Blackberries

Blackberries abound in Glen Parva and can be found through July and August and are a free, vitamin rich fruit. Good places to look are down the side of the Memorial playing fields, down the side paths in the spinney and along the Great Central Way. Blackberry hunting is great fun for adults and children alike. Ensure everyone has their own container and remember not to pick berries along roadsides, due to pollution, or low hanging berries as dogs might have weed on them. Otherwise, pick what you can reach and do not worry too much about the size.

Blackberries freeze well so you can collect them over time and use them when required. Wash and drain and pat dry before freezing. They are brilliant in crumbles and pies, by themselves or with other fruits. They go very well with apples.

Blackberry Vinegar

Rich in Vitamin C, easy to make and versatile blackberry vinegar is wonderful sprinkled on salads, poured on pancakes and Yorkshire puddings and if you feel a cold coming on it soothes a sore throat beautifully.

<u>Ingredients</u>

- Blackberries (a nice big bowlful)
- White vinegar (enough to cover the blackberries)
- Sugar

<u>Method</u>

1. Place your washed blackberries in a glass or pottery bowl.
2. Cover the berries with white vinegar so that every berry is submerged.
3. Cover with cling film and then a tea towel and put aside for one week.
4. Strain the liquid through a muslin cloth or a washed pair of tights.
5. Measure the liquid and place in a large saucepan and add one pound of sugar for every pint of liquid.
6. Boil until the sugar has thoroughly dissolved (about five minutes) and leave it to cool.
7. Meanwhile, sterilise the bottles that the vinegar came in plus more empty bottles. You can sterilise by standing in boiling water for ten minutes or place in an oven at 120C for twenty minutes.
8. Once the bottles and liquid are cool, use a funnel to fill the bottles with your blackberry vinegar. You can enjoy it immediately but it keeps very well in a cupboard.