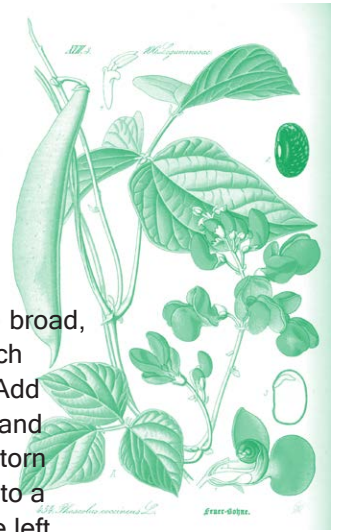


BEANS:

Nicest straight from the pod.

ITALIAN BEANS:

Perfect for all types of bean - take about 500g borlotti, broad, green or flat. Slice the bigger beans (e.g flat) into 1 inch pieces. Add to a pot with just enough water to cover. Add 6 tomatoes, roughly chopped, 2 garlic cloves, peeled and squashed flat with the blade of a knife, 4 sage leaves torn up and 3 tablespoons of olive oil (or rapeseed). Bring to a simmer and let the liquid evaporate down until you are left with a thin sauce and the beans are really tender. Season to taste and add fresh basil or parsley. Nice hot or cold.



Wild Card

Try adding Wild Garlic, Garlic Mustard, or Three Cornered Leek which you can gather and dry in the spring. Later in the year, the Wild Garlic seed heads are delicious garlicky bursts, while the Garlic Mustard seeds can be ground and used just like mustard!

SMASHED BEANS ON TOAST:

Perfect for either peas or broad beans. Pod the beans or peas and boil a kettle. Pour boiling water over the peas/beans and then leave for 1 minute. Drain and run the veg under the cold tap to keep the colour. Tip into a bowl and use a potato masher to start squashing the vegetables into a rough paste. Add salt, pepper and lots of mint or basil. Add a splash of oil to bring it together and a squeeze of lemon juice. Toast some bread. Rub the bread with a clove of garlic, then pile the green bean/ pea mix on top. Another drizzle of oil and eat!

EATING THE CANAL RECIPE CARDS



Eating the Canal is a project exploring the edible possibilities of The Super Slow Way Linear Park, a 20 mile stretch of the Leeds & Liverpool canal running from Blackburn to Pendle.

These recipe cards were invented when the tastebuds of a local group met with the luscious vegetables and produce at The Good Life Project, a space where therapeutic horticulture and food-growing are used to help isolated individuals in Nelson. The session was run by food campaigner, writer & cook Lucy Antal, and the cards put together in collaboration with artist & forager Hannah Fincham.

Can you add to our edible body of research by trying out these dishes, or inventing ones of your own using canal inspired ingredients? Share your creations using #eatingthecanal!

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