



UK Foraging Calendar

*A month by month guide to seasonal
wild food*



JANUARY

Rosehips

tea • jelly

Sweet Chestnuts

roast • bake

Jelly Ear Mushroom

soup • stir-fry

Gorse Flowers

fritters • syrup

Crab Apples

jelly • chutney

Hawthorn Berries

jelly • chutney





FEBRUARY

Dandelion Leaves

salads • cooked greens



Jelly Ear Mushroom

soup • stir-fry

Alexanders

soup • seasoning

Young Cleavers

soup • greens

Primrose Flowers

salads • infused syrup



Early Wild Garlic

salads • pesto



MARCH

Wild Garlic

salads • pesto

Nettle Tops

soup • greens

Chickweed

salads • pesto

Cleavers

soup • greens

Hawthorn Leaves

salads • greens

Gorse Flowers

fritters • syrup





APRIL

Wild Garlic

salads • pesto

Hawthorn Leaves

salads • greens

Dandelion Flowers

fritters • syrup

Morel Mushroom

sauté • soup

Cleavers

soup • greens

Wood Sorrel

salads • sauce





MAY

Elderflower
cordial • syrup

Wild Garlic Flowers
salads • vinegar

Hawthorn Blossom
tea • syrup

Nettle
soup • greens

St George's Mushroom
sauté • soup

Oxeye Daisy
salads • fritters



JUNE

Wild Strawberries

jam • dessert

Elderflower

cordial • syrup

Meadowsweet

tea • syrup

Wild Fennel

salads • seasoning

Pineapple Weed

tea • syrup

Young Ash Keys

pickling • seasoning



Wild Fennel

salads • seasoning



Pineapple Weed

tea • syrup



Young Ash Keys

pickling • seasoning





JULY

Blackberries, early

jam • cordial

Bilberries

bake • jam

Wild Fennel

salads • seasoning

Chanterelle

sauté • soup

Cep / Porcini

sauté • dry



Wild Raspberries

jam • cordial



AUGUST



Blackberries

jam • cordial



Elderberries

cordial • jelly



Wild Plums

jam • cordial



Hazelnuts

roast • nut butter

Crab Apples

jelly • chutney

Rowan Berries

jelly • chutney

SEPTEMBER



Blackberries

jam • cordial

Sloes

jelly • cordial

Rosehips

tea • jelly

Hazelnuts

roast • nut butter

Sweet Chestnuts

roast • bake

Elderberries

cordial • jelly

Hawthorn Berries

jelly • chutney



OCTOBER

Sweet Chestnuts

roast • bake

Walnuts

bake • nut butter

Rosehips

tea • jelly

Sloes

jelly • cordial

Hawthorn Berries

jelly • chutney

Crab Apples

jelly • chutney

Wood Blewit

sauté • soup



NOVEMBER

Sweet Chestnuts, late

roast • bake

Rosehips

tea • syrup

Sloes, late

jelly • cordial

Wood Blewit

sauté • soup

Jelly Ear Mushroom

soup • stir-fry

Bullace

jam • chutney





DECEMBER

Sweet Chestnuts

roast • bake

Jelly Ear Mushroom

soup • stir-fry

Winter Chanterelle

sauté • soup

Bullace

jam • chutney

Crab Apples

jelly • chutney

Always identify wild plants and fungi with certainty before eating. Forage responsibly, only where permitted, and never consume anything you cannot confidently identify. Extra care should be taken with wild mushrooms.