



Photos of Lavender (cc) Mim Saxl

<i>January</i>	11	22	<p><i>Make your own Lavender & Almond Hand Cream</i></p> <p>Ingredients:</p> <p>25g Organic Cocoa butter 15g Beeswax grated 100ml Organic Sweet Almond oil 150ml Organic Lavender water 35g Emulsifying Wax 30 Drops Lavender essential oil Five 50g jars with lids, sterilised</p> <p>Method:</p> <p>1 - Measure cocoa butter, beeswax and almond oil in a glass jug/bowl. 2 - Stand bowl/jug in a pan with 5cm of water and dissolve ingredients over a low heat. Stir occasionally. 3 - Measure the lavender water into a glass jug/bowl, add emulsifying wax. Stand the jug/bowl in a pan with 5cm of water and heat gently until wax dissolves. Stir a bit. 4 - Pour the lavender water/wax mix into the oil mixture very slowly. 5 - Whisk continuously to blend together, until cream cools down. 6 - Add lavender essential oil and stir. Pour into sterilised jars. 7 - Will keep in fridge for 2 months.</p>	<i>February</i>	11	22
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10	21			10	21	



Making nettle string - photo (cc) Mim Saxl

Nettles at BLCG - photo (cc) Mim Saxl

Nettle burgers - photo (cc) Annie Davy

<i>March</i>	11	22	<p><i>Make your own</i> Nettle Burgers</p> <p><i>Ingredients:</i> Young nettle top leaves Rolled oats Tasty things</p> <p><i>Method:</i> 1 - Boil up some water & add washed nettles. Boil up for two minutes, drain off the Nettle tea and enjoy as a drink. 2 - Let the nettles cool a bit, then squeeze water out. 3 - Chop finely, then add some rolled oats, (about 3 parts nettle to 1 part oats) stir in & leave to stand. 4 - Mix in flavourings to your taste, e.g. vegetable stock, soy sauce, herbs & spices, salt & pepper. 5 - Leave to stand for a while, then form into thin patties or sausages and fry in hot oil until browned and serve with ketchup, chilli sauce & nettle tea!</p>	<i>April</i>	11	22
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Elder flower fritters - photo (cc) Kitchen Lioness

Elder flowers - photo (cc) Christiane Wilke

Elder berries - photo (cc) Mim Saxl

<i>May</i>			<p><i>Make your own</i> Elderflower fritters <i>(adapted from Nigel Slater)</i></p> <p>Ingredients: 100g plain flour 2 tablespoons light flavoured oil 175 ml of sparkling or soda water 1 tablespoon caster sugar 1 egg white beaten 12 to 16 elderflower heads, rinsed in water, shaken dry Sunflower or veg oil for frying</p> <p>Method:</p> <ol style="list-style-type: none"> 1. Beat first three ingredients together to a thick paste, then stir in a tablespoon of sugar. Rest 30 mins then fold in the egg white. 2. Heat the oil in deep frying pan. 3. Snip the large flower heads into smaller heads, each with a stem, and dip them into the batter, then lower into the oil, pushing them down lightly with the back of a wooden spoon or tongs, or using the stem (mind your fingers!). 4. Fry until pale gold and crisp. 5. Take out, drain on kitchen paper. Enjoy! 	<i>June</i>		
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Mint tea - photo (cc) Flickr

Mint growing at BLCG - photo (cc) Mim Saxl

Phil's kettle - photo (cc) Mim Saxl

<i>July</i>			<p><i>Make your own</i></p> <p>Pea, Broad Bean & Mint Soup</p> <p><i>Make the most of seasonal vegetables</i></p> <p>Ingredients:</p> <p>1 tbsp frying oil</p> <p>1 medium onion, finely chopped</p> <p>1.1 kg (2½lb) fresh broad beans</p> <p>700 g (1½lb) fresh peas</p> <p>1.1 litre (2 pints) hot veg stock</p> <p>2 tbsp freshly chopped mint</p> <p>3 tbsp crème fraîche</p> <p>Method:</p> <p>1. Heat oil in large pan, fry onion gently for 15min until softened.</p> <p>2. Meanwhile, blanch broad beans for 2-3min in a large pan. Drain and refresh under cold water. Slip the beans out of their skins.</p> <p>3. Put beans and peas into pan with onion and stir for 1min. Add stock and bring to boil. Simmer 5-8min until vegetables are tender, then cool for a few mins. Stir in mint, then whiz in a processor/blender (optional).</p> <p>4. Return soup to rinsed-out pan. Stir in crème fraîche and season. Serve with a little crème fraîche, if you like, and a sprig of mint.</p>	<i>August</i>		
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Dog Rose - photo (cc) Roberta F.

Rosehips at BLCG - photo (cc) Mim Saxl

Rosehip harvesting - photo (cc) Annie Davy

<i>September</i>	11	22	<p><i>Make your own</i></p> <p><i>Rosehip Jelly</i></p> <p><i>Ingredients:</i></p> <p>900g (2lb) apples - crab apples are ideal. Quartered but keeping the peel and cores</p> <p>500g (1lb) rosehips – chopped in half</p> <p>500g (1lb) sugar & 1 lemon (juice)</p> <p><i>Method:</i></p> <ol style="list-style-type: none"> Place quartered apples in a saucepan and cover with water. Cook until soft, about 10mins. Add rosehips, simmer for 10mins. Strain with muslin cloth. Leave the juice to drain overnight. To sterilise the jars and their lids, wash and place in a warm oven (150°C, 300°F, gas 2) for 10 minutes. Next day add sugar & lemon juice. Bring mixture to the boil, stirring until all sugar is dissolved. Boil rapidly for 5-10 minutes, until the jelly coats the back of a wooden spoon. Remove any scum with a spoon, pour the jelly into sterilised jars and store in a cool dark place. 	<i>October</i>	11	22
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10	21		10	21		



Harvested Elderberries - photo (cc) Gerwin Sturm

Elderberries growing at BLCG - photo (cc) Mim Saxl

You could use this Calendar as a Birthday Calendar

<i>November</i>			<p><i>Make your own</i></p> <p><i>Elderberry Cordial</i></p> <p><i>Ingredients:</i></p> <p>1.5 lbs elderberries (or however many you have!) Discard leaves and stalks. Demerara sugar Cinnamon Sticks & Lemon</p> <p><i>Method:</i></p> <p>1 - Cover elderberries in pan of water. Simmer, cook for 20 mins.</p> <p>2 - Strain out berries through a muslin cloth, press cloth with the back of a large spoon. (Be careful - it stains!).</p> <p>3 - Measure the amount of juice.</p> <p>4 - Pour juice back into empty saucepan. For each 2 cups of juice, add 2 cups of demerara sugar, 2 cinnamon sticks, and the juice from 1/2 lemon.</p> <p>5 - Bring mixture to a boil and boil for 15 minutes, stirring regularly to ensure all the sugar is dissolved. Remove cinnamon sticks. Let cool while you prepare the bottles.</p> <p>6 - Clean and rinse bottle(s). Then, rinse again with boiling water. Once the bottles are cool, fill with cordial, cap, and store in the fridge. Will keep for at least 6 months.</p>	<i>December</i>		
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