

Free Range Play at home

As sweet as honey 🐝 🐝 🐝 🐝

We have lots of dandelions growing in the grass and tomorrow is probably going to be grass cutting day so today is the perfect day for harvesting them. The bees love dandelions and they are an important food for early pollinators. I picked the dandelions from my lawn, leaving the ones around the edges and in the flowerbeds for the bees. With the ones I picked I decided to make dandelion honey (no bees involved). If you fancy having a go, here is a really easy and delicious recipe you could make with your child.

Ingredients

2 cups of dandelion heads
1/2 lemon
2 cups of water
1 cup of sugar

How to

🐝 Pick the dandelions, remembering to leave some for the bees. If you pick from places other than your garden look for spots away from busy roads and dog walkers

🐝 Shake the heads to remove any tiny insects and give them a wash

🐝 Put the dandelion heads, water and lemon in a pan. Bring to the boil and simmer for 30 minutes

🐝 Strain the liquid to remove all the flower heads and debris.

🐝 Pour the liquid back into the pan, add the sugar, stir and bring back to the boil.

🐝 Boil until it reduces to a syrupy liquid. To test I dipped a spoon in and then let the liquid cool on the spoon. When the cooled liquid felt sticky I decided it was done.

As it cools it really thickens up so don't be worried if it looks a bit thin to start with.

If you don't have enough dandelions to fill two cups you can either halve the quantities or pop the ones you have in a bag in the freezer, adding a few each day until you have enough.

Enjoy on porridge or toast.

