Forsythia Spring Syrup
TASTE the SWEET FLAVOR of SPRING

INGREDIENTS

Foraged forsythia blossoms, about 2 cups
2-3 cups water
Colander, cheese cloth or means to strain flowers from water
½ cup honey
Glass jar with lid

TO MAKE IT

Step 1: Gather forsythia blossoms with children.

Step 2: Place flowers in large, heat-safe bowl. Rinse and set aside.

Step 3: Bring water to a boil (a tea kettle is ideal here).

Step 4: Pour boiling water over forsythia blossoms, then cover and set aside.

Step 5: Let forsythia steep in the water for several hours or, better yet, overnight.

Step 6: Strain liquid in colander lined with cheesecloth or paper towel OR strain in a mesh sieve.

Step 7: Mix 1 cup of forsythia-infused water with ½ cup of honey.

Step 8: Enjoy this sweet floral syrup with pancakes, plain yogurt, biscuits, or your favorite bread. It will store in the refrigerator for 2-3 weeks.

NOTE: Set aside the spent blossoms for pulp if you’re papermaking. Extra forsythia-infused water can be used to dye silk and wool roving or for beautiful yellow dyed homemade play dough.

MORE FORAGED RESOURCES

http://www.healthygreenkitchen.com
http://www.TheNerdyFarmWife.com
http://www.bakersbrigade.com

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