

Sprouted seeds such as cress, broccoli, radish and alfalfa are great. Add a handful to sandwiches like cheese, egg or tuna. Add to salads they really bring a bit of sunshine. They are even tasty mixed in with rice or put in an omelette.

Herbs like mint and coriander can really jazz up meals. They can be added to yoghurt to make dressings, which go with most things vegetables, meat and fish. Herbs work really well in omelettes and added to salads too. Mint with hot water makes a really soothing tea and chopped up with fruit makes it special.

Leaves like spinach and chard taste fantastic and are so good for you. Chuck the leaves in a pan with a tiny bit of water, oil or butter, garlic and lemon juice or chilli if you have it. Cover the pan so the leaves wilt and go limp. Lovely! Surprisingly they work really well for breakfast with an egg.

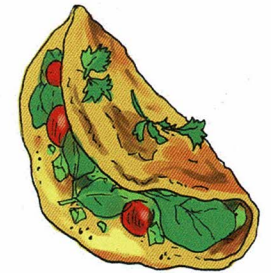
How to enjoy your home grown seeds



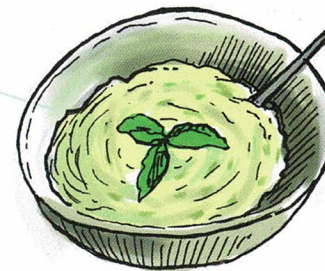
Sandwiches



Salads



Omelette



Mint yoghurt dressing



Mint tea



Buttery chard



Mint yoghurt dressing

Ingredients



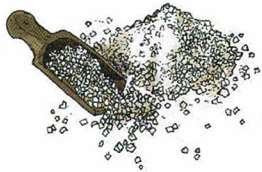
Plain yoghurt – small pot



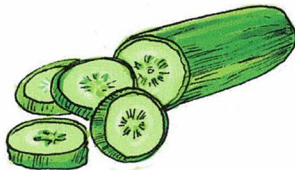
1 clove of chopped garlic



handful of chopped mint



pinch of salt



handful of chopped cucumber if you have it



small squeeze of lemon if you have it

Method

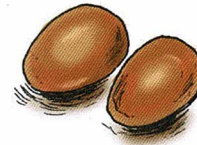
Mix it altogether in a bowl, it tastes better if you leave it for 20 mins before eating.

Keeps in the fridge for a day. Works well with pretty much anything, try with fish fingers. Lovely.

Fancy breakfast omelette

serves 1-2 people

Ingredients



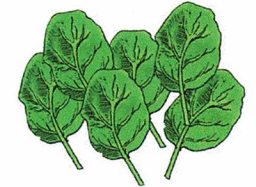
2 eggs



oil or butter for frying



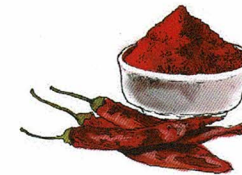
2 spring onions



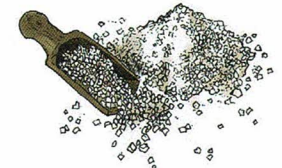
handful of spinach or rainbow chard



handful of coriander or mint



chilli if you like spice



pinch of salt and pepper

Method

Chop up spinach, spring onions, herbs. Put a little oil in a frying pan and heat till very hot. Beat eggs together in a bowl and add the chopped leaves, onions and herbs, add your salt pepper and spice if you like it.

Pour egg mixture into a hot pan, you'll see it bubble, smells lovely doesn't it. Swirl the eggs around the pan to cover it, push the sides in a bit to make room for the egg that hasn't cooked yet and swill mixture into the gaps.

When the egg stops being runny let it bubble a bit more and fold the whole thing in half with a spatula to serve.