

Berwick cockles

From the sweeties.net wiki

Berwick cockles are white mint sweets with red stripes, originally from Berwick upon Tweed, the town on the border between England and Scotland. They have been made since 1801.

Shaped like a shell

The name comes from the shape. Berwick cockles are moulded into a flattened form with a rib running round the middle, which makes them look like a cockle shell. The red stripes on white make them easy to spot in any sweet jar.

Sold by the quarter

Like other traditional boiled sweets and mints, Berwick cockles are sold loose by weight in paper bags, traditionally by the quarter pound, which is about 113 g. That is how nearly all sweets were sold from the jar before metric weights and pre packed bags took over, and it is still the way many traditional sweet shops sell them today. See [what a quarter of sweets means](#).

The Cowe family

For most of their history Berwick cockles were made and sold in Berwick by the Cowe family, whose shop finally closed in 2010. The original Cowe cockle was a hard mint. Versions sold today are often described as a crumbly mint, so the texture may not be quite what older Berwick folk remember.

A border town sweet

Berwick upon Tweed has changed hands between England and Scotland many times over the centuries, and its sweets belong to both sides of the border in spirit. Nearby Scottish towns have their own local boiled sweets too: [soor plooms](#) from Galashiels and [Hawick balls](#) from Hawick, while Moffat has its tangy [Moffat toffee](#).

A British mint

Berwick cockles belong to Britain's long tradition of striped mints, alongside [humbugs](#) and bullseyes. Mints have long been enjoyed after meals to freshen the breath. For a crisp white peppermint in our own pick and mix, try [SW040](#).

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