

HAWTHORN



SCIENTIFIC NAMES

Crataegus

NICKNAMES

Mayflower, Hawberry, Whitethorn, thornapple, quickthorn

WHERE YOU FIND IT

Hawthorn berries are found on hawthorn trees
Hawthorn trees are usually short and have long thorns on the branches

NUTRIENTS

RICH IN PECTIN, VITAMIN C, ESSENTIAL AMINO ACIDS, CHOLINE

MEDICINE

Hawthorn berries or haws are good for many different things. They are brilliant at helping with heart problems like high blood pressure and heart disease, they help digestion & prevent cancer and disease

You can make ketchup from hawthorn berries by adding the berries to apple cider vinegar, sugar, salt and spices. You cook the berries to soften them and then press them through a sieve to remove the seeds. Then you mix them with the other ingredients and blend up

MAGIC

Hawthorn can help you heal your heart and feel brave. People used to hang hawthorn branches over front doors to ward off evil spirits. Girls looking for husbands would wear hawthorn flowers. Do not bring hawthorn into the house because it is said it will bring illness to the home