

Regina Sexton

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Wild Food and Food of the Hedgerows



Fruit and vegetables

- Little variety – sources suggest
- Vegetables
 - - cainnenn (allium)
 - -watercress
 - - sorrel
 - -wild garlic
 - - nettles
 - - celery
 - - chives
 - - brassica
 - - leek
 - -brooklime
 - -pignut
- To note
- Lubgort – for the sick
- Broths with vegetables (cabbage, nettle, meat element)
- Praissech/braisech (Latin brassica)
- Three seaweeds – sloke, duileasc, and murreaith (sea fern?)

Wild and Hedgerow Foods

- Changing values and status
- Economic value and protection
- Cultural value
- Memory and nostalgia
- Re-emergence and identity value

Fruit and vegetables

- Fruits
- - apples, wild and cultivated (and orchards)
- - plums (blackthorn – sloes, native)
- Cultivated plums ‘sweet sloes’
- Wild fruit and legal provision for gathering
- Blackberries, bilberries, hazelnuts, strawberries, hips, haws and rowan berries
- Acrons – mast - pigs



Berries



Pignut (May and June)



Brooklime

