

# Rustic Recipes *Reimagined*



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RHS Chelsea Flower Show 2023 Stand GPA008

#RHSCheelsea

# An Overview

Eating seasonally and sourcing locally are themes that have gained a higher profile in recent times. We can learn a lot by looking to the past – plants grown historically are suited to our native environment, are often free or cheap to grow and can be more nutritious.

With ‘Rustic Recipes Reimagined’, inspired by recipe books from the medieval period, we have investigated plant material available, grown both in our gardens and the local countryside.

For example, did you know that the weed Good King Henry, *Chenopodium bonus-henricus*, is a perennial vegetable high in Vitamin C?

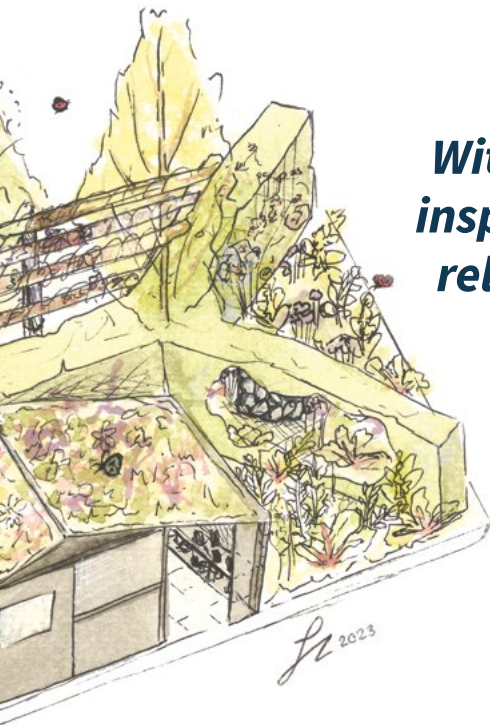
Other plants such as Hazelnut, *Corylus avellana*, have multiple uses including structural, edible, shelter and provide support for beneficial insects. However, we must not upset the balance of local habitats for biodiversity by excessive or ill-informed harvesting.

Our garden showcases the creation of the ingredients for some medieval-inspired recipes from four distinct habitats:

- 🍃 Fruit Grove with Beehive
- 🍃 Modern Potager with Storage Shed
- 🍃 Flint Well Garden
- 🍃 Preparation Arbour with Seating



Hedgerow Salad



“ ”

*With this garden, we hope to inspire you to reimagine your relationship with plants and reconnect with nature.*

## Rustic Recipes

In our garden you will find ingredients and instructions for recipes such as Fruit Parchment, Hedgerow Salad and Nettle Soup, as well as information about Nuts and Berries and two ways to Eat Your Greens. You can also scan the QR code to view videos of the team creating these recipes with the help of local cookery school, Season.



Nettle Soup



Fruit Parchment

But our recipes are not just about food! Our garden displays provide multi-sensory pleasures, through sight, sound, smell and touch, as well as taste – they really are recipes for life.

No matter the size of your outside space, you can reimagine a rustic recipe that reacquaints you with interacting sustainably, locally and seasonably, and helps defend and care for the future of our natural world.





## Hedgerows and Hedgehogs

Protecting local biodiversity is essential for ecological balance and growing locally – demonstrated by our mixed hedgerow to provide shelter, food, and protection to wildlife such as hedgehogs and dormice, beetles and birds, pollinators and people.

The hedgehog is known as ‘the gardener’s friend’ as it will eat bugs and grubs and does no harm. Increasing the complexity of the local habitat – with more and denser hedgerows, for example, that offer greater shelter – can reduce the impact of predators on this vital species.

Sparsholt is proud to hold a silver Hedgehog Friendly Campus award through taking part in environmental challenges set by the British Hedgehog Preservation Society.

## How do I know if a local plant is safe for me to use?

When harvesting, a valid and common concern before trying new ingredients is, is it safe for me to use? Many organisations provide information and guidance on safe eating, for example Food Standards Agency advice includes that you should:

- 🌿 Be certain of plant identity
- 🌿 Wash your harvest well
- 🌿 If it is your first time trying a food, consume only a small amount initially
- 🌿 Avoid plants near sites with pesticide, pollution or industrial contamination risks



Everyone is individual. If in doubt consult with a healthcare professional. Scan the QR code for the RHS link to Edible Flowers and members’ plant identification advice page.



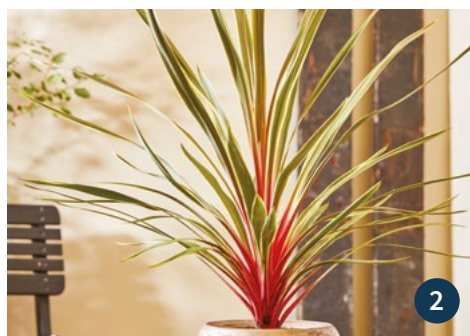
# New 'Local' Plants – RHS Plant of the Year 2023 Entries

Innovative, new and low-input 2023 plant introductions bred by Hillier Nurseries, Hampshire (1–4) and Thompson & Morgan (5).

Providing enhanced sensory benefits, satisfying gardeners' needs for curiosity, novelty and discovery – part of our recipe for life.



*Erysimum* COLOUR VIBE RED ('CDCERY01')



*Cordyline* MAGIC STAR ('TUSO20')



*Lavandula x intermedia*  
EXCEPTIONAL ('HILLAV')



*Geum* 'Orange Pumpkin'



*Agapanthus* BLACK JACK ('DWAghyb02')

# SPARSHOLT

COLLEGE GROUP

Sparsholt College was established at the beginning of the 20th century and is set in 183 hectares of beautiful Hampshire countryside. It is recognised as one of the UK's leading land-based colleges with a national and international reputation.

Students work with the grounds team to maintain the Horticulture department, campus grounds and six hectares of sports pitches.

Sparsholt also delivers the Horticulture, Greenkeeper and Advanced Sports Turf Technician, Landscape Operative and

For more information please call or visit:

 **01962 776441**  **[sparsholt.ac.uk](http://sparsholt.ac.uk)**



Our Team left to right Matthew, Josh, Eliza, Jaz, Chris, Ella-may, Charlotte, Alice and George.

Landscape or Horticulture Supervisor Apprenticeship Standards and trains up to 120 apprentices a year. A team of five sector specialists supports employers in the horticulture and landscaping sectors to develop the gardening talent of the future.



Please scan for indicative plant list and further information

We would like to take this opportunity to thank the following for their generous support:

**Hazel, Keith and George Smith**

**Millier**  
NURSERIES

**SEASON**



**Thompson & Morgan**  
*Experts in the garden since 1855*  
[thompson-morgan.com](http://thompson-morgan.com)



**HEDGEHOG FRIENDLY CAMPUS**  
**SILVER AWARD** 2022/23



**British Hedgehog**  
**Preservation Society**