

Bury Rangers Knowledge Organiser Sparrowhawks: DT Seasonal Cooking

Key facts

Learning how to cook is a crucial life skill that enables people to feed themselves and others affordably and well.

There are four seasons in a year; spring, summer, autumn and winter. Each season has **different weather** because Earth travels around the Sun.

In summer, the north tilts towards the Sun. That means countries like Scotland, get more sunlight in summer. Our summer days are longer and the weather is warmer. In winter, the north of the Earth tilts away from the sun. That makes Scotland's winter days shorter and the weather colder.

Growing and transporting food so that it is always available uses lots of energy which creates **CO2**. This greenhouse gas is harmful to the environment.

In Celtic mythology it is one of the most sacred trees and symbolises love and protection. It is also known as the Fairy Tree, as fairies live under the Hawthorn as its guardians.

September/October UK Seasonal Foraging Food

Beech nuts (*Fagus sylvatica*)



Wild strawberry (*Fragaria vesca*)



Hawthorn berries (*Crataegus monogyna*)



Rosehip (*Rosa canina*)



Sweet chestnut (*Castanea sativa*)



Walnut (*Juglans regia*)



Tools and equipment

Saucepan



Jelly sieve



Fire steel



Tripod



Key Words

Definition

seasonal	Fruits and vegetables which are ready to harvest at particular times of the year.
foraging	To search for edibles growing wild.
Wild food	Edibles growing wild and not planted as crops.
cook	Prepare something to eat it by heating it up.
nutrition	Taking food into the body and absorbing the nutrients from the food.
diet	What a person eats.
ingredients	The foods needed to make a particular dish/food product.
recipe	The instructions/method to follow to make a food product.
processed	Treated or prepared using a special method to change it or make it last longer.

Hawthorn Jelly Recipe



Pick

Boil

Sieve

Add lemon
and sugar

Boil

Jar it