



Hi all, we are going to have fun with flowers and Elder this week. At Forest School we love to forage for plants we can safely eat or drink and this week we have spotted so many Elder Flowers so we would like to share our Elderflower cordial recipe with you.

Elder trees can be spotted by:

- white highly scented flowers in June
- Purple-black sour berries in late summer
- Hollow twigs with a spongy white pith inside
- Distinctive smelling leaves with 5-7 pairs of leaflets.



### Make an Elder bead necklace: (Adult supervision)

You will need;

Elder twigs/branches

Secateurs

Hacksaw (optional)

String.

Gimlet or skewer



- Using secateurs or a hacksaw cut your beads (please wear a glove on your helping hand holding the branch if using a hacksaw).
- Push out the white pith in the middle of your beads with a gimlet, skewer or thin twig to make a hole.
- Thread your beads onto a string and tie.

### Make a Nature crown:

This week Madeleine has made a lovely nature crown by weaving birch twigs and flowers in her garden. You can also make crowns by weaving willow or simply cut out a cardboard headband and cover it in glue or strips of double-sided tape. Here are some pictures to help you.

