

DALBEATTIE CARBON ACTION

'Dinnae cast a clout until May is oot'

'Keep yer woolies on till the end of May' is what I thought it meant but no, May refers to the 'May' or 'Hawthorn' Blossom which seems to know more about the weather than Michael Fish.

If the May blossom is out, the frosts are over.

Supposedly endowed with great healing powers, many clinical trials have been made with Hawthorn extract on patients with Chronic Heart disease. Although inconclusive, one observed side effect is a significant lowering of blood pressure.

Hawthorn is often referred to as bread and cheese, the young leaves being very tasty in a sandwich, and the berries are pretty good too.

Lore has it that it is very unlucky to cut the tree at any time other than when it is in bloom, and during this time it is commonly cut and decorated as a May Bush.

ABOUT DALBEATTIE CARBON ACTION

Dalbeattie Carbon Action is a 'Not For Profit' Organisation, managed by the Dalbeattie Community Initiative.

Dalbeattie Carbon Action has two objectives:

- To take a baseline carbon footprint of the community in order better to understand where carbon reduction gains can be made, whilst improving quality of life for the residents of the town
- To raise awareness and engender behavioural change within the community with regard to our consumption of non-renewable fossil fuels and develop successful strategies to create a sustainable future for all.



DALBEATTIE CARBON ACTION

WILD & FREE RECIPES



A Selection of recipes using plants and flowers that grow naturally within walking distance of Dalbeattie Town Centre

HAWTHORN



Hawthorn Salads

Hawthorn leaves mixed with wild garlic, ground elder and young dandelion and any other leaves.

Hawthorn leaves tumbled with diced cooked beetroot makes a delicious side.

Savoury Hawthorn Roulade

100g Plain Flour

A Pinch of Salt

1/2 tsp Baking Powder

50g Vegetable Suet

Good handful of chopped Hawthorn Leaves

Pre-heat oven to 220°C gas mark 7

Mix all but the leaves in a bowl and then add water to form a dough. Pat flat on a floured surface, then sprinkle the Hawthorn leaves over it. Roll up the pastry and moisten the final edge to glue it to the roll.

Bake for 30-35 mins until golden and serve with hot tomato sauce or onion gravy.

Hawthorn Blossom Wine

2 litres of Flower Heads

1Kg Sugar

4 Litres Water

Juice of 1 Lemon

1tsp/sachet Dried Brewers Yeast

Leave flowers in 2 litres of cold water for three days then strain. Dissolve sugar in 2 litres of hot water and add to vessel. Add the juice from the lemon and the dried yeast and leave to ferment.

(Some recipes add raisins or cold tea to the initial brew!)



Hawthorn Berry Wine

1Kg Haw Berries

1Kg Sugar

4 Litres Water

Zest and Juice of an Orange

1 tsp/sachet d

Dried Brewers Yeast

Mash berries and add 2 litres water. Leave for 4 days stirring twice a day. Strain into a clean 4 litre jar. Dissolve sugar in 2 litres of hot water and allow to cool. When tepid add the yeast and stir. Add that to the berry juice with the orange zest and juice and leave to ferment.

HawBerry Jelly

Mash berries into a pan, cover with cold water and cook until soft. Strain the berries through a jelly bag over night. To every 600ml of juice add 350g sugar. Boil till setting point. Bottle in warm, sterilised jars.

Haw and crab Apple Jelly

With Equal amounts of haws and crab apples, follow the above recipe. Or you can substitute the crab apples with normal apples or pears.

Hawthorn Blossom Liqueur

Pick blossoms on a dry sunny day and pack them into a 1lb kilner jar.

Cover with brandy or whisky and leave for two weeks before straining.

Dissolve a teaspoon of sugar in a similar amount of boiling water and add to the liqueur before bottling.

