



Sunnd
COMMUNITY
HEALTH & WELLBEING



Edible Plants

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*Please do not forage for any of these plants growing wild, unless you are experienced and know exactly what you are doing.

Thyme/*Thymus vulgaris*

If you keep a close eye to the ground beneath your feet in the summer, you can spot wild thyme growing above the cliffs across the Galson Estate. Thyme has a heavenly scent and is easy to grow, preferring full sun and well-drained soil. It can be utilised in a variety of dishes.

Chives/*Allium schoenoprasum*

A charming perennial and easy to grow, they produce lovely lilac lollipop-style flower heads throughout the summer. All you have to do is cut it back for winter and give them a light mulch in the autumn. Their stems chopped make lovely additions to salads and sandwiches.

Chard/*Beta vulgaris*

Go for the delightful Swiss or Rainbow variety to enjoy the bright, coloured stems of its namesake. Best grown in a raised bed setting or in a polycrubb. You can sow it from April right through to late summer to harvest the following year. They are delicious in stir fries, mixed salads and in savoury tarts.

Rosemary/*Salvia rosmarinus*

Like many of the plants profiled here, Rosemary is native to the Mediterranean region, but speaking from personal experience, it can survive in the garden over winter - if in a relatively sheltered position.

Rosemary is wonderful with game dishes, including chicken and fish.

Mint/*Mentha*

Whether you wish to garnish your gin and tonic with something fresh from the garden or make a healthy cup of herbal tea, there are so many delightful uses for this herb in your kitchen. Cut it back in the autumn and watch it grow with fresh growth come the spring.

Kale/*Brassica oleracea*

A great choice for the Hebrides, as it is tolerant of a cold climate and is not susceptible to many pests or diseases. The 'Cavalo Nero' and 'Redbor' varieties are a sure bet for their hardiness and rich, deep foliage. It works well in polenta dishes and sautéed with ginger and garlic. You can even make kale crisps!