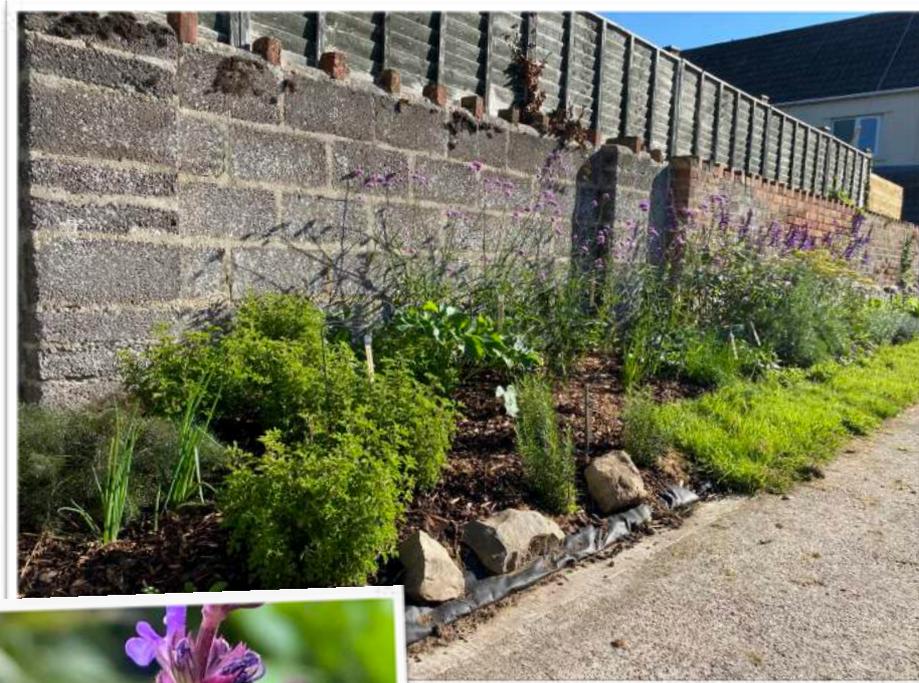


The Polyculture Bed

Chedzoy Nature Walk



Not all plants are edible and some are unsuitable for children, during pregnancy or when suffering from certain medical conditions. Please research their suitability based on your personal needs and enjoy!

The Polyculture Bed

The polyculture bed is a collection of perennial and biennial plants that give value to the environment in multiple ways. Some plants we can eat, some fix carbon in the soil and others are the intrinsic requirement in a species lifecycle. Over time, new native plants will colonise little areas and they will be welcome here.

[18] **Alpine Strawberry** *Fragaria vesca*

This wild strawberry is best eaten straight from the plant for a zingy fruit snack.

[19] **Rosemary** *Rosmarinus officinalis*

This powerhouse has antiviral and antibacterial properties and is available all year round.

[20] **Chive** *Allium schoenoprasum*

Eat the cut stems raw in salads or add to a sauce.

[21] **Purple-top Verbena** *Verbena bonariensis*

Purple-top is a cultivated version of our wild plant vervain, it creates structure in the bed and is great for pollinators and butterflies.

[22] **Salvia Clary Sage** *Salvia sclarea*

There are a large variety of shapes and colours in the salvia group. In aromatherapy clary sage is renowned for uplifting the mind and emotions, it's a powerful oil and the flowers are edible.

[23] **Angelica** *Angelica archangelica*

Angelica is part of the *apiaceae* (carrot) family, you will see many of these species growing naturally in the village and although once cooked you can eat the flowers, leaves and stems of angelica, there are many in this group that are highly toxic.

[24] **Achillea** *Achillea millefolium*

Also known as yarrow or woundwort, the plant was regarded by the Anglo-Saxons as a powerful wound healing herb. The stems are edible once cooked and small amounts of fresh leaves can give a bitter kick to a salad.

[25] **Friendship Sage** *Salvia amstad*

A long flowering variety on stunning black stems, this one will always be smothered in bees.

[26] **Tansey** *Tanacetum vulgare*

A sunny native plant that was once prolific across the UK, in the 15th century tansy was widely used as a flavouring and the word, 'Tansye' was used as a general term to describe a flavoured omelette. Another similar member of the *asteraceae* (daisy) family is the corn marigold, you can find this one growing wild in the ditch on the junction to the Westonzoyland road.

[27] **Hyssop** *Hyssopus officinalis*

The flowers and leaves are edible.

[28] **Lovage** *Levisticum officinale*

There is a native form that grows in Scotland, called Scots lovage *Ligusticum scoticum*, you can eat the seeds, flowers and leaves of this one, but if you hate celery, lovage is not for you!

[29] **Curry Plant** *Helichrysum italicum*

The unusual silver foliage smells of curry, however you are best enjoying the aroma straight from the plant rather than eating.

[30] **Great Mullein** *Verbascum thapsus*

A native biennial, meaning it requires two years to complete its cycle. The fur is collected by carder bees, it is the food plant of the mullein moth caterpillar and it provides an important winter habitat.

[31] **Horseradish** *Armoracia rusticana*

Originally a native of western Asia, it has now wildly naturalised across the country. The roots can be used to make a powerful sauce.

[32] **Sweet Woodruff** *Galium odoratum*

A native plant that will spread vigorously in woodland, small amounts of the leaves can be eaten in salads.

[33] **Sorrel** *Rumex acetosa*

Another native species, the leaves can be eaten cooked in curry and fish dishes or omelettes, and raw adding a lemon taste to a salad.

[34] **Teasel** *Dipsacus fullonum*

A classic structural British native, the seeds provide a rich food source for goldfinches, and the teasel an important winter habitat for insects.

[35] **Tree Onion** *Allium cepa proliferum*

Although the whole plant is edible, just take the leaves and let the bees collect nectar from the flowers.

[36] **Rhubarb** *Rheum rhabarbarum*

Only the stems are edible after cooking, it is great in puddings. Like spinach, rhubarb leaves are high in oxalic acid and there is anecdotal evidence that bees use them to self medicate.

[37] **Welsh Onion** *Allium fistulosum*

As for tree onion.

[38] **Selfheal** *Prunella vulgaris*

A low growing native plant with a long tradition of being used in herbal medicine, you can eat the young stems and leaves raw in salads. This one is ideal for planting into lawns for colour and increased biodiversity.

[39] **Ragged Robin** *Lychnis flos-cuculi*

An increasingly rare native that loves boggy areas.

[40] **Pelargonium Orange Fizz** *Pelargonium*

[41] **Shasta Daisy** *Leucanthemum x superbum*

[42] **Bronze Fennel** *Foeniculum vulgare x purpureum*

An ethereal plant with strong estrogenic properties, the leaves, flowers and seeds are all highly aromatic and edible.



The Chedzoy Fair Share Project was made possible through funding from the Climate Emergency Community Fund and the Queens Green Canopy. We would like to extend our thanks to all the volunteers who gave their time and expertise to create this journey and bring it to life, you are incredible. Thank you!

Bibliography

McVicar, J. (2019) *A Pocketful of Herbs*, London, Bloomsbury.

Sterry, P. (2006) *Complete guide to British wild flowers*, London, HarperCollins.

Mabey, R. (2004) *Food for Free*, London, HarperCollins.

Cross, C. (2016) *Essential Oils*, London, Dorling Kindersley.

Avon Wildlife Trust, (2021) *Grow Wilder* [online] Bristol, available from <https://www.avonwildlifetrust.org.uk/explore/grow-wilder> [accessed 20th February 2022]