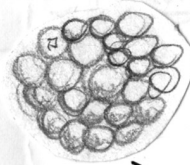
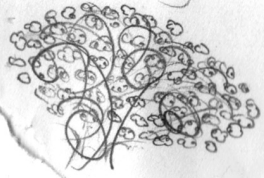




Nettle Soup

7 cloves of garlic, fried and chopped, with an onion chopped, add 4 litres water and add to a stock. Bring to a boil and add 1/2 kg chopped potatoes. Add 1 bag of spring peas (pre seeding baby) + Pepper to taste. Liquidise!

Elderflowers



MALLOW

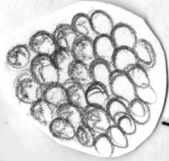


SPICED HEDGEROW JAM

Put 1lb of blackberries + 1lb of other fruit, rosehips, elderberries, sloes, medlars, etc into pan and heat gently until time to add 1lb 2 cinnamon sticks + 1/2 tsp of ground ginger and 3/4 tsp of apples. Hard but chopped crab Test for setting by putting a little jam on a cold saucer. Wait for a few minutes and then touch the edge with your finger. If the preserve wrinkles + lensetting point reached. Remove cinnamon stick + decant into warm jars + seal



LEAGHME  
10/10/10



OLYMPIC ZONE  
HACKNEY WICK



NAVIGATION

LEE



YARROW



Elderflower Cordial  
20 flowers + 1.8kg sugar + 2 sliced lemons + 50g citric acid mix in bucket with 1.5l boiling water. Put bucket on lid and leave for 3 days straining occasionally into a bottle

HONEYWICKLE

