



BUZZ!



FLAVOURS
and
FLOWERS
with
EDIBLE
HEXHAM





Herbs to liven up your food all year round. Fresh salads to pick. Juicy fruits too. Edible Flowers. All for free under the sign 'Edible Hexham'.

Discover Hexham's most attractive small garden corners through walks around the town. Along the way you will find delicious treasures growing for you, planted and maintained by volunteers from Edible Hexham.

Enclosed is a map to guide you round the gardener's trail, leading you round planters, pots and beds. Plants are labelled and recipes can also be accessed by the QR codes for your phone.

Supporting it all is the productive Hexham Community Garden.

Winter, Spring, Summer or Fall,
all you've got to do is call...

on Edible Hexham

Parsley

Not just a pretty face, parsley is packed with goodness. A gorgeous way of making the most of it is in the middle eastern salad, Tabbouleh, based on bulgur wheat from a packet, easily obtainable.

Tabbouleh

For 4 people:

- 250g bulgur wheat
- 4 ripe tomatoes chopped in little chunks
- Half a cucumber chopped in little chunks
- 4 spring onions sliced in thin rings
- Bunch of flat leafed parsley chopped (28g approx)
- Bunch of fresh mint chopped (28g approx)
- 1 clove of garlic crushed with sea salt
- 150 ml extra virgin olive oil
- Juice of one lemon

Soak bulgur grains in hot water for 15 minutes. Drain thoroughly and mix with all other ingredients in a salad bowl. Allow to stand for 30 minutes before serving.

A summer meal in itself or side dish in a bigger spread.





Mint

Too generous for its own good probably. Mint is one of the great herbs of summer.

Pick a few stalks, strip off the leaves and chop and sprinkle into any salad of your choice. Put a full stalk into a pan of boiling new potatoes – or add a spoonful with butter to the hot potatoes.

Raita

Here is a fresh, delicious cucumber and mint dish with lots of uses.

- 1 cucumber grated into a sieve
- Chopped bunch mint (28g approx)
- Clove of garlic crushed in sea salt
- 1 tub of Greek style yogurt. 500g

Squeeze surplus moisture from cucumber and decant into a bowl then mix in the garlic and mint. A cooling and delicious dip to accompany any barbeque or traditional roast lamb.

If there's any left over, blitz it into a refreshing smoothie with a couple more spoons of yogurt.

Chives

The most simple and slender member of the onion family. Snip a little bunch into any salad – or on to eggs in any form - egg mayonnaise, scrambled or as an omelette. Add to cream cheese, delicious.

A very pretty garnish. The little purple drumhead flowers can be crumbled into salads too. But once the stalks bear flowers they are too tough to eat themselves.



Rosemary

Little fresh tufts of this aromatic herb, paired with slivers of garlic and studded into lamb to season it before roasting or barbequing, releasing an irresistibly enticing cooking scent... if you are a meat eater. Or just give similar treatment to potatoes roasted in olive oil. Delicious light savoury biscuits, Rosemary and cheese sablés, and all the recipes in this booklet, can be accessed on our website using this QR code.





Oregano and Marjoram

Italian cooking puts the leaves of these vigorous, sun-loving herbs to good use, fresh or dried. Nearly indistinguishable from each other, marjoram is lighter in flavour and oregano more peppery. They work fine together. Their flowers are very attractive to bees. This plant family is easy going and forgiving, like certain Italian temperaments.

Fresh, this herb duo makes another version of our old friend, the pesto sauce, to dollop on to pizza or pasta, to mix with feta, ricotta or goats cheese and spread on good bread or to anoint a cheese scone on its own. You can also glamourise basic hummus by stirring in a generous spoonful of this pesto to serve as a dip with crudities of carrot, celery, cauliflower, cucumber peppers... or good crisps!

Marjoram / Oregano pesto

- A roughly 25g bunch of Marjoram or Oregano leaves, stripped from stalks.
- 3 crushed cloves of garlic
- 200g of pine nuts or walnuts
- 100g fresh grated Parmesan
- 150mg extra virgin olive oil
- Juice of half a lemon

Briefly soften the garlic and herbs in a warm pan in a spoonful of olive oil. This will both mellow and accentuate the base flavour of the pesto. In the food processor, whizz up the herbs and garlic with the nuts and parmesan into a nice paste. Gradually pour in the olive oil and lemon juice until it creams into a thick sauce. Now it's ready for anything.



Get wise with Sage

The herb of wisdom, its velvety grey or purple leaves are so tempting to pick in season.

Their smokey, earthy flavour is released by gently frying a dozen leaves or so in butter or olive oil before crumbling into squash or pumpkin dishes or soups, combining with pork, pastas and risottos, along with parmesan.



Sage crisps

The cool alternative to You Know What. Lightly fry a few sage leaves until light and crisp, place them on a piece of kitchen roll and sprinkle sparingly with sea salt... or if you have a sweet tooth... Shhh, a tiny squizz of sugar. Eat at once.

About Thyme

Thyme is a perpetual provider through the year, sprigging merrily in Hexham garden containers. Left on its little twiggy branches, thyme is a great seasoner of casseroles and stews or every kind. Remove at the end of cooking. Stuff a few twigs in a chicken with half a lemon and lots of garlic before roasting. Stripped off, the tiny leaves can be added to many tomato dishes or sauces, incorporated into dough for herb bread or cheese scones. Lovely.





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Together we can take Hexham into a green, sustainable future, with edible gardens for all. Just follow the enclosed map.

Edible Hexham is a Transition Tynedale project.

Thank you for your support

- Northern Rail Community Partnership
- Northumberland County Council Community Chest
- Greggs Foundation

and

- Jane Torday
- Rosemary Theobalds
- Fran & Paloma Theobalds
- Peter Rodger

for inspirational recipes,
ingredients and design.

Want to join in?



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