

Sea Buckthorn Berry Gathering Oct 2014



Our Thanks also to Chef Liam Moloughney <http://www.moloughneys.ie/>

Sea Buckthorn is an invasive species for the unique habitats on Bull Island. Dispersal of its berries by birds at this time of year is the main way by which it spreads on the island. The berries are one of the most plant -enriched sources of vitamin C, 15 times more concentrated than oranges. They can be used for jams and preserves, pies and lotions. Dublin City Council Parks Services manage the spread of this shrub on the Island in a way that is sensitive to the protected habitats and wildlife. The berries are picked in the autumn to prevent the birds eating them and spreading them to other locations on the Island. Volunteering groups pick and cut the plant over the winter after which the cut stumps are injected with a herbicide which flows selectively down to the roots. The cut vegetation is rolled over the stumps to shade any emerging new growth. New outlier plants are pulled up throughout the year particularly if they emerge in the freshwater marshes.



Volunteers for this conservation project include local citizens and members of the following groups **Dublin Community Growers** , **Students from DIT Grangegorman** , **Conservation Volunteers Ireland (Fingal Branch)**, **Students Royal College of Surgeons In Ireland**, **Ballymun Whitehall Area Partnership**, **Coolmine Therapeutic Community** “Recovery Through Nature Programme”, **Lifeline Project** and **EcoUNESCO Students**, **Bull Island Action Group**.



How To Collect The Berries



- Check a safe site for collection. Contact biodiversity DO NOT COLLECT WHERE EVIDENCE OF PREVIOUS CHEMICAL TREATMENT where there are stumps , dead vegetation.
- Collect Sep to end Oct before they start to go soft and ferment.
- Use gloves and wear safety glasses to prevent being pricked by thorns in skin and eyes.
- Cut Off Branch with ripe berries, cut off any excess foliage



- Deposit foliage and or discarded berries at base of tree so that it is shaded in the event of berry germination. You do not want to contribute to spread of seeds.
- Place berried branches in bag.
- Freeze using quick freeze setting on freezer. (In the wild berries used for cooking are better if they have experienced a frost).
- The berries, once frozen, easily shake free of the branches without being damaged. Shake frozen berries onto tray and remove any foliage or wood.
- Sieve berries and bits of branches through the draining bowl of a salad spinner. The gap in the inside of a salad spinner are just right size to allow leaves and dust to fall through.

FOR MORE INFORMATION GO TO

www.dublincity.ie search for parks / parks events

If you want to get involved in any volunteering activities on North Bull Island or in Dublin City Council Parks and Open Spaces

Email us biodiversity@dublincity.ie

