

## Apple Butter

This recipe is great for using up apples and tastes fantastic on crumpets or toast. Makes approx 1kg.

- 1.5kg windfall apples • 500ml cider • 500ml water
- Sugar • 1/2 tsp ground cloves • 1/2 tsp ground cinnamon

1. Wash and dice all the apples, removing any bruised pieces into the compost. 2. Place the apples with the cider and water into a large, heavy bottomed pan. Bring to the boil and simmer until the fruit is soft. 3. Once cooked, sieve the fruit into a large bowl and clean out the fruit pan. Weigh the pulp and put it back into the clean pan. 4. Simmer until it thickens, then add 3/4 of its weight in sugar, together with the spices. Heat gently until all the sugar is dissolved. 5. Continue to cook on a low heat until there is no free running liquid. You can test this by placing a small amount on a plate and seeing if water pools around it. Once ready, pour into sterilised jars and label.



## Hedgerow Bounty

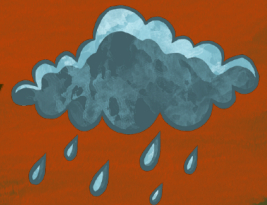
Foraging at this time of year is a joyful, fruitful experience! The hedgerows are full of hips, haws and berries. Why not take a basket out and pick some blackberries for an after dinner crumble? If you've never been foraging before, just remember:

- If you don't know what it is, don't pick it!
- Never take more than you need
- Leave the root of the plant so it can grow again
- Make sure you leave plenty for non-human folk, too



## Weather

Changeable weather is a familiar feature of the British landscape, particularly in the shift between seasons. At this time of year it is still quite warm, so why not make the most of it and go for a walk in the rain? Blow away the cobwebs of August and reconnect with the ancient elements.



## Mabon

Mabon is the third solar festival in the Wheel of the Year. It is celebrated on the autumn equinox, when the light and the dark are once again in balance. It is a time of abundance, when the harvest in the fields has been gathered and the orchards and hedgerows are offering up their bounty.



## Autumn Mandala

The hedgerows and woodlands are full of colour at the moment, and the plants are starting to drop their leaves. Gather some of the Mabon bounty and make a mandala on the forest floor, or hang a little bunch of herbs somewhere along the path you walk each day as an offering to the earth.



## Cornucopia

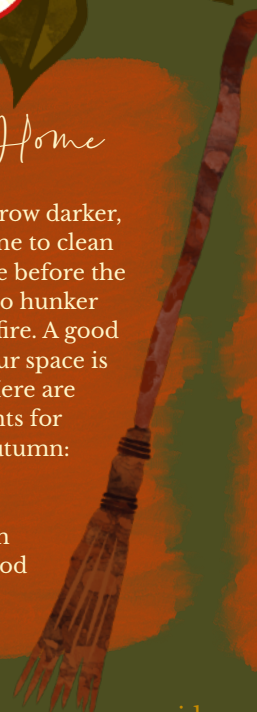
Arranging a centrepiece on your table is a wonderful way to celebrate the season of plenty. Take a basket or bowl and fill it with seasonal fruit and vegetables, giving thanks to the elements that have made this harvest. You could also include a candle with cinnamon sticks or star anise for a wonderful warming aroma. If you can, a donation to your local food bank or homeless shelter is also a lovely way to give back at this time of year to help those who do not have access to the abundance of autumn.



## Tidy the Home

As the evenings grow darker, now is a great time to clean and tidy the house before the winter calls us to hunker down around the fire. A good way to cleanse your space is with incense. Here are some great scents for prosperity this autumn:

- Cinnamon
- Cedar • Myrrh
- Pine • Sandalwood
- Frankincense



## Stories

- Persephone & Hades
- Mabon's Story
- The Apple Tree Man
- The Judgement of Paris
- The Tree of Paradise
- The Peasant and the Apple Tree
- The Theft of Idun's Apples
- The Legend of Henwen

