BOWEL RESEARCH UK MICROBIOME GARDEN. Healthy soil; healthy gut; healthy mind.

**Growing conditions**
- **Annual**
- Sandy to loamy soils / low nutrition soil
- Full sun
- Nitrogen fixing

**Edibility**
- Seed (contains toxic alkaloids that are removed with soaking in several changes of water and cooking in fresh water. Same process as for dried beans)
- Can be used whole in brine as a snack or dried and ground for use with flour

**Growing conditions**
- **Perennial bulb**
- **Sandy, loamy and heavy clay soils**
- Semi shade to full sun

**Edibility**
- **Bulb cooked.**
- **Raw - gummy starchy texture.**
- Long, slow baking produces delicious sweet chestnut style flavour.
- Can be dried, powdered and used to thicken stews/soups or used with flours for baking

**Growing conditions**
- **Annual**
- Sandy to loamy, heavy clay soil
- Partial shade to full sun

**Edibility**
- **Flowers / Leaves / Young shoots**

**Growing conditions**
- **Perennial**
- **Sandy, loamy, heavy clay soil**
- **Full sun**

**Edibility**
- **Flowers / Leaves / Young shoots**

**Growing conditions**
- **Perennial**
- **Sandy, loamy, well drained soil**
- **Full sun**

**Edibility**
- **Leaves / Seed**

**Growing conditions**
- **Biennial**
- **Sandy, loamy, heavy clay soil**
- **Full & partial shade to full sun**

**Edibility**
- **Leaves / Root**

**Growing conditions**
- **Perennial**
- **Sandy, loamy soil**
- **Partial shade to full sun**

**Edibility**
- **Flowers** (Caution - leaves contain alkaloids)

**Growing conditions**
- **Perennial**
- **Sandy, loamy soil**
- **Partial shade to full sun**

**Edibility**
- **Flowers** (Caution - leaves contain alkaloids)

**Growing conditions**
- **Perennial**
- **Sandy, loamy, heavy clay soil**
- **Partial shade to full sun**

**Edibility**
- **Leaves / Root / Seed**

**Growing conditions**
- **Perennial**
- **Sandy, loamy, well drained soil**
- **Full sun**

**Edibility**
- **Leaves / Shoots**

**Growing conditions**
- **Perennial**
- **Sandy, loamy, heavy clay soil**
- **Partial shade to full sun**

**Edibility**
- **Leaves / Flowers**
Designed by Sid Hill Ecological Gardens & Chris Hull, Greenbook Landscape Design
Built by Atlantes Landscapes

**Acer campestre**  
*Field Maple*

**Corylus avellana**  
*Hazel*

**Crataegus monogyna**  
*Hawthorn*

**Elaeagnus umbellata**  
*Autumn Olive*

**Briza Media**  
*Quaking Grass*

**Sambucus nigra**  
*Elderberry*

**Viburnum lantana**  
*Wayfaring Tree*

**Deschampsia cespitosa**  
*Tufted Hair Grass*

**Sesleria autumnalis**  
*Autumn Moor Grass*

**Hordeum jubatum**  
*Fox Tail Barley*

**Growing conditions**  
• Tree  
• Sandy, loamy soil  
• Partial shade to full sun

**Edibility**  
• Sap  
(Not at Chelsea)

**Growing conditions**  
• Bush / Shrub  
• Sandy, loamy, heavy clay soil  
• Partial shade to full sun

**Edibility**  
• Nuts / Nut oil

**Growing conditions**  
• Tree / Shrub  
• Sandy, loamy, clay and poor soils  
• Partial shade / full sun

**Edibility**  
• Leaves / Flowers / Fruit

**Growing conditions**  
• Bush / Shrub  
• Sandy, loamy, heavy clay and poor soils  
• Full sun  
• Tolerates salt

**Edibility**  
• Fruit / seed

**Growing conditions**  
• Clump forming  
• Sandy, loamy, clay soil  
• Full sun

**Growing conditions**  
• Bush / Shrub  
• Sandy, loamy, clay soil  
• Partial shade to full sun

**Edibility**  
• Flowers / Fruit  
(Caution - leaves and stems toxic)

**Growing conditions**  
• Bush / Shrub  
• Sandy, loamy, heavy clay soil  
• Partial shade to full sun

**Edibility**  
• Fruit (Caution-fruit must be cooked)  
(Not at Chelsea)

**Growing conditions**  
• Clump forming  
• Sandy, loamy, heavy clay soil  
• Partial shade to full sun

**Top Tips for a healthy microbiome**

• Enjoy a plant-based rainbow diet – this doesn’t need to be expensive.

• Choose fresh or frozen fruit and vegetables – they are equally valuable.

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