



Wild Food Foraging in Cornwall
and the Isles of Scilly

Rachel Lambert

Food Foraging in Cornwall and the Isles of Scilly

by Rachel Lambert

It is easy to forget, whilst you are buying your veg from your favourite Farm Shop, that most if not all of the fruit and vegetables that we eat has been “developed” and “farmed” a long way away from the original plants that they once were.

Most of us can identify and safely eat a few blackberries on our country walks but we are usually unaware of the wide variety of tasty edible treats that grow all around us.

Help is at hand that will transform your country rambles into a food shop, Rachel Lambert who is well known here in Cornwall for being an expert on wild food and how to use the exciting selection that grows down south in Britain particularly. Rachel runs foraging walks where you get to identify and pick - with a mind to the environment - what will be your next meal. Rachel also shows you how to use your treasure trove of edible goodies and prepare a delicious meal.

But what to do when Rachel is not on hand? Help is now available in the form of a lovely pocket sized book written by Rachel entitled “Wild Food Foraging in Cornwall and the Isles of Scilly”*

The perfect size, the book is a beautifully illustrated guide to identifying what is edible, the health benefits of each of the

plants and then some lovely recipes to wow your family and friends. There is an exciting selection of 21 popular and accessible wild edibles, including; flowers, fruits, leaves, seeds, shoots and seaweeds.

The crystal clear photographs of both the plants and the finished dishes takes out the guess work from both picking and cooking.

A highly recommended book from Pocket Cornwall book selection I can certainly see this a gift, and dare I say stocking filler, for your favourite ramblers and walkers.

For further details about foraging walks and the book itself visit Rachel's website www.wildwalks-southwest.co.uk

Published in 2015 by Alison Hodge Publishers in Cornwall and available in book shops and Tourist information Centres and available on-line at Rachel's website [CLICK HERE](http://www.wildwalks-southwest.co.uk) Priced at £5.95

For details of other books from the Pocket Cornwall series: www.alisonhodgepublishers.co.uk
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* Please note that not all of the recipes are Vegan



Alexanders – *Smyrniium olusatrum*

Where	Coastal and hedgerow, Cornwall, IOS
How abundant	Very
Edible parts	Leaves, young stems larger stems peeled, seeds, flower buds, roots (but see page 10)
Season	Winter (leaves, young stems); spring (larger stems), late summer/autumn (seeds)
Nutrition/medicinal	Considered to be high in vitamins and minerals, including vitamin C and potassium. Seeds contain protein, carbohydrates and oils; historically, the plant was used to stave off scurvy

Get the ID right!

- Hairless plant, grows to 1.25 m
- Leaves dark green and glossy with toothed edge, stems and leaves grow in threes
- Flowers greenish-yellow, umbelliferous (umbrella-like)
- Stems ribbed, maybe purple/reddish stripes
- Seeds three-dimensional, ridged, black, sometimes with a whitish tinge

Suggested recipes and uses

Steam leaves and young stems as a side vegetable. Add to Spanish omelette, or cook in a creamy soup. Peel larger stems and cook like asparagus. Boil stems, using the liquid as stock for risottos (pages 14–15) or rice pudding. Grind seeds and add to bread, savoury or sweet biscuits. Simmer foliage or seeds with half their weight of sugar to make syrup; strain and use on desserts, in sorbet or ice-cream.

Tips

Late spring use large stems for stock (too fibrous to use as a vegetable). Store seeds by lightly dry-roasting; keep in dry, sterilized containers for up to two years.

Originally brought over by the Romans, now often considered an invasive. Best cooked, especially the large stems, peeled – it took me years to realize that!

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Bermuda Buttercup - Scilly Wild Spring Salad with Orange and Beetroot.



Three Cornered Leek
and Nettle Pesto

