



FORAGING FOR  
FLAVOUR

# NATURAL INGREDIENTS AT THE HEART OF



In collaboration with Forest Gin founders, Karl & Lindsay Bond, Franklin & Sons has compiled this handbook for sustainable foraging so that you can enjoy the fruits of your labour without affecting the long-term prosperity of our wildlife - and leaving an 'experience worth sharing' for others.

So what IS foraging? Well, it's simply the act of gathering fresh foods including herbs, flowers, berries from the wild spaces around you. You'll be surprised at how many incredible ingredients can be found right on your doorstep.

We've teamed up with Sussex forager Fern, from Foraged By Fern, to bring you this guide on how to forage for local, seasonal ingredients to make your cocktails uniquely delicious and truly wild.

Foraging can be daunting if you haven't done it before but with this handbook, you'll learn how to forage safely and sustainably. The more you forage, the deeper you'll fall in love with nature, and just as we take from it, we'll make sure to give back at the same time!

# WHERE CAN I FIND FORAGING FRIENDS?

## *London*

Abundance London, Chiswick

Brockley Harvest, Brockley

Transition Town Kensal to Kilburn,  
Kensal Rise, Kilburn and Queens Park

## *Manchester*

Discover the Wild, Rochdale

Cracking Good Food, various locations

## *Edinburgh*

Wild Food UK, various locations

Monica Wilde, city of Edinburgh and East Lothian

## *South Coast*

*Foraged By Fern, Sussex*

*Rachel Lambert, Cornwall*  
*(wildwalks-southwest.co.uk)*



## *How to forage sustainably*

It's so important that as foragers we have a positive environmental impact! Our wild spaces provide exciting ingredients not just for us, but for many insects and pollinators too, so we have to look after them.

Follow these rules to look after the land:

1. *Only pick from areas of abundance, if there's not many, don't take any.*
2. *Tread carefully, try not to trample on wildflowers as you go.*
3. *Harvest only in small amounts, wild ingredients have big flavours so you won't need much.*
4. *Why not do some litter picking as you go!*

## *Simply wild ideas!*

- ❖ *Freeze wildflowers into ice cubes to bring some beauty to your G&T  
Big, pink mallow flowers will brighten up any glass*
- ❖ *Swap out your simple syrup for a wild berry syrup  
How about jammy rosehip or sour seabuckthorn?*
- ❖ *Blitz a handful of wild flowers with some sugar to coat the rim  
of your glass  
Try magnolia petals for a gingery kick*
- ❖ *Burn some dried wild herbs and fill up your cocktail glass  
with a scented smoke  
Mugwort smoke would work wonders*
- ❖ *Infuse your spirits with wild fruits  
Pink, wild strawberry gin anyone?*

## *Why go foraging?*

Foraging for wild cocktail ingredients will send you off on an exciting adventure, through woodlands and over fields to find unique flavours that can't be bought in the supermarket.

From sour berries that will give your cocktail a kick, to beautiful wildflowers that make stunning garnish, nature's bounty is always surprising and loaded with flavour.

## *Where can I forage?*

In the UK, we're allowed to forage for the 4 Fs (flowers, fruit, fungi and foliage) on council-owned land, country parks and public footpaths.

If you're exploring privately-owned land, you should always seek landowner permission.

The 4 Fs doesn't include roots, so never dig anything up unless it's in your garden. And by the way, your garden is a great place to start! Foraging is often focused on 'weeds' that can be found on messy lawns and in overgrown flower beds.

## *How to forage safely*

Some plants are super beginner-friendly, because they are easy to identify and have no poisonous lookalikes. But there are dangerous and poisonous plants out there, so it's really important to follow these tips to stay safe!

1. *Start with beginner-friendly plants you can already identify, like blackberries and nettles*
2. *Learn a few new plants at a time, there's no rush!*
3. *"If in doubt, leave it out!" Don't eat anything unless you're sure it's edible*
4. *Don't pick from polluted areas, next to busy roads, or popular dog-walking destinations*



# ELDER'S ESSENCE

50ml Ogilvy Vodka, 125ml Franklin & Sons Ginger Beer, 10ml homemade elderflower syrup and 7 mint leaves.

**To make the elderflower syrup:** (requires a day or two to marinade) 400g sugar, 470ml water and 20 elderflower heads.

Boil the sugar and water together in a big pan. Let it cool enough so you can stick your finger in it, then add all the elderflowers. Marinade for 24 hours, then strain. Your syrup is now ready!

Add the elderflower syrup and mint leaves to the mixing glass or shaker full of ice and muddle until all leaves are broken down and their oils released - you'll know from the amazing scent that they have been woken up. Then add the 125ml Ginger Beer and stir, followed by the 50ml vodka and stir. Double strain to remove the leaves and serve with a sprig of mint to garnish.

*Foraging tips: Known as a summer herb, mint is available to forage from April to October and can be found in public parks/gardens. Elderflower, commonly known as the signature wild food for early summer, is a low growing shrub commonly found in wooded areas and can be picked from May to July.*



by Greg Dillon, spirits expert and creator of drinks blog Great Drams

# THE RAMBLER'S MARTINI

50ml Franklin & Sons Elderflower Lemonade, 50ml Forest Gin, 10ml lemon juice (*fresh is ideal*), 5ml sugar syrup muddled with 15 dandelion leaves (*separately*), 3 dashes of Angostura bitters (*more if enjoyed spicy*).

Put the muddled dandelion syrup into a shaker with lots of ice, add all ingredients in turn, shake for 30 seconds until shaker ices over on the outside, strain into a martini glass using a stem of the dandelion flower \*with leaves\* to garnish and add scent to the cocktail.

Should give an aromatic, slightly bitter cocktail with warming flavour notes including lots of citrus from the Franklin & Sons Lemonade and the fresh lemon, with an intriguing nose.

*Foraging tips: Dandelions come into season at the start of spring. These can be found anywhere you usually find weeds growing.*



*Co-created by Greg Dillon, spirits expert and creator of drinks blog Great Drams and Karl Bond, co-founder of Forest Gin.*

# INTO THE WILDERNESS

50ml Old J Spiced Rum, 150ml Franklin & Sons 1886 Cola, 1 small green chilli and 2 fennel flower stems.

In a mixing glass or shaker full of ice, add the spiced rum and fennel stems, then grate in the whole small green chilli, seeds and all. Shake vigorously for 30 seconds until the outside of the shaker ices up. Separately, add 150ml 1886 Cola to the serving glass, add ice too, then pour the contents of the shaker over the 1886 Cola to mix it all together. Add a chilli and stem of fennel flower to the glass as a garnish.

The aniseed flavour from the fennel creates a very warming and spicy finish, thanks to the chilli. This takes both the spiced rum and the Cola to a different place and amps up the spice factor without overpowering the drink with spice.

*Foraging tips: Fennel flower is most commonly found along coastlines and can be foraged between July and October.*



*by Greg Dillon, spirits expert and creator of drinks blog Great Drams*

# THE FORAGER

50ml Forest Gin, 2 large fresh foraged blackberries, 1 sprig of fresh foraged rosemary, topped with cold Franklin & Sons Natural Indian Tonic Water.

In a copa glass, fill heavily with ice, then add the freshly foraged blackberries and rosemary. Pour 50ml of Forest Gin, then add Franklin & Sons Natural Indian Tonic Water to taste.

Recipe: Did you know Karl and his family hand-forage these ingredients that make the delicious Forest Gin; wild bilberries, raspberries & blackberries, Peak District moss & ferns, a sprinkling of wild flowers, bark & pine.

*Foraging tips: Blackberries, typically found in hedgerows across the UK - optimum foraging time is during the months of August and September. Rosemary, typically found in flower borders along roadways and in parks, the rosemary herb can be cultivated throughout the year.*



by Karl Bond, co-founder of Forest Gin

