

Hedgerow Soup

Age range:



Time needed:



Resources:



What plants could we forage in our local area, if food supplies were scarce? If you can find stinging nettles near you, you've got a source of food!

You will need:

- Teapot
- Cups
- gardening gloves
- Bowl
- Water
- Kettle

If you have someone with the relevant expertise you may be able to forage for more edible plants and fungi in your local area - though never eat anything you find growing wild if you can't make a positive identification.

You could take the idea of self-sufficiency further by visiting a community allotment or orchard.

INSTRUCTIONS

1. Ask the young people where they could find food if there weren't shops and supermarkets.
2. Explore with them what edible plants they know of that they could find growing wild.
3. Explain that stinging nettles are common and have a huge range of uses and nutritional properties - they contain more iron than spinach!
4. Find some growing nettles and, wearing gardening gloves, carefully pick them from low down the stem, choosing ones that are a fresh bright green colour.
5. Strip the leaves from the stems and put into a bowl. Give them a wash before putting them into a pan with some clean water.
6. Bring to the boil and then simmer for 5 minutes to break down the plant and the stings so you won't get stung when you eat it. You might want to add some seasoning to the soup.
7. Get the young people to try the soup, and describe its taste.



ACTIVITY

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TAKE IT FURTHER...

Discuss with young people the ways in which climate change might threaten or disrupt our food supplies, for example disruption to imports, extreme weather causing crop failure, or a lack of pollinators to ensure that crops grow.

What steps can we take to secure food supplies, either in the UK or elsewhere in the world?