

BUSHCRAFT – KNIVES

When it comes to Bushcraft, your knife is your best friend. Different types of knives are better for different things. There are a few things to consider when buying a bushcraft knife.



The maximum penalty for an adult carrying a knife is 4 years in prison and an unlimited fine.

BASIC LAWS ON KNIVES

It is illegal to:

- Sell a knife to anyone under 18 (including kitchen knives and cutlery), unless it has a folding blade 3 inches long (7.62cm) or less.
- Carry a knife in public without good reason, unless it has a folding blade with a cutting edge 3 inches long or less.
- Carry, sell or buy any type of banned knife.
- Use any knife in a threatening way (even a legal knife)

In Scotland, 16 to 18 year olds are allowed to buy cutlery and kitchen knives.

LOCK KNIVES



LOCK KNIFE

Lock knives are not classed as folding knives and are illegal to carry in public without good reason.

Lock knives:

- Have blades that can be locked and refolded only by pressing a button or moving a catch
- Can include multi-tool knives – knives that also contain other devices such as a bottle opener or screwdriver.



KNIFE WITH A LOCKING COLLAR



MULTI-TOOL

BANNED KNIVES & BLADED WEAPONS

It is illegal to bring into the UK, sell, hire, lend or give anyone the following:

- Butterfly knives (also known as 'balisongs' – a blade hidden inside a handle that splits in the middle.
- Disguised knives – a blade or sharp point hidden inside everyday objects such as a hairbrush, phone, buckle or lipstick.
- Flick knives (also known as 'switchblades' or 'automatic knives') – a blade hidden inside a handle which shoots out when a button is pressed.
- Gravity knives – a knife with the blade hidden in the handle which opens by the force of gravity.
- Stealth knives – a knife or spike not made from metal.
- Zombie knives – a knife with a cutting edge, a serrated edge and images or words suggesting it is used for violence.
- Swords – including Samurai Swords – a curved blade over 50cm (with some exceptions, such as antiques and swords made to traditional methods before 1954)
- Sword Sticks – a hollow walking stick or cane containing a blade.
- Push daggers – a short-bladed dagger with a "T" handle designed to be grasped in the hand so that the blade protrudes from the front of one's fist, typically between the index and middle finger.



PUSH KNIFE

Contact your local Police to check if a knife or weapon is illegal

GOOD REASONS FOR CARRYING A KNIFE OR WEAPON

Examples of good reasons to carry a knife or weapon in public can include:

- Taking knives you use at work to and from work.
- Taking it to a gallery or museum to be exhibited.
- If it'll be used for theatre, film, television or historical re-enactment.
- For religious purposes (for example the kirpan some Sikhs carry)
- If it'll be used in a demonstration or to teach someone how to use it.



KIRPAN



GRAVITY KNIFE

BALISONG (OR BUTTERFLY KNIFE)



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ACTIVITY CENTRE**

(S) / Activities / Bushcraft / Bushcraft – Knives Law Info Card



BUSHCRAFT – KNIVES

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FIXED OR FOLDING BLADE

Your first big choice in your bushcraft knife pursuit is between a folding or a fixed blade. A fixed blade knife has a blade that's permanently affixed in the open position. Because there are no moving parts in the fixed blade knife, they're generally considered strong and reliable. There are downsides, however. Because the knife is always open, you must carry it in a sheath and wear it. This makes it bulkier than a folding knife with the same size blade.

The blades of a folding knife fold back into the handle. It can also have a locking feature that prevents the blade from accidentally closing while you're using it. Because the blade folds back into the handle, the knife is more compact and can be carried more easily. But this design feature is also the folding knife's biggest drawback. Its hollow handle and the pivot point where the blade folds are weak points -- the folding knife isn't as strong as a similarly-sized fixed blade knife.



STAINLESS OR CARBON STEEL

When it comes to knife blades, there is a long list of metals that can be used. But generally speaking, there are two classifications in knife blades, stainless or high carbon steel knife blades. Each has their pros and cons and for the most part, you are just trading the shortcomings of one with the strength of the other. It all comes down to what you are willing to sacrifice on and what you are hoping to get. But which knife blade is stainless and which one is high carbon?

STAINLESS STEEL BLADES

Stainless steel blades generally have at least 12% chromium which does two things for the blade. This makes the blade able to resist rust and corrosion a lot better than high carbon blades, but the downside is stainless steel is generally softer than high carbon knives. This means that although they are relatively easier to sharpen, they also tend to lose their edge quicker than harder, high carbon blades. But stainless steel blades are definitely not perfect. So here are the advantages of stainless steel blades.

Durability

Stainless steel knife blades are generally tougher than high carbon blades. Tougher but not necessarily harder. There is an ongoing debate between the definitions of the two because, for the longest time, they have been considered synonyms. Stainless steel blades do not rust, chip or stain easily. Technically speaking, stainless steel can still rust but it resists it a lot better than high carbon knives.

Appearance

Of course, the biggest pull of stainless steel knives is the fact that they look good for a very long time. Less time used in maintaining the knife gives you more time to do what it is you like to do.



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HIGH CARBON STEEL

Carbon is the hardest element and knife blades made from high carbon steel are no exception. The strength and hardness of the blade makes it ideal for edge retention which means less time required for edge maintaining the blade, but since it does not have a drop of chromium, it has a very poor rust resistance capability. This means that you need to thoroughly clean the knife after use and make sure that you guard it against moisture before you store it. More commonly used on fixed blade knives, high carbon knife blades are known to last throughout the years. There are a lot of professional chefs and survivalist that swear to the quality of high carbon steel blades. Here is a short list of the advantages of having a high carbon blade on your knife.

Sharpness.

There is simply no matching the sharpness that high carbon steel blades have. With skill and a lot of time, you can get a stainless steel knife sharp but not to the level that high carbon steel blades. That added level of sharpness allows you better precision in cutting and requires a lot less effort thus making the knife a lot safer.

Affordable.

Of course, the price of a knife generally depends on various factors, but high carbon steel knives tend to be a lot more affordable than their stainless steel counterparts.

Hardness.

High carbon steel blades are a lot harder than stainless steel which makes it a lot more dependable on precision cuts. One may argue that high carbon rust easier which makes it a terrible choice for an outdoors environment but that can easily be resolved by some proper knife maintenance.

Edge Retention.

Because they are harder, they also tend to hold their edge longer. This means that you do not have to worry about sharpening your knife every 5 minutes and you know that you will cut through anything especially when you need it most.



CONCLUSION

As with almost everything, it all depends on what you prefer. No blade is perfect. There will be something that a blade will have and lack. It all depends on what are you willing to give and sacrifice for what you aim to gain. Stainless steel may be recyclable but high carbon blades will not burn a hole in your pocket. High carbon steel may be harder than stainless steel but stainless steel chip a lot less than high carbon. When it comes to looks, some prefer that clean shiny look of stainless while some appreciates the patina of a high carbon knife that shows that it has a lot of experience. As they say, to each his own.



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BUSHCRAFT – AXES

Axes are a tool which give out a very strong, primitive-like vibe and are considered to be a great bushcraft tool. Understanding your axe and how to use it safely and correctly and make your life easier when out in the woods.

Not all axes are created equal and likewise, not all jobs are the same. At the end of the day choosing a bushcraft axe is a personal matter. It comes down to what you want to use it for, chopping, carving, splitting or general duty, the extra weight that you are prepared to carry, how you want to carry it and even your height. Those that are taller will probably find that an axe with a longer handle is easier to use than one with a short handle. Remember, an axe is a key element of your bushcraft kit. It needs to feel comfortable in your hands. So before rushing out and buying the first one you come across, spend some time with it and decide if it feels like the axe for you.

There are many different types of axes for many different jobs. In theory, you should use different axes for different tasks, but the reality of the situation is that when out in the woods practicing bushcraft you are only really going to be able to carry one axe with you.

General bushcraft axes

These are the types of axes that you want to be looking for if you're only going to take one out with you. General bushcraft axes, also known as forest axes, are designed to be used for everything from felling trees to splitting small logs. Forest axes are designed to cut across the grain, this is useful for felling and limbing trees.

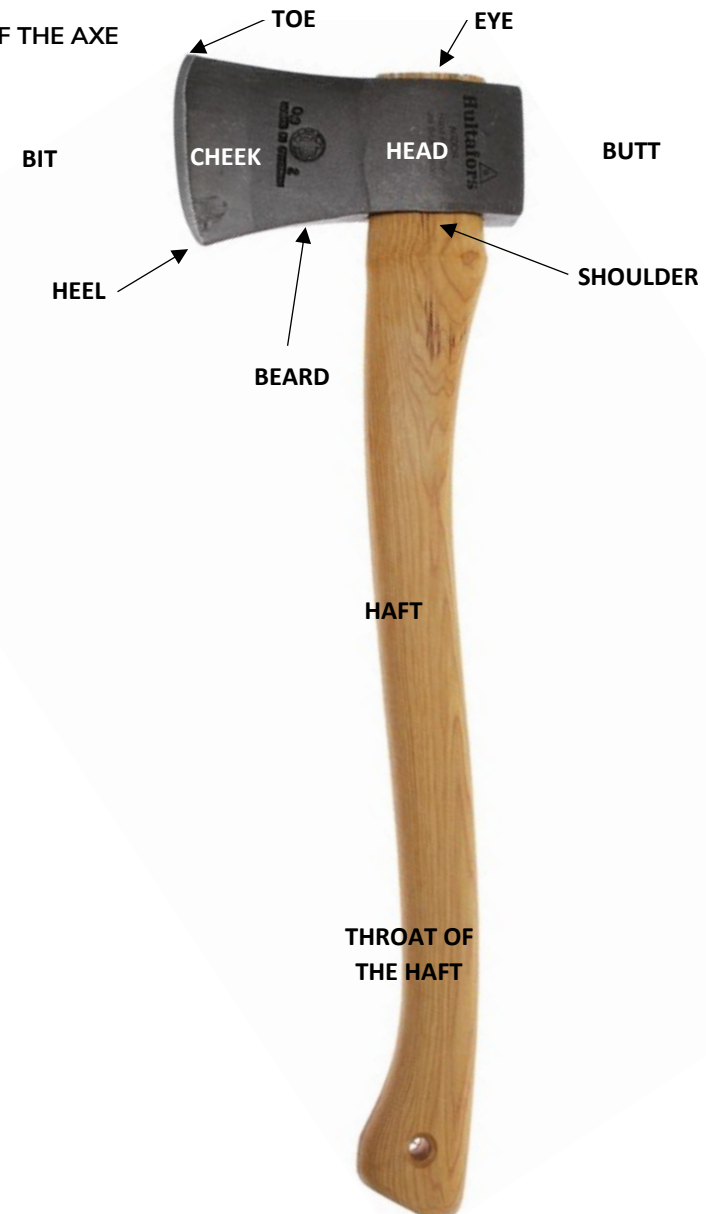
Splitting axes

Splitting axes have a large and heavy head with a relatively thin edge on the end of a concave wedge. They are designed to cut along the grain, as opposed to general bushcraft axes. With splitting axes, the edge is designed to go straight into the wood while the broader section pushes into the wood, splitting it.

Hatchets

Hatchets are, essentially, small axes that are used for smaller jobs. They have a much shorter handle than axes and can, at a push, be used for splitting and chopping – though this is much harder with a hatchet than with a small bushcraft axe.

PARTS OF THE AXE



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BUSHCRAFT – THE FIRE TRIANGLE

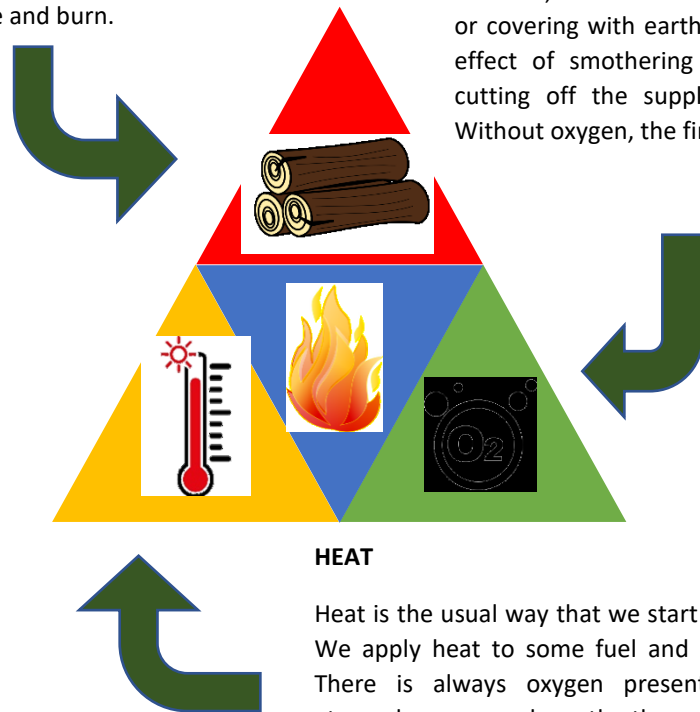
Fire requires three ingredients: heat, fuel and oxygen. The right amount of these three elements will produce fire. Removing one of these elements and the fire will go out. Mastering the amounts of these elements means mastering fire!

FUEL

Fuel is what we add to the heat in order to start the fire. Once the fire is burning, the heat from the flames sustains the fire and causes more fuel to ignite and burn.

OXYGEN

Oxygen is needed to cause combustion to occur. Removing the oxygen is the usual way that we put out fires, such as dousing with water or covering with earth. This has the effect of smothering the fire and cutting off the supply of oxygen. Without oxygen, the fire dies.



HEAT

Heat is the usual way that we start our fires. We apply heat to some fuel and it ignites. There is always oxygen present in our atmosphere, so we have the three necessary elements present. All primitive fire making methods use heat to start.



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BUSHCRAFT – FIRE - MATERIALS

Preparation is the key to sustaining a good fire. Make sure that you have enough wood of different sizes to keep your fire going before you even think about starting to light.

TINDER

Tinder is small bunches of fine dry material used to catch the initial spark or flame. Good examples of tinder are birch bark, wood shavings, dry leaves or pine needles, dead moss, or man-made materials such as cotton wool or even tumble dried herbs.



KINDLING

Kindling is small pieces of wood. Lots of thin dry pieces of wood, no thicker than a pencil or your little finger, are ideal. You could use birch twigs, grasses, or pine needles.

FUEL

The main fuel is going to be thicker twigs, sticks and pieces of wood of various sizes.

It's a good idea to have several piles of different thicknesses ready to go. You will need some bigger logs if you want to keep your fire going for a long time.



When collecting wood, never damage living trees or plants – it is wasteful, and the wood will not burn well. Try to collect fallen, dead wood – as dry as possible.

Thick sticks that can break easily make good fuel wood. Green (living) sticks do not snap easily and do not burn well. Once your fire is very hot it may be possible to burn green, damp wood. This will slow your fire down and make it last longer.

If you are building a fire for cooking, you will need lots of red hot embers to cook on.

TOP TIPS

- Before you light your fire, make sure you have a good supply of extra firewood near (but not too close) to the fire.
- If possible, protect your woodpile with a plastic sheet to keep it dry.
- It can be useful to carry a small bag or tin of tinder with you.
- If the earth is damp, lay a surface of logs or grass on the ground before you build your fire.



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BUSHCRAFT – WOOD TYPES

Not all wood burns in the same way and it is hard to make green (living) or damp wood burn at all. It is a good skill to be able to recognise different types of wood and know their burning properties.

QUICK BURNING

Some types of wood flare up brightly and burn quickly. These include softwoods – conifers such as fir, larch, pine and spruce, and some hardwoods such as birch and hazel. These woods make good kindling for getting the fire going quickly but burn fast and leave you with a pile of ash in no time. Conifers are full of resin, which makes the wood split and give off sparks when burning.



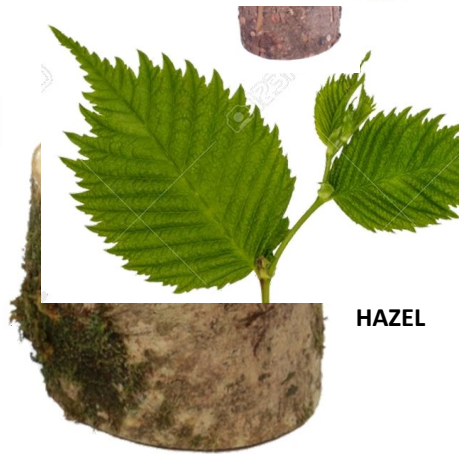
PINE



SPRUCE



SILVER
BIRCH



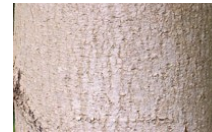
HAZEL

SLOW BURNING

Hardwoods are broad leaved or deciduous trees, and most, such as ash, beech, hawthorn, oak and holly burn slowly, leaving embers that retain heat. These woods work less well as kindling but will keep your fire going for hours and give a great deal of heat. They are ideal for slow burning, ember producing fires for cooking on.



ASH



BEECH



OAK



HOLLY



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(S) / Activities / Bushcraft / Bushcraft – Wood Types Info Card

Scouts
West Lancashire

BUSHCRAFT – SHELTER

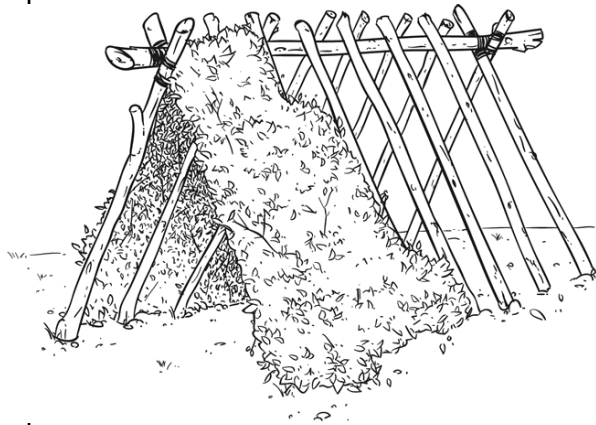
Protection from the elements is vitally important. Wind, rain and cold, or even extremes of heat, will quickly sap your energy and lead to hypothermia or heatstroke. A clear priority, therefore, is to make sure that you have adequate shelter.

NATURAL SHELTERS

Think about the best place to build your shelter. Where possible, make use of caves, boulders, trees or bushes to provide protection from the wind and rain. Look out for the possibility of water run-off or flooding, rockfall, insect nests or animal tracks and paths.

TOP TIPS

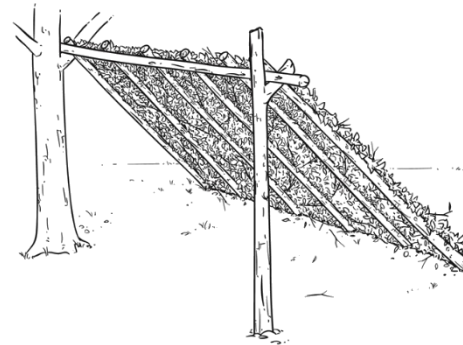
- Avoid high, exposed places. If possible it's best to build your shelter downhill and out of the wind.
- Be careful of low hollows and valley bottoms as they could be damp at night.
- Avoid lying directly on the ground. If you don't have a sleeping mat, make a bed from piles of leaves, branches, logs or whatever else you can find.



Try to use natural crevices in rocks or forks in trees and branches to support your shelter. If you need to build a frame, look for long straight sticks to use as a ridge pole.

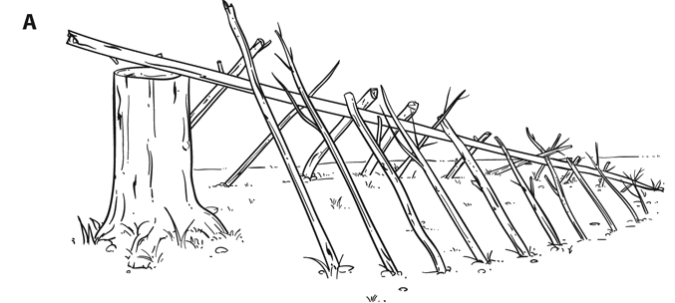
Trim any protruding twigs or leaves from the sticks and push or hammer into the ground to avoid sideways movement.

Use string, paracord or natural cordage to lash poles together to hold everything together tightly. You can weave thinner sticks through the frame to create support for your covering.



Use a variety of natural coverings such as bracken, fern or even turf to cover the roof (if using turf be sure to replace it when you leave). Moss doesn't make a very good roof covering as it soaks up lots of water and becomes heavy when wet.

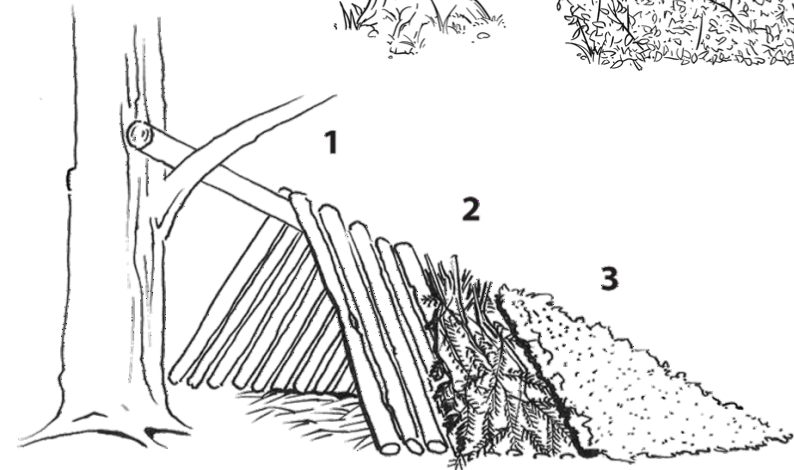
Your shelter only needs to be big enough for the people whom are to be staying in it. Too much space inside your shelter results in heat loss.



Make sure your shelter has its back to the wind.

Think about the way the groundwater will flow if it rains.

Don't build your shelter so that it is completely enclosed: you will need some ventilation.



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(S) / Activities / Bushcraft / Bushcraft – Shelter Info Card



BUSHCRAFT – FORAGING & WILD FOOD

SPRING – Look out for these edibles during March, April and May

Woodlands are great places to find wild food, but make sure that you collect responsibly. With this guide you can forage sustainably without harming woods or wildlife

All the edible plants in this guide are widespread and generally found in abundance. However, pick only what you need, leaving plenty growing for others to collect.

A word of caution: many plants are not edible, and some are extremely poisonous. It is essential that you are sure of the species that you have picked. If in doubt, don't pick it!

CLEAVERS / GOOSEGRASS

Easy to find and abundant, goosegrass is really starting to shoot up now. It's known by most people as the plant you pick to throw on your friend's back.

If you're eating this as a vegetable just use the fresh looking tops when the plant is very young before the seeds appear in summer. As the plant matures it becomes fibrous and bitter. Cook it as a green vegetable or add to soups, stews and pies. You can also eat the seeds. Wait until they've hardened, then roast and grind as a coffee substitute.

It's easy to identify – it has a square stem and is covered in tiny hooks. Look for it from February and March along hedges, path and roadsides.



GORSE

Common on sunny sites especially around cliff-tops, wasteland, commons and heathland. Its vivid yellow flowers are sought after for their coconut and almond flavour.

Gorse's deliciously fragrant flowers can be used in salads and infusions. Take care when picking the flowers because it has prickly spine-like leaves. They are delicious eaten raw in salads or steeped in fruit tea.

Gorse is a dense evergreen shrub with spine-like leaves. Its flowers are at their best in early spring, but you'll find it flowering from late autumn right through until early summer.



HAWTHORN

Hawthorn is one of the first trees to really wake up after winter. Now is the perfect time for picking the fresh young leaves before they toughen up and become unpalatable.

Young leaves and unopened flower buds have a pleasant nutty taste. Clusters and can be eaten straight from the hedgerow or add them to green salads, potato salad or sandwiches.

Hawthorn grows in woods, hedges and scrubland. The little green leaves are most tender in March and April.

RAMSONS (WILD GARLIC)

Wild garlic, also known as ramsons, is a native bulb that often grows in dense clusters on the floor of damp woodland and along shaded hedgerows. It's a rich source of folklore and is credited with the ability to ward off vampires and evil spirits.

The leaves and flowers are edible and delicious and have an unmistakable smell. The flavour is mellower than that of bulb garlic and can be used in many ways. Add leaves to soups, sauces or omelettes. Make a wild garlic pesto or use to infuse olive oil. They are also delicious in salads and sandwiches or chop and mix with butter to make a delicious version of garlic bread.

Very common throughout woodland in England and Wales, but less so in Scotland. Leaves appear as early as February and are best picked before the flowers have died (usually early May).



BRAMBLE LEAVES

It's likely you've picked blackberries, but did you know the leaves are edible too? The leaves are astringent, which means they have a drying and tightening effect - chew a leaf raw and you'll notice your mouth drying up.

Leaves have long been used medicinally as a tea because of their astringent properties. It's been used to treat mouth ulcers, gingivitis and sore throats. You can make a delicious, fruity wild tea with a few fresh or dried leaves. Infuse in hot water for 5 minutes. Dried leaves can be stored in an airtight container away from direct light. Bramble is easy to identify. Look for their long, rambling, thorny, reddish-green stems. The young, green, tender leaves are perfect for picking in April.



**WADDECAR SCOUT
ACTIVITY CENTRE**

(S) / Activities / Bushcraft / Bushcraft – Foraging Info Card - Spring



BUSHCRAFT – FORAGING & WILD FOOD

SUMMER – Look out for these edibles during June, July and August

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WOOD SORREL

The fresh green, trefoil leaves of Wood-sorrel form distinctive clumps in woodlands and shady hedgerows, often growing from the moss on fallen logs. Rising from these cushions, the delicate white flowers hang on tiny pinkish stems.

Wood-sorrel has distinctive trefoil leaves - at night, the three, heart-shaped lobes are folded back into a tent shape, while during the day, they flatten out. The white flowers have five petals and tiny purple veins, they also close as the light fades, reopening in the dappled sun. The leaves are edible straight from the plant and have a distinctive acidic flavour. They can also be used to flavour tea.

ROSEBAY WILLOWHERB

Known as Fireweed or Bombweed due to the plant's appearance following forest fires and other events which leave the earth scorched. Rosebay willowherb flowers from June to September.

Rosebay likes to grow in dry, relatively open areas. You typically find it in forest clearings, beside tracks and trails, on well-drained banks of rivers and on recently disturbed ground.

The uses of this plant are multiple – from natural cordage to fire-lighting to clothing to edible roots, shoots, leaves, flowers and pith.

Taking the pith from fireweed is something which is easy to do, using a knife to split the stem and scraping the pith with your thumbnail.



ELDER

For many people, fragrant elderflowers are synonymous with summer and they're at their best late May to June depending on where you are in the UK. The flowers and berries are the only edible part of the elder tree and require cooking to remove the small amounts of toxic chemicals.

Pick the flowers, give them a shake to remove any insects and rinse briefly in cold water before using. They can be used fresh as flavouring for cordial, wine, tea, liqueur, syrup, jelly and desserts. You can also dip the flowers into a light batter and fry them to make elderflower fritters. Alternatively dry the flowers and use them as a substitute for fresh flowers in most recipes.

Look for elder trees in woodland, scrub, hedgerows and on wasteland. Their creamy-white flowers hang in flat-topped clusters. Pick when the buds are freshly open on a warm, dry, sunny day, well away from traffic fumes.

BILBERRIES

These edible berries turn fingers, lips and tongues a deep purple. Collecting them used to be a common pastime in many parts of upland or western Britain. Bilberries are pleasant tasting when raw but are even better when cooked. They can be made into jam or lightly stewed with a little sugar and added to natural yoghurt, cream or ice cream. Also used as a filling for pies, tarts and crumbles.

The low shrubby plants grow on heaths, moors and in woodlands. Their fruit, the bilberries, resemble small blueberries and appear as early as the beginning of July, but August and September are the best months.



GREATER PLANTAIN

Like many other plants, greater plantain is often considered a weed that grows almost everywhere. The leaves of greater plantain are quite tough so they are better when blanched and sautéed with butter, but the leaves can be eaten fresh in salads.

Look for this rosette-shaped plant in fields, lawns, parks and disturbed ground. Its leaves are broad and oval with characteristic parallel veins that run from the bottom of the leaf to the top. The young leaves are best for eating.



**WADDECARR SCOUT
ACTIVITY CENTRE**

(S) / Activities / Bushcraft / Bushcraft – Foraging Info Card - Summer



BUSHCRAFT – FORAGING & WILD FOOD

AUTUMN – Look out for these edibles during September, October and November

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BEECH NUTS

Beech nuts make a tasty nibble on an autumn walk. Scrape off the outer brown skin to reveal the triangular seed. If you do collect more than a few, they can be used in a similar way to pine nuts, sprinkled on salads and risottos. Roast in the oven then place between two tea towels and rub to remove shells. Beech nuts can be slightly toxic if consumed in large quantities due to the tannins and alkaloids. Look out for pairs of three-sided nuts in September and throughout October.



HAWTHORN BERRIES

Generally, hawthorn berries are not consumed raw due to the large stone and dry, starchy flesh. They are much better when cooked and go well in jams, jellies, vinegar and ketchup. Hawthorn berries are round fruits that are about 1cm long and resemble small apples with a single seed. They are best picked when they're a deep red and fully ripe.



ROSEHIPS

Rose hips are the red and orange seed pods of rose plants commonly found in hedgerows.

The hips have a fleshy covering that contains the hairy seeds (the irritant hairs were traditionally used by schoolboys to make itching powder). The outer layer is packed with vitamin C and they are renowned for helping stave off winter colds. They can be eaten raw if you remove all off the hairs and seeds from the inside. Look for bright red rosehips from September to November along hedgerows and woodland fringes. Snip or carefully pull the hips close to the base of each pod (to avoid being attacked by prickly thorns).

SWEET CHESTNUTS

A favourite at this time of year, and a Christmas classic. Sweet chestnut trees were introduced to the UK by the Romans.

The nuts can be baked, roasted, boiled or even microwaved. Remember to score a cross in them to stop them from exploding when they are cooked. Once cooked and peeled they can be eaten as they are or used in deserts and stuffings. You can also candy them, puree them or store them in syrup.

You'll find the best crop at the foot of large established trees. Trees start dropping nuts from October and into late autumn and early winter.



PINE

A good tree for late season foraging since both needles and seeds from various species of pine trees are edible.

Collect the needles and the seeds. A tea extracted from pine needles is high in vitamin C, making it a great anti-cold remedy. It also contains vitamin. Seeds can be dislodged from open pine cones by shaking them. Seeds can be eaten raw but are usually roasted or toasted.

Look for an evergreen coniferous tree but look for young trees as it's easier to harvest pine needles. Make absolutely sure that you don't accidentally harvest the needles from yew.



**WADDECARR SCOUT
ACTIVITY CENTRE**


Scouts
West Lancashire

BUSHCRAFT – FORAGING & WILD FOOD

WINTER – Look out for these edibles during December, January & February

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BLACKBERRIES

Probably the most widely foraged wild fruit. You might be lucky to still find a few in the hedgerows in winter. Gather them for pies, crumbles or just pick them straight from the plant!



ROWAN / MOUNTAIN ASH BERRIES

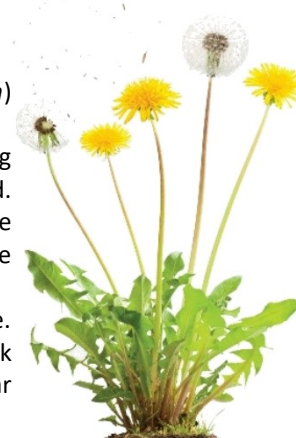
Look out for ripening clusters of orange-red berries. They can be used to make rowan jelly (delicious with game), wine, hedgerow jelly, fruit leather and wild fruit vinegar. The raw fruits are quite unpleasant!

DANDELION

The name of this plant literally means lion's tooth (*dent de lion*) probably referring to its jagged leaf edges.

All parts of the plant are edible, both raw and cooked. Add young leaves to salads and sandwiches. Unopened buds can be pickled. Roots can also be thrown into stir-fries or added to vegetable dishes or made into dandelion coffee by drying then grinding the roots.

Really common, easy to identify and found almost everywhere. Young leaves from the centre of the rosette are best – the dark outer leaves may be too bitter. The first of the dandelions appear in February.



NETTLES



Nettle leaves are a surprisingly versatile ingredient and are reputed to be a great super food that's rich in iron and vitamins A and D and packed with minerals. New growth usually begins to appear in early February.

The best leaves to pick are the tips – they're tender and give the best flavour. You can use gloves to avoid being stung. The leaves have a flavour somewhere between cabbage and spinach. You can use nettle in the same way as spinach or to make tea or soup (try creamy nettle and potato).

It's an unmistakable plant familiar to everyone. It grows pretty much everywhere. It's best picked from late February to early June.



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BUSHCRAFT – BIBLIOGRAPHY

There are hundreds of books out there about bushcraft and survival skills.

Here are a few that I find particularly useful.

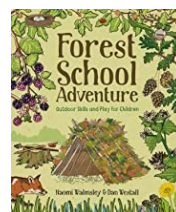
The Art of Fire: Step by step guide to starting, building and handling fires – Daniel Hume

Fire can fascinate, inspire, capture the imagination and bring families and communities together. It has the ability to amaze, energise and touch something deep inside all of us. For thousands of years, at every corner of the globe, humans have been huddling around fires: from the basic and primitive essentials of light, heat, energy and cooking, through to modern living, fire plays a central role in all our lives.



Forest School Adventure: Outdoor Skills and Play for Children – Dan Westall & Naomi Walmsley

Learn how to light a fire without matches, build a shelter to sleep in, cook on a fire, hunt for bugs and much more. From essential bushcraft basics and Stone Age survival skills to joyful outdoor play, this book is packed with ideas to bring your little ones closer to nature and all its magical offerings.



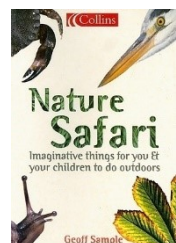
The New Amateur Naturalist – Nick Baker

A practical and inspirational introduction to observing, understanding and studying the natural world, written by TV wildlife expert, Nick Baker. Being a naturalist is about combining different skills, tricks of the trade and investigative techniques. The New Amateur Naturalist is the ultimate reference book for budding naturalists of all ages. Drawing on his experience from all over the world, Nick focuses on how you can find animals in the field, by interpreting tracks and signs, setting bait, listening for sounds, and the best ways to watch them.



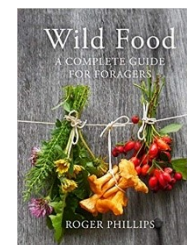
Nature Safari: 100 Things to do in The Wild – Geoff Sample

Aimed at young people from the age of seven, this fun and informative book is the perfect companion for those wishing to make their first forays in the natural world. Nature Safari is designed to encourage youngsters to learn all about nature in an active rather than a passive way, and to have fun at the same time.



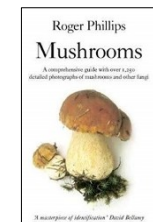
Wild Food: A Complete Guide for Foragers – Roger Phillips

Wild food is all around us, growing in our hedgerows and fields, along riverbanks and seashores, even on inhospitable moorland. In Roger Phillips and Martyn Rix's *Wild Food*, hundreds of these plants are clearly identified, with colour photography and a detailed description. From berries, herbs and mushrooms to wild vegetables, salad leaves, seaweed and even bark, this book will inspire you to start cooking with nature's free bounty.



Mushrooms – Roger Phillips

The culmination of over thirty years' work, Roger Phillips's authoritative and superbly illustrated reference work is packed with the most up-to-date information and original photographs. The essential illustrated mycological encyclopaedia, this book is also clear, user friendly and will appeal to a wide range of readers.



Food for Free – Richard Mabey

The classic foraging guide to over 200 types of food that can be gathered and picked in the wild, *Food for Free* returns in its 40th year as a sumptuous, beautifully illustrated and fully updated anniversary edition. Originally published in 1972, Richard Mabey's classic foraging guide has never been out of print since. *Food for Free* is a complete guide to help you safely identify edible species that grow around us, together with detailed artwork, field identification notes and recipes.

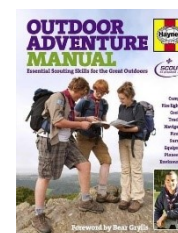


Foraging with Kids: 52 wild and free edibles to enjoy with young children – Adele Nozedar

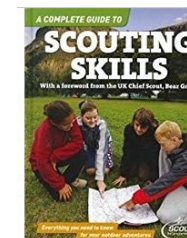
Foraging with Kids is an engaging, practical book for adults and children to work through together to build knowledge and understanding of the natural world through exploration and play. The projects are based around 52 easy-to-identify plants found worldwide, each one illustrated with a beautiful hand drawing for easy identification that is perfect for colouring in at home. Children and adults will be amazed by the diverse uses for their finds; from making soap from conkers to stopping minor cuts from bleeding with hedge woundwort. This is the ideal companion for anyone wanting to unlock nature's larder and teach their children about the glorious abundance of the world around them.



Outdoor Adventure Manual: Essential Scouting Skills for the Great Outdoors – The Scout Association



A Complete Guide to Scouting Skills – The Scout Association



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(S) / Activities / Bushcraft / Bushcraft – Bibliography

