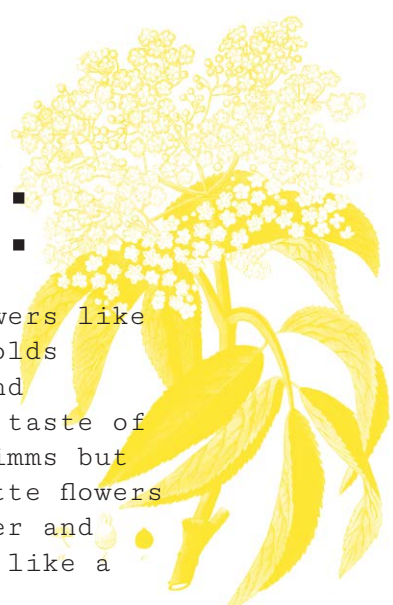


EDIBLE FLOWERS:

Not just pretty, you can eat flowers like nasturtiums (peppery) and marigolds (bitter) and they bring taste and colour to salads. Borage flowers taste of cucumber and are a classic in Pimms but also very nice with fish. Courgette flowers can be dipped in a pancake batter and fried, then sprinkled with salt like a savoury doughnut.



ELDERFLOWER CORDIAL:

Pick around 10 to 15 fresh elderflower heads that have just flowered. Best picked in the morning, they should smell floral (not like cat wee - that's a sign they are past their best!) Give them a very quick rinse in cold water then pop in a pan with the peel of a lemon and its juice, 500g sugar and then add 1.25 litres of boiling water. Bring to the boil, give it all a good stir, to dissolve the sugar, then take off the heat, cover and let it sit overnight. In the morning, strain it through a sieve lined with a thin tea towel and left to drip. In the morning reheat the drained syrup to boiling point, then bottle into sterile jars and seal. Allow to cool and keep in the fridge. Dilute to taste.

If you can get hold of citric acid - adding about 30g to the recipe will enable to keep longer.

Sambucus nigra L. **Wild Card**

There are many flowers and blossoms in the wild that you can eat, such as Elderflower. But not all are edible so check in a guidebook before you nibble! Cherry Blossoms taste like sweet almond, Flowering Currants taste like... currants! With most blossoms, the best way to capture their flavour is with an infusion, into milk, or a syrup like the recipe here.

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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