

Nettle Pesto

4oz of nettle tops

1 clove of garlic

1oz grated parmesan

1oz of lightly toasted nut, cashews or almonds work well, chopped.

8fl oz extra virgin olive oil

Salt and pepper

Method

1. Bring a large pot of water to boil, add the nettles for 1 minute then drain and refresh in cold water. Drain well.
2. Place the nettles, garlic, nuts, salt and pepper into food processor and whizz for a few seconds.
3. Add the olive oil, give it another quick whizz before adding the parmesan and giving it a final whizz.
4. Store in a sterilized jar, or two smaller jars, adding a layer of olive oil on top to help keep it fresh.

Wild Garlic Pesto

4oz Wild Garlic

1oz grated parmesan

1oz of lightly toasted nut, cashews or almonds work well, chopped.

8fl oz extra virgin olive oil

Salt and pepper

Method

1. Whizz the nuts and half the olive oil together in a food processor for a few seconds
2. Add the parmesan and wild garlic and whizz together pouring in enough of the remaining oil until you have the consistency you like.
3. Store in a sterilized jar, or two smaller jars, adding a layer of olive oil to help keep it fresh.

Salad Ideas

Try adding a few of from the list below to your salad next time you make one

Primrose flowers

Plantain leaves

Dandelion leaves

Wild Garlic leaves and flowers

Nasturtium flowers and young leaves.

Elderflowers

Hawthorn leaves

Wild Sorrel

Other Idea's to use in Garden Tea

Gorse Flowers

Spruce tips

Thyme

Meadowsweet

Further resources

There are many books, websites and apps that can help you identify plants or are bursting with ideas of what to do with them. Here are a few suggestions.

Website

<http://www.gallowaywildfoods.com/>

<http://www.wildflowersofireland.net/>

Instagram

Pennyporteous

Grannyskills

Books

‘Wild Food’ by Bidy White Lemon and Evan Doyle

Apps

Garden Answers

SmartPlant