

Wild berry (& other fruit) spotter's sheet

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Bilberries

Vaccinium myrtillus

Known as **Blaeberries** in Scotland, this fruit is rather tart when eaten raw. Cooking & adding sugar brings out the flavour, however. Often mistaken for the non-native blueberry.



Blackberries

Rubus fruticosus

The fruit of the **Bramble** blackberries are the classic hedgerow berry. This year we've been provided with a bumper harvest so there's more than enough to go round. Happy foraging!



Crabapples

Malus sylvestris

The ancestor of many of today's cultivated apples, its still used to make a scrumptious jelly. Its a popular host of another berry bearing plant: mistletoe.



Damsons

Prunus domestica subsp. interstitia

The Victorian botanist Robert Hogg thought it "a fruit peculiar to England". Its origins are still debated though its been cultivated for centuries.



Dewberries

Rubus caesius

A close relative of the blackberry, for which it is often mistaken. Dewberries, however, are more blue than black. Its stems are very thorny, so watch your fingers when foraging.

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Elderberries

Sambucus nigra

The fruit of the **Elder** tree. You can tell them from inedible Privet berries by the red stem. Eaten raw they may upset your stomach so make sure you cook thoroughly to break down the toxins.



Hawthorn berries

Crataegus monogyna

The home of fairies in folk lore. You might not see them this month but you will see its red 'haws'. Good in a jelly or wine, raw they taste like over-ripe apples.



Hazelnuts

Corylus avellana

The fruit of the **Hazel** tree & a common ingredient in many snacks. They go rancid quickly if left in their shells unrefridgerated, so shell them & store in an airtight container.



Rosehips

Rosa sp.

Often used in herbal teas, rosehips can also be eaten raw - but take care to avoid the fine hairs inside! These are used as an ingredient in something quite different - itching powder.



Sloes

Prunus spinosa

The fruit of the **Blackthorn** tree. Sloes have been eaten for thousands of years - stones were even found in the belly of a 5,300 year old "ice man" found frozen in the Alps.

REMEMBER: Never, ever eat ANY berry if you don't know exactly what it is. Don't collect berries from beside busy roads or from below knee height.

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