

# 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*)



Hawthorn berries (*Crataegus monogyna*)



Sweet chestnut (*Castanea sativa*)



Wild strawberry (*Fragaria vesca*)



Rosehip (*Rosa canina*)



Walnut (*Juglans regia*)



## Tools and equipment

### Saucepan



### Jelly sieve



### Fire steel



### Tripod



## Key Words

## Definition

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