

## DELICIOUS DRINKS



### Herbal Infusions

**Lemon balm** for headaches & improving memory. **Mint** for improved digestion, preventing nausea, reducing stress, anxiety or inflammation. **Nettles** to relieve hay fever symptoms, also rich in vitamins and nutrients

Pour 1 pint hot water over 3 stems of chosen herb and infuse for 10 minutes. Serve as a warm tea or chill and serve cold.

**TIPS** Use the youngest leaves (tops) for the best flavour

Add lemon zest / juice and honey / sugar to taste if required.

### Flavoured Waters

These can easily be created from a wide range of fresh fruit, berries and vegetables. Consider incorporating herbs such as ginger or cinnamon too.

Select some fruit to try. Slice up small enough to fit in the neck of a bottle.

Push fruit into bottle, fill with water and leave in fridge for 2-3 hours (or longer) to infuse.

You can keep topping up the water but replace the fruit after 3-4 days

## SEASONAL SALADS



### Mint vinaigrette

¼ cup vegetable oil  
2 tbsp lemon juice  
2 tbsp white vinegar  
2 tbsp honey  
2 tbsp chopped mint (fresh)  
Salt and pepper to taste

### Thyme Honey vinaigrette

½ cup vegetable oil  
¼ cup cider vinegar  
¼ cup lemon juice  
2 tbsp honey  
1 tsp fresh thyme  
Salt and pepper to taste

Wash and finely chop the herbs and place in a sealable container, a jam jar is perfect.

Measure out the liquid ingredients and add to the container. Seal the container and shake to form an emulsion (cloudy mixture).

Your dressing is ready to serve or can be stored in the fridge for up to 3 days.

### SALAD GROWING ADVICE

[rhs.org.uk/advice/grow-your-own](http://rhs.org.uk/advice/grow-your-own)

[rhs.org.uk/advice/profile?pid=678](http://rhs.org.uk/advice/profile?pid=678)

[rhs.org.uk/advice/profile?pid=618](http://rhs.org.uk/advice/profile?pid=618)

<http://tinyurl.com/zna5e8d>

[www.britishleafysalads.co.uk/know/know-index.shtml](http://www.britishleafysalads.co.uk/know/know-index.shtml)

## RHUBARB LOAF



340g rhubarb, cut into 1cm slices  
225g self raising flour  
110g butter (or block margarine)  
110g caster sugar  
2 large eggs  
1 tsp vanilla extract

Heat the oven to 180°C and grease and line a 2 pound loaf tin.

In a large mixing bowl use your fingers to rub the butter (or marg) into the flour until it resembles fine breadcrumbs. Then add the caster sugar and sliced rhubarb and gently mix.

In a separate bowl beat the eggs with the vanilla extract. Pour the egg mixture into the flour, sugar and rhubarb mixture and stir till combined.

Spoon into the loaf tin and bake for half hour.

Turn onto a wire rack to cool and enjoy warm or cold. Stored in an airtight container will keep fresh for 3 days.

If wanted you could drizzle the cake with a little icing made with rhubarb juice.

Recipe courtesy of

# This workshop was made possible by support from



@Feed\_Leeds

Feed Leeds is a network of individuals and organisations working in partnership to support local food growing (at home, in allotments, at schools, in community projects or commercially) for its social, economic, environmental and health benefits, and to promote healthy, sustainable and affordable food in Leeds.

We hold regular meetings and social events, visit [www.feedleeds.org](http://www.feedleeds.org) or join our facebook group The Potting Shed for more details.



@LeedsFoodP



@leedsfoodpartnership

Leeds Food Partnership aims to celebrate good food and contribute to city priorities by; addressing health inequalities (including malnutrition and obesity), reducing food poverty, supporting local food businesses, and reducing the environmental impact of the production, trade and consumption of food, with a strong emphasis on the reduction of food waste. And also by promoting growing and cooking skills, and the enjoyment of eating healthy food.

For more information or to get involved please visit <http://leedsfoodpartnership.org.uk/>



@BeckySeasonWell



@seasonaleating

Season Well is a local social enterprise inspiring and enabling people to grow, cook and eat more seasonal and sustainable fresh fruit, herbs and vegetables. We offer cooking and food growing workshops. We support organisations and businesses to set up their own food growing and cooking programmes.

For more information or to get involved please visit [www.seasonwell.org.uk](http://www.seasonwell.org.uk)



leedsindiefood

Leeds Indie Food Festival is a celebration of the best of independent food and drink in Leeds. The annual festival showcases the ever-growing community of independent businesses in Leeds.

Visit <http://leedsindiefood.co.uk/> for details of events taking place 10<sup>th</sup> - 28<sup>th</sup> May 2018.