

BOWEL RESEARCH UK MICROBIOME GARDEN. Healthy soil; healthy gut; healthy mind.

Lupinus Luteus
Yellow Lupin



Growing conditions

- Annual
- Sandy to loamy soils / low nutrition soil
- Full sun
- Nitrogen fixing

Edibility

- Seed (contains toxic alkaloids that are removed with soaking in several changes of water and cooking in fresh water. Same process as for dried beans)
- Can be used whole in brine as a snack or dried and ground for use with flour

Camassia Quamash
Little Camas



Growing conditions

- Perennial bulb
- Sandy, loamy and heavy clay soils
- Semi shade to full sun

Edibility

- Bulb cooked.
- Raw - gummy starchy texture.
- Long, slow baking produces delicious sweet chestnut style flavour.
- Can be dried, powdered and used to thicken stews/soups or used with flours for baking

Persicaria Bistorta
Bistort



Growing conditions

- Perennial
- Sandy, loamy, clay soils

Edibility

- Leaves raw or cooked.
- Tastier cooked to reduce bitterness.
- Ingredient of traditional northern British 'ledge pudding'
- High in Vit. A & C
- Seed - but small and fiddly
- Root - raw or cooked makes a delicious starchy vegetable which can also be powdered for baking.

Allium Schoenoprasum
Chives



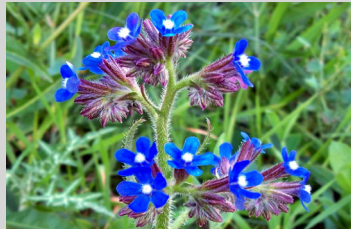
Growing conditions

- Bulb
- Sandy, loamy, heavy clay soil
- Partial shade to full sun

Edibility

- Leaves / Bulbs / Flowers

Anchusa azurea
Italian Bugloss



Growing conditions

- Perennial
- Sandy, loamy, heavy clay soil
- Full sun

Edibility

- Flowers / Leaves / Young shoots

Anethum graveolens
Dill



Growing conditions

- Annual
- Sandy, loamy, well drained soil
- Full sun

Edibility

- Leaves / Seed

Anthriscus cerefolium
Chervil



Growing conditions

- Biennial
- Sandy, loamy, heavy clay soil
- Full & partial shade to full sun

Edibility

- Leaves / Root

Aquilegia vulgaris
Columbine (not at Chlesea)



Growing conditions

- Perennial
- Sandy, loamy soil
- Partial shade to full sun

Edibility

- Flowers
- (Caution - leaves contain alkaloids)

Myrrhis odorata
Sweet Cicely



Growing conditions

- Perennial
- Sandy, loamy, heavy clay soil
- Partial shade to full sun

Edibility

- Leaves / Root / Seed

Silene vulgaris
Bladder Campion



Growing conditions

- Perennial
- Sandy, loamy, well drained soil
- Full sun

Edibility

- Leaves / Shoots

Viola odorata
Sweet Violet



Growing conditions

- Perennial
- Sandy, loamy, heavy clay soil
- Partial shade to full sun

Edibility

- Leaves / Flowers

Designed by Sid Hill Ecological Gardens & Chris Hull, Greenbook Landscape Design
 Built by Atlantes Landscapes

Acer campestre
Field Maple



Growing conditions

- Tree
- Sandy, loamy soil
- Partial shade to full sun

Edibility

- Sap
(not at Chelsea)

Corylus avellana
Hazel



Growing conditions

- Bush / Shrub
- Sandy, loamy, heavy clay soil
- Partial shade to full sun

Edibility

- Nuts / Nut oil

Crataegus monogyna
Hawthorn



Growing conditions

- Tree / Shrub
- Sandy, loamy, clay and poor soils
- Partial shade / full sun

Edibility

- Leaves / Flowers / Fruit

Elaeagnus umbellata
Autumn Olive



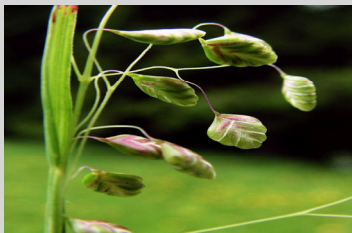
Growing conditions

- Bush / Shrub
- Sandy, loamy, heavy clay and poor soils
- Full sun

Edibility

- Tolerates salt
- Fruit / seed

Briza Media
Quaking Grass



Growing conditions

- Clump forming
- Sandy, loamy, clay soil
- Full sun

Sambucus nigra
Elderberry



Growing conditions

- Bush / Shrub
- Sandy, loamy, clay soil
- Partial shade to full sun

Edibility

- Flowers / Fruit
 (Caution - leaves and stems toxic)

Viburnum lantana
Wayfaring Tree



Growing conditions

- Bush / Shrub
- Sandy, loamy, heavy clay soil
- Partial shade to full sun

Edibility

- Fruit (Caution-fruit must be cooked)

(not at Chelsea)

Deschampsia cespitosa
Tufted Hair Grass



Growing conditions

- Clump forming
- Sandy, loamy, heavy clay soil
- Partial shade to full sun

Sesleria autumnalis
Autumn Moor Grass



Growing conditions

- Clump forming grass
- Sandy, loamy, clay
- Partial shade / Full sun

Hordeum jubatum
Fox Tail Barley



Growing conditions

- Clump forming
- Sandy, loamy, heavy clay soil
- Full sun

Top Tips for a healthy microbiome

- Enjoy a plant-based rainbow diet – this doesn't need to be expensive.
- Choose fresh or frozen fruit and vegetables – they are equally valuable.



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