

## Stephen B's mega-multi herb salad

By popular request, here's a simple little PFAF-inspired salad recipe which I put together in August 2001 for a garden open day (easy if a bit time consuming to put together - but you really do need my garden to make it - please feel free to pop round if you want to try...). NB! A few of the ingredients are really "border edibles"....

Take some leaves of leaves of Alpine Calamint (*Acinos alpinus*); leaves of Basil Thyme (*Acinos arvensis*), leaves of Ground Elder (*Aegopodium podagraria*), chopped wood mushroom (*Agaricus silvicola*), some leaves and flowers of Agastache "Licquorice", some leaves and flowers of Anise Hyssop (*Agastache anisata*), some leaves and flowers of White Anise Hyssop (*Agastache anisata alba*), add some leaves of Agastache aurantiaca, some leaves and flowers of Mexican Giant Hyssop (*Agastache mexicana*), leaves of Agastache pringlei, some leaves of Korean Mint (*Agastache rugosa*), some leaves of Agastache scrophulariaefolia, leaves of Agastache speciosa, a few leaves of Garlic Mustard (*Alliaria petiolata*), some leaves of Allium amphibolum, leaves of Mouse Garlic (*Allium angulosum*), some leaves of Allium atropurpureum, some leaves of Canadian Garlic (*Allium canadense*), leaves and bulbs of Spring Onion (*Allium cepa* "White Lisbon Winter Hardy"), Bulbs of Onion (*Allium cepa* "Turbo"), a few bulbils of Egyptian Onion (*Allium cepa proliferum*), Shallot bulbs (*Allium cepa* var. *ascalonicum*), leaves and the beautiful flowers of the Nodding Onion (*Allium cernuum*), leaves of the Nodding Onion cultivar Allium cernuum "Pink Giant", leaves of White Nodding Onion (*Allium cernuum album*), leaves of the Nodding Onion cultivar Allium cernuum rubra, leaves of Allium cyathophorum v. farreri, leaves of Allium ericetorum, selected leaves of Welsh Onion (*Allium fistulosum*), leaves of the Small Yellow Onion (*Allium flavum*), some leaves of Allium japonicum, some leaves of Yarrow (*Achillea millefolium*), some leaves of Allium komoravianum, leaves of Allium lineare, bulbs of the Twistedleaf Garlic (*Allium obliquum*), leaves of Allium oviflorum, leaves of the Garden Leek (*Allium porrum* "Alora RZ"), leaves of the Garden Leek (*Allium porrum* "Musselburgh"), a few leaves of Chinese Chives (*Allium ramosum*), leaves of various Chives and cultivars including Allium schoenoprasum, Allium schoenoprasum "Major", Allium schoenoprasum 'Lav', Allium schoenoprasum "Pink Flowered", Allium schoenoprasum "Wallington White", Allium schoenoprasum alpinum, some leaves of Siberian Chives (*Allium schoenoprasum* ssp. *sibiricum*), Allium schoenoprasum yezamonticola, leaves of Allium sclimensis, leaves of Allium scorodoprasum rotundum, leaves of Allium scorodoprasum ssp. jajlae, leaves of German Garlic (*Allium senescens calcareum*), leaves of German Garlic (*Allium senescens glaucum*), leaves of German Garlic (*Allium senescens*

montanum) some leaves of *Allium sikkimense*, some leaves of the Round-headed Leek (*Allium sphaerocephalum*), some leaves of Miyama-rakkyo (*Allium splendens*), leaves of the Prairie Onion (*Allium stellatum*), leaves of *Allium strictum*, leaves and flowers of Garlic Chives (*Allium tuberosum*), a few leaves of the One-leaved onion (*Allium unifolium*), add some leaves of Crow Garlic (*Allium vineale*), a taste of lemon from Lemon Verbena (*Aloysia triphylla*) leaves, some young leaves of Prince's Feather (*Amaranthus hypochondriacus*), a few berries of the Running Service-Berry (*Amelanchier spicata*), leaves of Scarlet Pimpernel (*Anagallis arvensis*), some leaves of two Dill (*Anethum graveolens*) cultivars "Como" and "Superdukat", a young leaf of Angelica (*Angelica archangelica* ssp. *archangelica*), both leaves and flowers of Garden Chervil (*Anthriscus cerefolium*), leaves and stalks of Wild Celery (*Apium graveolens*) leaves and stalks of cultivated Celery (*Apium graveolens*) cultivar "Solid White", in addition to two Leaf Celery (*Apium graveolens sepalinum*) cultivars "Hoplands Fenlander" and "Perennial Greenleaf", add some leaves of Alpine Rock Cress (*Arabis alpina* and *Arabis alpina alpina*), leaves of Russian Tarragon (*Artemisia dracunculus dracunculoides*), and French Tarragon (*Artemisia dracunculus sativa*) a few leaves of Garden Orache (*Atriplex hortensis*) cultivar "Red Plume", a few aromatic leaves of Alecost (*Balsamita major*), some sharp leaves of American Land Cress (*Barbarea verna*), some leaves of Yellow Rocket (*Barbarea vulgaris*) and its cultivar variegated Yellow Rocket /*Barbarea vulgaris variegata*), a few leaves of cooked Ceylon Spinach (*Basella alba*), leaves of Wild Beetroot (*Beta vulgaris*) in addition to leaves of the Garden Beetroot (*Beta vulgaris*) cultivars "Dobbie's Purple", "Forono" and "White Devoy". Next, mix in some cooked leaves of Swiss Chard (*Beta vulgaris flavescens*), put aside a few flowers of Borage (*Borago officinalis*) for decoration, add a few Brussel Sprouts (*Brassica oleracea gemmifera* cultivar "Jade F1"), some raw young leaves of Cabbage (*Brassica oleracea* var. *capitata*) cultivars "Cotswold Queen", "Offenham" and "Vinterkål Trønder", some leaves of Kohlrabi (*Brassica oleracea* var. *gongylodes*) cultivars "Purple Vienna" and "White Vienna", some Calabrese (*Brassica oleracea* var. *italica*) cultivar "Green Sprouting" leaves, a few Kale leaves (*Brassica oleracea* var. *sabellica*) of the cultivar "Red Russian", Turnip (*Brassica rapa*) cultivar "Snowball" sliced root, add a few leaves of Mizuna (*Brassica rapa* ssp. *nipposinica* var. *laciniata*), a few leaves of Turkish Rocket (*Bunias orientalis*), leaves to taste of the Large-flowered Calamint (*Calamintha grandiflora*) and Lesser Calamint (*Calamintha nepeta*), steamed leaves of Calendula "Touch of Class", steamed leaves of Field Marigold (*Calendula arvensis*), young leaves of Cornish Bellflower (*Campanula alliarifolia*), put aside flowers of Peach-leaved Bellflower (*Campanula persicifolia*), its white flowered cultivar

(*Campanula persicifolia alba*) and Harebell (*Campanula rotundifolia*), a few sharp leaves of Wavy Bittercress (*Cardamine flexuosa*) as well as Hairy Bittercress (*Cardamine hirsuta*), some young Caraway (*Carum carvi*) seed, lemon flavoured Balm of Gilead (*Cedronella canariensis*) leaves, steamed roots of the Turnip-rooted Chervil (*Chaerophyllum bulbosum*), a few Chamomile (*Chamomila recutita*) leaves, a few leaves of Epazote (*Chenopodium ambrosioides*), cooked leaves of Good King Henry (*Chenopodium bonus-henricus*), leaves of Strawberry Blite (*Chenopodium capitatum*), Fig-leaved Goosefoot (*Chenopodium ficifolium*), leaves and berries of Beetberry (*Chenopodium foliosum*), leaves of *Chenopodium purpurascens*, some leaves of the Quinoa (*Chenopodium quinoa*) cultivar "Dave", together with some leaves of *Chenopodium suecicum*, some cooked leaves of Chopsuey Greens (*Chrysanthemum coronarium*), a few leaves of the Chicory (*Cichorium intybus*) cultivar "Rossa de Verona", a few leaves of Scurvy Grass (*Cochlearia* spp.), some leaves and flowers of the Clantro (*Coriandrum sativum*) cultivar "Santo", a leaf of Sea Kale (*Crambe maritima*), leaves of Mitsuba (*Cryptotaenia japonica atropurpurea*), a few slices of Cucumber (*Cucumis sativus*) and steamed young stem of Cucumber (*Cucumis sativus*) cultivar "Boothby's Blond". Add a few slices of the Courgette (*Cucurbita pepo*) cultivar "Partenon", a few leaves of the Kenilworth Ivy (*Cymbalaria muralis*), a few steamed leaves of Lemon Grass (*Cymbopogon citratus*), steamed together with other plants to flavour, finally diced Carrot (*Daucus carota sativus*), cultivars "Autumn King", "Nantes 2" and the purple rooted "John's Purple". Add some leaves of Rocket (*Eruca vesicaria sativa*) a few steamed flowers of Meadowsweet (*Filipendula ulmaria*), Bronze Fennel (*Foeniculum vulgare*) cultivar "Bronze" leaves, leaves of the Florence Fennel (*Foeniculum vulgare azoricum*) cultivar "Zefa Fino", some leaves and fruit of Wild Strawberry (*Fragaria vesca*), a few leaves of Alpine Strawberry (*Fragaria vesca*) cultivar "Rugens", leaves of the Alpine Strawberry (*Fragaria vesca*) "Alpine Strawberry", a few leaves of *Fragaria viridis*, steamed leaves of Sweet Woodruff (*Galium odorata*), steamed Leaves of Hablitzia (*Hablitzia tamnoides*), a few leaves of Curry Plant (*Helichrysum italicum*), young flower buds of the Day Liliy (*Hemerocallis* spp.) cultivar "Tall Peach", a few leaves of Giap Ca (*Houttuynia cordata*) and its cultivar "Chameleon", a few leaves and flowers of Hyssop (*Hyssopus officinalis*) and the white and pink-flowered cultivars "albus" and "roseus", a few steamed leaves of Water Spinach (*Ipomoea aquatica*), steamed young seed pods of the Hyacinth Bean (*Lablab purpureus*), Lettuce (*Lactuca sativa*) cultivar "Oakleaf" and "American pick and come again" leaves, the inner stem of a slice of Celtuce (*Lactuca sativa angustana*) a few leaves of Lavender (*Lavandula angustifolia*) cultivars "Munstead" and "Dwarf", a few

cooked flowers of Motherwort (*Leonurus cardiaca*), some leaves of Cress (*Lepidium sativum*), a few leaves of Lovage (*Levisticum officinale*), a root (steeped and cooked) of the Pigmy Bitterroot (*Lewisia pygmaea*), a few leaves and immature seed of the Scots Lovage (*Ligusticum scoticum*), some leaves of Sweet Aztec Herb (*Lippia Dulcis*), some young steamed seed pods of Asparagus Pea (*Lotus tetragonolobus*), a few leaves of Ragged Robin (*Lychnis flos-cuculi nana*), dried apple (*Malus domestica*), a few leaves of the Malva alcea cultivar "Fastigiata", some leaves, young seed pods and flowers of the Salad Mallow (*Malva crispa*), leaves of the Musk Mallow (*Malva moschata*) cultivars "alba" and "rosea", leaves of the Common Mallow (*Malva sylvestris*), a few leaves of Horehound (*Marrubium vulgare*), leaves of Lemon Balm (*Melissa officinalis*) and the cultivars "All Gold" and "variegata", leaves of the following mints: Asian Mint (*Mentha "Asian"*), Lemon Mint (*Mentha "Lemon"*), Lime Mint (*Mentha "Lime"*), Mitcham Mint (*Mentha "Mitcham"*), Basil Mint (*Mentha "Basil"*), Water Mint (*Mentha aquatica*), Corn Mint (*Mentha arvensis*), Sakhalin Mint (*Mentha arvensis* var. *sachalinensis*), Buddleia Mint (*Mentha longifolia*), Corsican Mint (*Mentha requienii*), Pineapple Mint (*Mentha rotundifolia variegata*), Spearmint (*Mentha spicata*), Curly Mint (*Mentha spicata crispi*), *Mentha spicata nana*, Ginger Mint (*Mentha x gentilis*), Peppermint (*Mentha x piperita*), Lemon Mint (*Mentha x piperita "Citrata"*), White Peppermint (*Mentha x piperita alba*), Black Peppermint (*Mentha x piperita piperita*), Apple Mint (*Mentha x rotundifolia*) and *Mentha x verticillata*. Next, add a few leaves of Oyster Plant (*Mertensia maritima*), leaves and immature young seed of Spignel Meu (*Meum athamanticum*), together with some leaves of Monarda "Violet Queen", *Monarda bradnuriana*, Bergamot (*Monarda didyma alba*), Wild Bergamot (*Monarda fistulosa*), Wild Bergamot (*Monarda fistulosa menthaefolia*) and Horse Mint (*Monarda punctata*), some leaves of Watercress (*Nasturtium officinale*), a few leaves of Lemon Catmint (*Nepeta cataria citriodora*) and *Nepeta racemosa*. Add leaves of Sweet Basil (*Ocimum basilicum*) cultivar "Massive", Greek Basil (*Ocimum basilicum "Greek"*), Lemon Basil (*Ocimum basilicum "Lemon"*) and *Ocimum gratissimum* with Cooked roots of Evening Primrose (*Oenothera biennis*), followed by 1 leaves; of *Origanum "Golden Curly"*, *Origanum "Showy"*, *Origanum compactum*, *Origanum heracleoticum*, leaves of Sweet Marjoram (*Origanum majorana*), Pot Marjoram (*Origanum onites*), Wild Marjoram (*Origanum vulgare*), *Origanum vulgare "heerenhausen"*, *Origanum vulgare aureum*, and *Origanum vulgare variegata*. Mix all together and add leaves of Wood Sorrel (*Oxalis acetosella*), Pink Sorrel (*Oxalis articulata*), leaves of *Oxalis carnososa*, Yellow Sorrel (*Oxalis corniculata atropurpurens*), Yellow Sorrel (*Oxalis corniculata*), Iron Cross Plant (*Oxalis deppei*), *Oxalis tetraphylla*, *Oxalis triangularis*, leaves and flowers of Mashua (*Oxalis tuberosa*) cultivar "Ken

Aslett", and leaves of Mountain Sorrel (*Oxyria digyna*). Add a few leaves of Pelargonium "Best Mauve", Pelargonium "Pine", Pelargonium "Svenskblomma", Apple Geranium (*Pelargonium odoratissimum*), leaves of Purple Shiso (*Perilla frutescens nankinensis*), leaves of Parsley (*Petroselinum crispum*), leaves of Hamburg Parsley (*Petroselinum crispum tuberosum*) cultivar "Berliner", young seed pods of Runner Bean (*Phaseolus coccineus*) cultivar "Painted Lady", young seed pods of the Bush Bean (*Phaseolus vulgaris*) cultivars "Provider" and "Red Provider", young seed pods of Pea (*Pisum sativum*) varieties "Jattesoeker", "Oregon Sugar Pod", "Schweitzer Riese" and "Sugar Snap", young seed of Pea (*Pisum sativum*) cultivars "Commander", "Hurst Green Shaft" and "Purple Podded", a couple of leaves from Che Qian Zi (*Plantago asiatica*) cultivar "Ki Fu" and *Plantago asiatica variegata*, leaves of *Plantago camschatica*, Ribwort Plantain (*Plantago lanceolata*), Common Plantain (*Plantago major*), *Plantago major atropurpurea* and *Plantago major rosularis*, together with Sea Plantain (*Plantago maritima*) and Fleawort (*Plantago psyllia*). Add the nutty bulbils and steamed roots of Alpine Bistort (*Polygonum viviparum*), leaves of Poreleaf (*Porophyllum ruderale*), a few leaves of Oxlip (*Primula elatior*) and the cross *Primula vulgaris x elatior*, a few dried Plums (*Prunus domestica*) from the cultivar "Czar", a few leaves of Virginia Mountain Mint (*Pycnanthemum virginianum*), fresh fruit from the Jostaberry (*Ribes "Jostaberry"*), Blackcurrant (*Ribes nigrum "Øyebyn"*), the Black Redcurrant (*Ribes sativum "Black-berried cultivar"*), Redcurrant (*Ribes sativum*), Gooseberry (*Ribes uva-crispa*) and a "Red-berried cultivar", a few leaves of Rosemary (*Rosmarinus officinalis*) and *Rosmarinus officinalis repens*, fresh fruit of the Arctic Bramble (*Rubus arcticus x stellatus*), Wild Raspberry (*Rubus idaeus*) and an unknown garden cultivar, leaves of Rumex "Shchavel", Sorrel (*Rumex acetosa*) as well as Rumex acetosa "Broad Leaved", together with the non-flowering cultivar of Sorrel (*Rumex acetosa*), leaves of Sheep Sorrel (*Rumex acetosella*), Red Dock (*Rumex aquaticus*), Herb Patience (*Rumex patientia*), leaves of Rumex pseudonatronatus, Red-veined Dock (*Rumex sanguineus sanguineus*), Buckler-leaved Sorrel (*Rumex scutatus*), the Bladder Dock (*Rumex vesicarius*), add chopped fruiting body of a *Russula* spp. Fungi, a few cooked leaves of Southern Salthorn (*Saliconia quinqueflora*), a few leaves of Sage (*Salvia "Willow Leaved"*), Pineapple Sage (*Salvia elegans*), Jupiter's Distaff (*Salvia glutinosa*), Blackcurrant Sage (*Salvia microphylla v. grahamii*), *Salvia microphylla v. wislizeni*, Sage (*Salvia officinalis*) and its cultivars "Icterina" and "Purpurascens". Next add a few steamed flowers of Elderberry (*Sambucus nigra*), a few leaves of Cotton Lavender (*Santolina chamaecyparissus*) and Dwarf Cotton Lavender (*Santolina chamaecyparissus nana*), some leaves of Summer Savory (*Satureja hortensis*) and Winter Savory (*Satureja montana*),

young seed pods of Prickly Scorpiontail (*Scorpiurus vermiculatus*), the pods resembling caterpillars (we like practical jokes!), a cooked Scorzonera (*Scorzonera hispanica*) root, a leaf or two of *Sedum ewersii*, *Sedum kamtschaticum middendorffianum*, Crooked Yellow Stonecrop (*Sedum rupestre*), Caucasian Stonecrop (*Sedum spurium*) and its cultivar 'Fuldaglut', a few leaves of Greek Mountain Tea (*Sideritis syriaca*), leaves of the Milk Thistle (*Silybum marianum*) and its cultivar "Sily", with care to remove the spines, and steamed Potato (*Solanum tuberosum*) tubers of the following varieties: "Beate", "Blå Congo" ( a blue variety), "King Edward", "Mandel", "Ostara", "Red Arran Pilot Elite" and "Yellow Finn". Then, add a few leaves of Sweet Goldenrod (*Solidago odora*), cooked leaves of the Sow Thistle (*Sonchus oleraceus*), Tansy (*Tanacetum vulgare*) and Curled tansy (*Tanacetum vulgare crispum*), leaves of the Rubber Dandelion (*Taraxacum kok-saghyz*) and Common Dandelion (*Taraxacum officinale*) as well as a third unidentified *Taraxacum* spp. , together with steamed leaves of New Zealand Spinach (*Tetragonia tetragonoides*), leaves of Thymus "Broad Leaf", Thymus "Doone Valley", Cilician Thyme (*Thymus cilicisus*), Thymus *comosus*, Thymus *nummularius*, Wild Thyme (*Thymus praecox britannicus*), Wild Thyme (*Thymus serpyllum "Snowdrift"*), Wild Thyme (*Thymus serpyllum albus*), Thymus *sibthorpii*, Common Thyme (*Thymus vulgaris*) and LemonThyme (*Thymus x citriodorus fragrantissimum*). Mix in steamed Salsify (*Tragopogon porrifolius*) root, as well as steamed roots of Jack-go-to-bed-at-noon (*Tragopogon pratensis*)., a few steamed leaves of the Sea Arrow Grass (*Triglochin maritima*), a few leaves of Sweet Trefoil (*Trigonella caerulea*), leaves and young seeds of Fenugreek (*Trigonella foenum-graecum*), leaves and flowers of Nasturtium (*Tropaeolum majus*), leaves and flowers of the Society Garlic (*Tulbaghia violacea*) steamed leaves of Stinging Nettle (*Urtica dioica*), *Urtica laetevirens* and the Annual Nettle (*Urtica urens*). Add some dried Bilberry (*Vaccinium myrtillus*), some Cornsalad (*Valerianella locusta*) cultivar "Elan" leaves, a few leaves of Brookweed (*Veronica beccabunga*), immature steamed beans from the Tic Bean (*Vicia faba minor* ) cultivar "Lapland", the Broad Bean (*Vicia faba major*) cultivars "Express", "Gloster Bounty", "Masterpiece Green Longpod" and "The Sutton", a few leaves and flowers of the Horned Violet (*Viola cornuta*) cultivar 'Perfection', leaves from *Viola declinata*, Stream Violet (*Viola glabella*), Labrador Violet (*Viola labradorica*) and finally a few *Viola nigra* leaves. All ingredients apart from the *Russula* fungus and Dried Bilberries were harvested in the garden. 3 salad dressings were available on the day: 1) Sour Cream with Garlic and Chives 2) Sour Cream with Parsley and Basil 3) Olive Oil, Balsamic Vinegar, dried Lovage, Cayenne pepper and Garlic. In addition, a lone organic slug was spotted by one of the game salad diners adding much needed protein....

It was recommended to take teaspoon size portions as the brain can only process 7 different tastes at the same time...