

Episode 176 show notes and advice

Episode description

As spring rolls into summer, the kitchen garden offers a bounty of opportunities to use your vegetables and herbs in an exciting variety of ways.

This week's 'grow, cook, eat, arrange' shines a spotlight on six of Sarah's favourite edibles at this time of the year, as she shares a huge array of recipes, and growing tips to make your edibles taste better for longer.

In this episode, discover:

- Why globe artichokes are such a simple crop to grow, given how prolific and delicious they are
- The glorious combination of broad beans and parsley in Sarah's recipe that marries the two alongside nutmeg and bechamel sauce
- Exciting ways to use some lesser-known herbs with lovage, often used in Ukrainian cooking, and sorrel

Globe artichokes (3:20)

For those in allotments, the globe artichoke is absolutely perfect for its low maintenance, drought tolerance, and wind tolerance, with the bonus for everyone that they're totally delicious.

As Sarah's first pick for cooking in June, she shares a number of ways to cook and use globe artichokes, and why serving them with angelica sauce is top of her list.

Broad beans and parsley (10:35)

Broad beans are such a robust texture and flavour, so they can be used so well in things like a tapenade. They're coming into harvest at this time of year, and when paired with the likes of parsley - particularly the beloved 'Gigante di Napoli' - the recipes you're able to rustle up are absolutely gorgeous.

Wild Rocket (13:30)

One of the distinctions between wild rocket when compared to salad rocket is that it comes from Turkey, so is more drought tolerant. That makes it perfect for these hotter months, and Sarah's recipe suggestion for rocket is to pair it perfectly with beetroot.

Lovage and sorrel (15:50)

Two of the lesser-considered edibles to grow are lovage and sorrel, but they're absolutely ideal for early spring salads. Sorrel in particular loves being harvested hard, and lovage - an edible used often in Ukrainian cooking as we heard from Olia Hercules on podcast episode 125 - is so easy to grow, and perfect for Sarah's soup recipe.