Regina Sexton

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, duilesc, and murraith (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

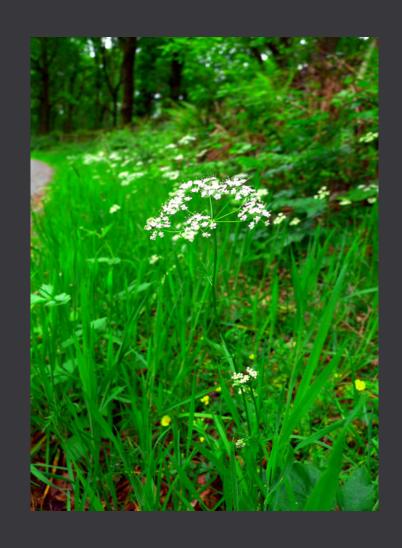
- Fruits
- apples, wild and cultivated (and orchards)
- plums (blackthorn sloes, native)
- Cultivated plums 'sweet sloes'

- Wild fruit and legal provision for gathering
- Blackberries, bilberries, hazelnuts, strawberries, hips, haws and rowan berries
- Acrons mast pigs





Pignut (May and June)





Brooklime



