

THE LAB

Three things to make and do



1

Bake a wild blackberry crumble

Have a wild adventure picking ripe fruit and turning it into a delicious dessert.

What you need

- 450g ripe blackberries
- 2 tbsp caster sugar
- 225g plain **flour** (a gluten free equivalent will also work)
- 150g soft brown sugar
- 75g **butter** (or dairy-free equivalent)
- 1 tsp baking **powder**

- Mixing bowl
- Ovenproof dish
- Oven gloves



1 August and September are the best months for blackberry picking. Take a box or basket when you go out – and protect your hands with gloves. Remember to leave plenty of blackberries for the animals.

2 Rinse the blackberries in cold water and spread them out in a single layer in an ovenproof dish. Sprinkle caster sugar over the top of the berries.

3 Crumble the flour, brown sugar, butter and baking powder between your fingers in a mixing bowl. Do this until you end up with a mixture like breadcrumbs.

4 Sprinkle the crumble on your blackberries, making sure you spread an even layer over the top. Bake in a preheated oven at 180°C/Gas mark 4 for 30-40 minutes or until the top looks golden.

5 Leave to cool somewhere safe before serving with cream, ice cream or crème fraîche. Enjoy!

Allergy warning! Ingredients in **bold** are allergens (substances that cause allergic reactions). Learn more at tinyurl.com/SN-allergy



Rub the flour and butter together between your fingers.

How does it work?

Blackberries thrive in a variety of habitats, such as woodlands, hedgerows, forest edges, fields and urban areas. Keep an eye out when you're on a walk for a good picking spot. Depending on their location, blackberries ripen and can be harvested between July and September. Pick enough to make a crumble, but remember to leave plenty for the birds and mammals that rely on them for food. This activity was created in partnership with The Wildlife Trusts. For more activities like this, go to wildlifewatch.org.uk/activities

ALAMY GETTY IMAGES REX SHUTTERSTOCK