

The *Wild* Files



with Kris Miners, wild food and bushcraft expert and director of Greenman Bushcraft

Primrose (*Primula vulgaris*) is an iconic springtime flower that can usually be found in bloom from February until late May. As it has suffered from over-harvesting in the past, it's very important to only use small amounts from the wild. The reason I mention the primrose for the month of May is because the flowers are now coming to their end, having completed their job earlier in the year. Although the plant can still be found growing in the wild, it's still best to use those that have been home-grown. To eat, gently remove one flower from the plant, and then literally suck the sweet nectar from the tube at the back before eating it. The most common use of these flowers is as a decoration for cakes.



To view the wild food code please visit www.naturessecretlarder.co.uk.
Learn more about Kris's courses at www.greenmanbushcraft.co.uk



Flying the FLAG



With all eyes on Britain this summer, Roger Saul, spelt producer and founder of British clothing label Mulberry, has launched the first ever range of British spelt bran flakes. A brilliantly patriotic way to start the day, the flakes come in three flavours, including our favourite, Date and Walnut. **£3.59 from Sainsbury's, Booths and Selfridges**

83%

is the amount sales of green tea bags have shot up in the past two years alone

Whoops! In the last issue of *GBF* we said Cottage Delight's delectable range of cooking sauces were available nationwide, but they are actually only available from independent retailers. Buy online at www.cottagedelight.co.uk



GBF Loves...pork pies! We particularly like these little beauties from Redhill Farm in Lincolnshire. Perfectly-seasoned free-range pork encased in the crispest pastry imaginable – perfect for picnics or just munching in front of the telly! £3.99 for a 500g pie. Buy online at www.redhillfarm.com

NEW BOTTLE ON THE BLOCK

Following the success of the first brew of Black Sheep Brewery's Imperial Russian Stout, this tasty limited-edition beer is back! The aroma offers hints of fresh pineapple and banana, followed by caramel and freshly-baked bread. While the taste is initially sweet, it then has a peppery hop which fades into liquorice. Deliciously drinkable! **£12.80 for four 330ml bottles, from www.blacksheepbrewery.com**

