all preserving equipment is essential and should be undertaken alongside food preparation, meaning jars are washed and sterilised just as the food is ready.



Before starting to make your preserves, ensure you have washed all your equipment really well. Simmer funnels, spoons and tongs in boiling water for 10 minutes and leave on a clean tea towel or kitchen roll to dry and cool before use.



There are a number of methods for sterilising the jars. Some customers prefer sterilising in a microwave or dishwasher but our recommended method is as follows:

1. Pre-heat the oven to 120C
2. Thoroughly wash the jars and lids/seals in hot soapy water and rinse.
3. Leave the jars upside down on a clean tea towel to drain. Put the lids on a separate clean tea towel, spreading them out upside down.
4. After a few minutes, place on a clean oven tray with the jars in the upright position.
5. Place the jars in the oven and pop the lids and seals into a pan of boiling water, around 10 -15 minutes before you think your jam/preserves will be ready.
6. Remember it doesn't matter if the jars are in the oven longer - as setting point can be unpredictable.
7. So, once setting point is reached, remove the pan from the stove and carefully remove the lids from the pan with tongs and the jars from the oven with gloves and allow to cool just a little.
8. Transfer still warm produce to the still warm jars and seal with waxed discs (wax side down) and pop on the seals/lids. Of course modern lids have a heat sealable band and lining and so wax discs are infact optional. A damp cloth is handy for handling the jars when hot.



The process for bottles is just the same, being sure to remove any non-glass feature of the bottle such as rubber seals or stoppers.

<http://www.deliaonline.com/equipment/perfectly-preserved-equipment.html>

<http://www.jamieoliver.com/videos/how-to-sterilise-jars/>

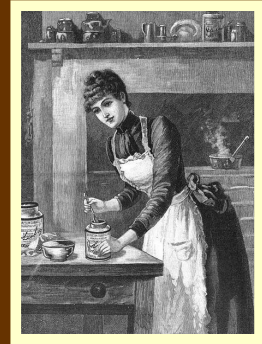
<http://www.jamieoliver.com/videos/how-to-sterilise-jars/#BKoxwJxQFQjbhkG3.97>

Useful links to
equipment &
sterilising video



Preserving in the Victorian Period

(1837-1901)



Equipped with silver knife and enamelled preserving kettle, the housewife joyously proceeds with her task of converting the baskets or cases of luscious fruit into delicious preserves, spicy, pungent pickles, rich marmalades and translucent jellies; and when all is finished, it is with worthy pride and satisfaction that she gazes upon the "fruits of her labour"

"The HouseKeeper" The Ladies World 1901

Sounds wonderful doesn't it! But, of course, to understand and learn from preserving in the Victorian era, we must first remind ourselves of the way ordinary people lived and how very different day to day culinary life was from the way we live today. This is the time of course of the Bronte sisters, of Thomas Hardy and George Eliot, and their tales of largely rural lives set against a backdrop of growing industrialisation and increasing migration to the cities. A time of peace and stability in the empire under Victoria's rule and gentile living for the wealthy, but a time with serious public health problems for the less well off; lack of sanitation, no antibiotics (arriving in 1928) and for many of the working classes, very poor nutrition and little understanding of food safety.

As hard as life was for the working class urban dwellers forced into often squalid conditions in order to service the mills and factories, it was also extremely tough for those remaining in the countryside in the first half of the 19th century, especially in the north. Images of Wuthering Heights come to mind as we consider that in many northern rural towns and villages, such as Howarth, North of Halifax in Yorkshire where the Bronte sisters lived and wrote, it was a harsh life. Growing food was unreliable on the moors and villages had only one or two shops to service the local population, who worked in the quarries and making handicrafts. Prior to the development of the steam train network and the subsequent rise in availability of imported foods - rural grocers could buy only limited goods by the sack which would be weighed out using scoops and wrapped in brown paper packages to be carried home in a basket.

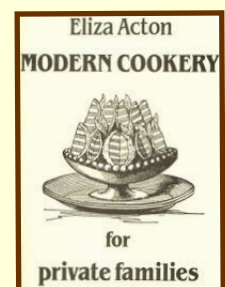
Flour, oats, butter, cheese, tea, coffee, sugar and root vegetables where available although dry goods were often 'thinned' with chalk or chicory.

Of course, no pre packing of food meant customers had no way of knowing what they were really buying - with no idea of how long it might last, what quality it was or who had manufactured it. It wasn't until 1879 that machine made cardboard packaging arrived and 1880 when the mass production of tin cans was achieved - and finally goods could begin to be branded, guaranteed and preserved with relative safety. Prior to that time and indeed prior to the invention or refrigeration (1920's), home preservation of fruit and vegetables, meat and poultry was essential. Of course necessity is the mother of invention and great lengths were taken by our inventive Victorian forebears to smoke, dry, pot, pickle and preserve the food there was and particularly to make hay in the summer and autumn when fruits could be found, much as we do today. Their preserving extended far beyond our own efforts today.

To understand preserving in this time we must turn to Miss Eliza Acton. It is Eliza, a poet and writer, who is credited as the pioneer of all modern cookery books, rather than the much famed Mrs Beaton. Indeed Delia Smith is quoted as calling Acton "the best writer of recipes in the English language". Her book "**Modern Cookery for Private Families**" first published in 1845 contained some 700 pages of recipes, 60 of them devoted to preserving. It is a masterpiece. The book was deeply researched and immensely influential, establishing the format for modern cookbook writing, by listing the exact ingredients required for each recipe, the time needed, and potential problems that might arise. This was a novel departure from previous vague cookbooks. It was aimed at ordinary people using every day ingredients.

It is beautifully written and an absolute gem for the preserving enthusiast.

[Link to the book](#)



Eliza's book is available as a free Google download or cheaply from Amazon.

Elizas' book contains some mouth watering and less often seen recipes or 'receipts' as she calls them on how to jam, jelly, bottle, paste, pot and cheese every possible domestic fruit, berry and vegetable. Gorgeous recipes including greengage jam, barberry jelly, cherry jam, plum marmalade, peach jam and apple jelly, almond paste and damson cheese. She also writes fascinating introductions to each chapter of her book. Here are some of her 'general remarks on the use and value of preserved fruit' :

" Simple well made preserves - especially those of early summer fruits - are most valuable domestic stores as they retain throughout the entire year, or longer, their peculiarly grateful and agreeable flavour, and supply many wholesome and refreshing varieties of diet through the winter months and spring. They are indeed as conducive to health - when not cloyingly sweet or taken in excess - as good vegetables are and they are inexpensive luxuries (if luxuries they must be regarded) now sugar is so very reasonably priced. To be eaten in perfection they should be sufficiently boiled down to remain free from mould and fermentation. Served with a light dish of bread rice, ribbon macaroni, soujee or semolina."



Eliza Acton - 1799 -1859

Half way through the 1800's the first screw top glass jam jars appeared, prior to that most households used pottery jam pots sealed using wax or paraffin and wax paper. The first Mason jars appeared in the USA in 1858.



Without fridges many Victorian homes relied on cellars, pantries or larders of course to keep food fresh. Often built on north facing walls with one small window high on the wall, to let the warm air out. Many of our readers will have fond memories of the joys of a pantry. Shelves stacked high with mysterious jars. My grandmother, not only had a pantry where we hid together to eat golden syrup by the table spoon in secret, but she had a cupboard in the back bedroom filled with tea, sugar, dried eggs and powdered milk, still there in the 1980's, forty years after the end of the war. Her parents of course were Victorians, she had grown up in Shropshire and had learnt the value of food from a young age. It seems like another world compared to today's 'easy come easy go' food supply. But there is something centering and wholesome about growing, cooking and preserving your own food, especially when you have waited for it to come into season, gathered it at just the right moment and can share it with others and enjoy it through the winter. There is much about the Victorian era that we wouldn't want in our world today, but preserving using gorgeous Victorian recipes is a real joy. Some times the old ways are the best.

Eliza Actons 'Superlative Red Current Jelly'



Ingredients

2 lb (900 g) redcurrants

2 lb (900 g) sugar

(to speed dissolving, this can be warmed in the oven)

You will also need 1 pack muslin ,1 large nylon sieve, waxed discs and two 0.5 litre jars (from Wares!)

Method

The first easy thing is that there's no need to go through the tedious business of stripping the currants from the stalks. Just place the washed fruit – stalks and all – in a preserving pan, bring slowly to the boil and stir, pressing the redcurrants to break down the fruit and release the juice.

As soon as the fruit is cooked (about 10 minutes), add the sugar, stir until absolutely dissolved, then bring the mixture up to a rapid boil, and boil for 8 minutes. Meanwhile, place a large nylon sieve over a bowl and line it with a double layer of gauze.

Then, when the 8 minutes are up, tip the whole lot into the sieve and let it drip through. If you don't mind not having a completely clear jelly, you can press to extract as much as possible.

Then pour the jelly into the jars, which have been washed, dried and heated in a moderate oven for 5 minutes, cover with waxed discs and seal while still hot.

This recipe is taken from Delia Smith's Complete Cookery Course, Delia Smith's Complete Illustrated Cookery Course and How to Cook Book Two. It relays Eliza's original recipe in modern language.

See Our Wedding favours Page!

See the drinking jars section of our website!

Table Favours



70ml Swing Top
£14.40 for 12



50ml Gladstone
£25.20 for 36



There are so many lovely ideas; sweets, liqueurs, bubblebath, jams, hot chocolate, honey and more! Personalised with labels and decorated to match your theme.

Children!



250ml Milk
£8.40 for 12
Available in 4 sizes

Drinks in Jars



£26.40
2 Gallon Drinks Dispenser



NEW for this Summer Gorgeous Miniatures



Labels and Tags

See the back page for new range of wedding favour packaging!



World Wide



Here at Wares we take phone calls almost every day from lovely brides and their families planning their weddings. When it comes to weddings we send out jars and bottles for every imaginable purpose – jars for flowers, jars for candles to light pathways and tables, jars to hang from trees and rafters, drinking jars for beer and cocktails, jars for sweets on every table or as presents for children, swing stopper and corked bottles for wine and water and of course every imaginable kind of jar for delicious homemade wedding favours.

We ship to far off corners of the world, bottles and jars that suit the big day perfectly - Italian Taverna bottles for Weddings in Tuscany, Chiavari bottles for weddings on Greek islands, rustic jars for rural weddings in France and Bubble bottles for Rum in Jamaica. All things are possible and there is a jar or bottle just right for every occasion. Here are some ideas to inspire and some tips on our most popular jars and bottles for weddings.



Perfect for DIY Weddings or to give to your florist.

Flowers in Jars



Candles in Jars



Mason Jars are Perfect for flowers

Any Questions?
Needing a bespoke order? Just Call
01477 537 224



1 litre Mason
£32.05 For 18

Spring - Summer Harvest

Ideas and Inspiration on boosting our health and well being this spring and summer.



Recipes are available over the page or via the links. If you are new to growing your own fruit you need not be daunted. Fruit is relatively easy to propagate and reaps fantastic rewards as do the hedgerows!

Make June-Aug

Free download of our Seasonal Produce Calendar on the website



Link to RHS How to Grow Strawberry's

Strawberry (Fragaria)

Expensive to buy in large quantities, but really very easy to grow even in pots and hanging baskets in small quantities. Home made strawberry jam is a delicious classic of course - perhaps try the 'one punnet' recipe over the page to get started. Strawberries are an excellent source of vitamins C and K as well as providing a good dose of fibre, folic acid, manganese and potassium. They also contain significant amounts of phytonutrients and flavanoids which makes strawberries bright red. They have been used throughout history in a medicinal context to help with digestive ailments, teeth whitening and skin irritations. Their fibre and fructose content may help regulate blood sugar levels by slowing digestion and the fibre is thought to have a satiating effect. Leaves can be eaten raw, cooked or used to make tea.



Strawberries Liqueur Recipe

Make in June



Make from Mid Spring

Elderflower (Sambucas)

The sweetly scented, creamy-white flowers of the elder tree appear in abundance in hedgerows, scrub, woodlands and wasteland at the beginning of summer (May to July). The fresh flowers make a terrific aromatic scented cordial and syrup as well as teas, wines, jams, liqueurs and champagne. Elderflowers have been shown to have potent antibiotic and antiviral properties and are used all over the world to treat respiratory infections. The plant also has anti-inflammatory properties and is used to treat arthritis. In Romania Elderflower is grown on an industrial scale and exported all over the world. Note: Only the flowers and berries of the plants are edible and must be cooked prior to consumption.

The Telegraph [Link to Recipes](#)



Elderflower Champagne.

Late Summer or Early Autumn



Link: 8 Things you've never done with Rhubarb.

Rhubarb (Rheum rhabarbarum)

Rhubarb is easy to grow at home and highly nutritious. It can be harvested from mid spring to late summer. For this reason it was one of the foods promoted by the ministry of agriculture for home promotion during both of the world wars. Rhubarb roots have been used by the Chinese for thousands of years as a laxative. Rhubarb contains Lutein, essential for healthy skin and eyes and Vitamins A and K. It is a powerful antioxidant - (like all brightly coloured fruit and vegetables) meaning it helps to protect our hearts and prevent cancer. Rhubarb is ideal for making preserves, canning and freezing, but can also be dried (Agas are ideal) and stored in jars - to be thrown into pies, porridge, jams etc at will. Its flavour is also ideal for homemade spirits, cordials and its texture makes lovely chutney.



Link: 8 How to dry and store Rhubarb.



Vanilla Rhubarb Jam



Greengages (Prunus domestica italica.)

The Greengage is a cultivar of plum with a delightful taste and beautiful confectionary flavor. These fruits were first developed in the Moissac commune in France from Ganerik which is a wild plum species with green fruits native to Asia Minor. Sir William Gage was the first person to introduce these plums into Britain in 1724. They were very popular during the Victorian period although less so today, which is a shame as they are generally considered to be the tastiest of the plum family. These plums are rich in various organic acids, flavonoids, phenolic acids and antioxidant compounds enabling them to improve body metabolism. They can alleviate fatigue and they have detoxifying properties like other fruits.



Link: Nigel Slaters Plum Pie Recipe



Link to RHS How to Grow Raspberry's



Raspberry (*Rubus idaeus*)

Raspberries can be grown easily anywhere, even in pots and just a few plants will harvest plenty of fruit. Varieties are summer or autumn fruiting and make wonderful jam and compotes to add to yogurt, icecream and porridge. Raspberries also freeze well. As well as a range of vitamins including C, D and K, they contain a good amount of minerals like potassium, manganese, copper, iron and magnesium. Potassium is an important component of cell and body fluids that helps controlling heart rate and blood pressure. Manganese is utilized by the body as a co-factor for the antioxidant enzyme, superoxide dismutase. Copper is required in the production of red blood cells. Raspberries contain very high levels of fibre, almost more than any other food. In America purple, blue and black raspberries grow wild and some are cultivated for use in jams.



Summer and Autumn



Sloes

Hedgerow Fruit

Hedgerows and verges in rural and suburban places can support a wide range of edible fruits including cherries, damsons and elderberries. With a basic knowledge of what is safe to eat and when to look for it, you can share nature's bounty with birds and other wildlife. Rosehips contain 10 times more Vitamin C than an orange as do Sloes which make wonderful gin and syrup. The syrup of both fruits is used to relieve the pain of rheumatism, and to help when people have flu. The Sloe fruit is used for dysentery and diarrhoea, sometimes in combination with the dried flowers, as the fruit has astringent properties. Wild cherries are powerful antioxidants.



Wild Cherry



Rosehips



Spring Onwards

Wild Herbs and Leafy Green Plants

Wild herbs and leafy green plants that have traditionally been part of people's diets, such as wild rocket, nettles and garlic mustard, are all at their best earlier in the year when their leaves are young and tender. Like all vegetables, leafy green plants are really good sources of the vitamins and minerals that help to protect us from disease and keep us healthy. Green vegetables are rich in vitamin C, folates, carotenoids, vitamin K, and calcium, and may also provide small amounts of iron. Also, because of these nutrients, leafy green vegetables are especially important in helping to protect us against heart disease and some cancers as well as keeping our bodies in good working order. Look out for common mallow, wild rocket, nettles, wild garlic and garlic mustard in the hedge bottom in spring and early summer. Some, like nettles and wild garlic, are easy to identify but if you are unsure about what to pick it's best to start by going with someone who is an experienced forager.



Wild Garlic



Wild Garlic



Stinging Nettles



The Hedgerow Harvest website provides useful information on foraging

HEDGE TREE CAMPAIGN

Smoothies

It seems everyone is blending everything these days. With spring and summer comes much greater choice when it comes to fruit and vegetables both home grown and bought. Remember that smoothies that contain a lot of fruit, especially strawberries, mango and pineapple will have very high sugar content and not much fibre, meaning that sugar can easily be turned into fat by your body. Smoothies are much healthier when they contain green leafy vegetables and some fibre, like oats for example. Bananas are low in natural sugar but add some sweetness. Its also a good idea to add a splash of oil, flax oil or hemp oil are great for helping your body metabolise all the goodness in the fruit and veg. It's worth the effort of researching some really healthy recipes.

The [KILNER website](#) provides a really useful guide on making smoothies and their health benefits (LINK)



Elderflower Cordial



Ingredients

1kg / 2 ¼ lbs sugar
 1.5 litres / 6 cups boiling water
 4 medium lemons, washed
 30 large Elderflower heads, (shake to remove any insects)
 55g / 2 oz citric acid (available from a chemist)

Place the sugar into a large saucepan/stockpot or a large Pyrex bowl. Pour the boiling water over and stir until all the sugar has dissolved and leave to cool. Grate the rind of the lemons with a fine grater, add to the sugar water. Slice the lemons into thick slices and add to the water. Add the citric acid and stir, then finally add the flower heads to the water and stir again. Cover with a clean cloth and leave to steep for 48 hours.

Strain through clean fine muslin cloth into a clean bowl
 Using a funnel, fill sterilized bottles. Seal and store in a cool, dark place (not the refrigerator) for a few weeks or freeze in plastic bottles to keep for longer.

The cordial is delicious diluted with still or fizzy water or used as a flavouring in ice creams, fruit fools and many, many other recipes using Elderflower Cordial.

Once a bottle is opened store in the refrigerator.

If you want your Elderflower Cordial to last longer than a few weeks you will need to preserve the cordial by sterilising in a water bath. Not as difficult as it sounds - See the winter 2015 editon on 'The Good Life'



750ml Swing Stoppers
 Reproduced from the
 'About Food Website'.

One Punnet Strawberry Jam



Ingredients

230g Hulled strawberries, washed & dried (1 punnet)
 230g Granulated sugar (equal to strawberry weight)
 1 tsp Lemon juice, freshly squeezed
 A knob of unsalted butter (optional)

Instructions

Put 2 sterilized small jars or one 250ml capacity jar/glass in the oven at 140°C for 15 minutes and leave there until needed.

Put 2 small plates in freezer to chill.

Put the strawberries in a large saucepan and crush with a masher. Add the sugar and lemon juice. Heat gently, stirring with a wooden spoon until all the sugar has dissolved.

Bring to the boil and time for 5 minutes, stirring occasionally. Test a drop of jam on a chilled plate and place in the fridge for 30 seconds.

Run your finger through the drop and if tacky or shows tiny wrinkles - it's ready.

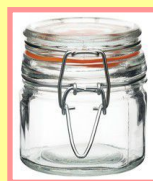
If not boil for another minute and retest until ready.

Skim any scum off the top with a spoon and add a knob of butter to disperse any remaining scum if you wish.

Ladle into two small 125ml clip top jars or one 250ml jar and seal with lid/s immediately. You can alternatively use a glass with a wax paper disc, leave to cool and then put cellophane on with a rubber band.



100ml Terrine



120ml Mini Jam



4oz Delux Jam



125ml Bonta

Reproduced from the
 'Fab Food For All Website'

Rhubarb and Vanilla Jam



Ingredients

1kg rhubarb weighed after trimming, cut into 3cm chunks
 1kg jam sugar
 (or 1kg caster sugar plus 1 x 8g sachet pectin - we used Tate & Lyle)
 2 vanilla pod, halved lengthways
 juice 1 lemon

Method

Put a small plate in the freezer. Put the rhubarb into a preserving pan or your largest saucepan with the sugar and halved vanilla pods. Heat gently, stirring, until all the sugar has dissolved, then squeeze in the lemon juice and increase the heat.

Boil for about 10 mins, skimming off the scum as you go (the fruit should be soft). Test for setting point by spooning a little onto your chilled plate. After 1-2 mins, push your finger through the jam - if the surface wrinkles it is ready, if not, keep cooking for 2-min intervals, testing in between. (Or if you have a sugar thermometer it should reach 105C)

Once the jam is ready, let it cool for about 15 mins before ladling into warm sterilised jars and sealing. Will keep for 6 months in a cool, dark place.



Classic 1lb jam Jar



Classic 8oz jam Jar

Chilli, Ginger and Greengage Chutney



Ingredients

- 1.75kg greengages
- 3 Bramley apples, cored and chopped
- large hand of ginger, peeled and chopped
- 3 onions, chopped
- 500g small sultanas or raisins
- 6 garlic cloves, crushed
- 6 red chillies, chopped, seeds and all
- 2 tsp of mixed whole spices, eg mustard, coriander, cumin, allspice, cinnamon stick, star anise, cardamom pods
- 1 tsp peppercorns
- 1 tsp sea salt
- 1.5litres white wine vinegar
- 1.2 kg sugar

Method

Place all in a large pan and bring to the boil. Simmer gently for 2 hours or so until the liquid has evaporated. Pot into warm sterilised jars and seal.



370ml Chutney Jar



454ml Traditional Chutney Jar

Reproduced from the 'Landcroft House' Website

Wild Cherry Jam



Ingredients

- 1 kg of cherries
- Juice of 1 small lemon
- 1 kg preserving sugar

Method:

Put the fruit into a preserving or large pan with the lemon juice and 100ml water. Place over a medium heat and simmer gently for 10-15 minutes, until tender and reduced. Use a slotted spoon to remove the small cherry stones which will have separated from the fruit.

Pop a couple of saucers into the freezer to chill and put the oven on to a low setting.

Add the sugar to the pan and cook, stirring to dissolve. Bring to the boil and boil rapidly for 5 minutes.

Remove from the heat.

Put a teaspoonful of jam onto a chilled saucer for 1 minute. Drag your finger lightly over the jam. If it wrinkles, it has reached setting point; if it doesn't, boil for a couple more minutes, then turn off the heat and try again with another chilled saucer.

Once the jam has reached setting point set aside to cool for 15 minutes..To sterilise the jars and lids, clean and upturn them – lids off – on a baking sheet. Put in the oven for 15 minutes.

Stir the jam, then ladle into each jar, seal and label.

Tips

Using half apples (peeled, cored and chopped) half cherries in this recipe and granulated sugar instead of preserving sugar gives you a good set as apples contain lots of pectin.

Will store unopened for 12 months but refrigerate once opened.

If you like a tart jam - reduce the sugar to 750 grams for every kilo of fruit

Reproduced from the Hedgrow Harvest Website

Stinging Nettle Soup



Ingredients

- 1 tbsp olive oil plus extra for drizzling
- 1 onion chopped
- 1 carrot diced
- 1 leek, washed and finely sliced
- 1 large floury potato (Maris Piper or similar), thinly sliced
- 1l vegetable stock
- 400g stinging or dead nettles, washed, leaves picked (see tips below)
- 50g butter diced
- 50ml double cream

Method

Heat the oil in a large saucepan over a medium heat. Add the onion, carrot, leek and potato, and cook for 10 mins until the vegetables start to soften. Add the stock and cook for a further 10-15 mins until the potato is soft.

Add the nettle leaves, simmer for 1 min to wilt, then blend the soup. Season to taste, then stir in the butter and cream. Serve the soup drizzled with extra oil and scattered with dead nettle flowers, if you have them.

The Vintage Square- with rounded corners



Reproduced from the 'BBC Good Food' website

Label and Tag Design Competition

Are you creative?

Would you like to try your hand at designing tags or labels for jars and bottles?

There is a real shortage out there of interesting tag and label designs for preserves - and very few designs that are specific to jams, chutneys, pickles or indeed any manner of homemade food and drink. There are also very few designs for labelling wedding favours. So - we are launching our own competition to try and change all that. Designs entries can be any shape, size or colour - funny or serious, modern or old fashioned and can have words or just be a design. All ideas are welcome! Winning designs will be put into production and a commission will be paid on every packet sold. For more information give us a call or visit our website.



Closing Date: 31st July 2016

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