

## WILD GARLIC



Wild garlic is also known as 'Ramsons'. They are common in woodlands, and thrive in damp shady places, especially under trees. They have a strong garlic smell, and a taste midway between garlic and leek. Both the bulbs and leaves are edible, with the flowers appearing early in the spring. This perennial plant will form a clump,

## SWEET CICELY



Sweet cicely is a perennial with fern-like leaves, and was traditionally used as a remedy for stomach ache, and more recently coming to the fore as a calorie-free sweetener. All parts of this plant are edible, with a slightly anise flavour. The leaves can be used in salads and soups, and the stalks can be used like celery. It likes a well drained soil and grows well in dappled shade.

## TREE SPINACH



As its name suggests, tree spinach can be used as a substitute for spinach. If picked very young it can be eaten raw, otherwise it is best steamed or sautéed in melted butter, and still retains its pink colour. It is a tall growing annual that self-seeds readily, but it's not an invasive thug, and harvesting it regularly will easily keep it in check. It prefers sunny conditions, and can tolerate dryer less-fertile soils.

## GOOD KING HENRY



Also known as 'Lincolnshire Spinach' or 'poor mans asparagus', this unfussy perennial is rarely bothered by pests or diseases. Eaten raw, the leaves are rather bitter, so needs to be soaked in salted water, then boiled or wilted with some oil. The young shoots can be picked around 20cm high and treated just like asparagus. It grows to around 2ft tall, in most well-drained soils, and likes full or part sun.