

HERBS:

Fragrant, spicy, pungent flavours are hidden in all the least expected leaves and we can create interesting dishes beyond the usual herb-bed line-up. Judith Appleton, a participant in the Eating the Canal sessions, has been taste-testing leaves found in the HH gardens and has developed a pesto recipe to use them in! Here are her findings:

Sorrel - tangy

Radish leaves - pleasantly peppery

Beetroot leaves - earthy

GREEN LEAF PESTO:

This is a paste you can spread on toast or bread, add to soups for zing, dilute for a dip or a salad dressing... Originally from Italy and made with the basil leaves, parmesan cheese and pine nuts easily found there, it can also be made with other leaves, cheese and nuts.

Divide or multiply all the ingredients in this recipe according to how many leaves you have. A blender works best for this recipe, but a pestle and mortar may be better for smaller amounts.

100g edible green leaves (eg radish tops)

50g nuts (eg almonds, walnuts)

50g hard salty cheese (sheep's cheese works well, as does extra-mature cheddar)

4 tbsp good quality salad oil (olive, rapeseed, sesame)

Wash, dry, remove stalks and cut or chop the leaves into your blender. Grate the cheese into the blender. Push the garlic through your garlic press into the blender. Add the oil to the blender. Blend until paste-like and creamy. Taste. You may want to add salt, pepper, lemon juice



Wild Card

Dandelion and Plantain leaves can be added sparingly for a bitter kick. Yarrow leaves are tasty too.



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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