

## Out and About

Wild blackberries (or brambles) are ripe and ready to pick in autumn. And canal towpaths and riverbanks are a great place to look for them!



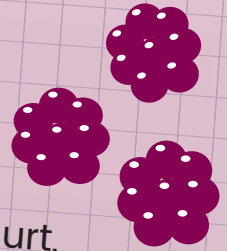
Try this activity if you are working towards any of the following badges: Seasons; Out and About; Culture; Naturalist; Environmentalist.

## Blackberry Mess

Blackberries can be used to make all sorts of homemade things to eat from chutneys to crumbles. Try Blackberry Mess - a scrumptious pudding that doesn't need any cooking.

### You will need

- about 250 g of blackberries
- 1 teaspoon of caster sugar
- 1 teaspoon of lemon juice
- 250 g of whipping cream, or yogurt, or a mixture of both
- 2 small meringue nests from a packet
- 2 bowls
- a sieve to wash and drain the blackberries
- a fork



### To make

- 1 Wash the blackberries and take out any leaves and stalks. Drain them well.
- 2 Put them in a bowl and press them lightly with a fork to make the juice run a bit.
- 3 Add the lemon juice and sugar.
- 4 If you are using cream, whip it with a fork in another bowl. It needs to be thick but still soft.
- 5 If you are using half cream and yogurt, mix the yogurt in now.
- 6 Break up the meringue nests into rough chunks.
- 7 Mix the blackberries, the cream/yogurt and the meringue together. Yum!



Blackberries were once used to make mauve, dark blue and purple-blue dyes for cloth.



Remember the **SAFE** message: **Stay Away From the Edge**



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