

## Go Foraging and Make Elderflower Cordial

### Background Info and Fun Facts

- Elder bushes are fast growing plants found all over Ireland, often on roadsides and in hedges.
- They produce white flowers in June and black berries in August and September
- Elderflower cordial is very popular in Scandinavian countries. You can buy it in the food section of Ikea!
- In Irish folklore, the elder was linked to fairy folk. An elder cradle was an invitation for the fairies to take the baby away with them.



### Curriculum Links

Subject	Strand	Strand Unit
Science	Living things, materials	Plant life, materials and change

### Lesson Content

1. Before making the cordial, take the pupils on a walk to identify elder plants and check for ripe flower heads.
2. Write the recipe and elder facts on a mobile board for the pupils to write down while getting some pupils up to help with each step of the process.
3. Pour the boiling water over the sugar in a large mixing bowl.
4. Get pupils to slice up the oranges and lemons.
5. Stir well and add the citric acid, oranges, lemons and then the flower heads
6. Leave in a cool place for 24 hours.
7. Strain through some J cloth and put in sterilized bottles
8. Dilute with water and have a taste test to see how many pupils out of the class like it!



### Resources

30 elderflower heads picked the morning of the activity, 3 litres of boiling water, 900g caster sugar, citric acid (get in a pharmacy), 2 oranges, 2 lemons, saucepan, gas ring or electric hob, mixing bowl, sharp knife, j cloth and sterilized bottles.

### Web Links

- [Youtube The Happy Pear + Homemade Elderflower Cordial Recipe](#) for a video on how to make the drink
- [www.nativewoodlandtrust.ie/learn/irish-trees](http://www.nativewoodlandtrust.ie/learn/irish-trees) for information, pictures and an article on elder