<table>
<thead>
<tr>
<th>Plant Name</th>
<th>Common Name</th>
<th>Growing Conditions</th>
<th>Edibility</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Lupinus Luteus</strong>&lt;br&gt;Yellow Lupin</td>
<td><strong>Camassia Quamash</strong>&lt;br&gt;Little Camas</td>
<td><strong>Persicaria Bistorta</strong>&lt;br&gt;Bistort</td>
<td><strong>Allium Schoenoprasum</strong>&lt;br&gt;Chives</td>
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<tr>
<td><strong>Anchusa azurea</strong>&lt;br&gt;<strong>Italian Bugloss</strong></td>
<td><strong>Anethum graveolens</strong>&lt;br&gt;Dill</td>
<td><strong>Anthriscus cerefolium</strong>&lt;br&gt;Chervil</td>
<td><strong>Aquilegia vulgaris</strong>&lt;br&gt;Columbine</td>
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<td><strong>Myrrhis odorata</strong>&lt;br&gt;Sweet Cicely</td>
<td><strong>Silene vulgaris</strong>&lt;br&gt;Bladder Campion</td>
<td><strong>Viola odorata</strong>&lt;br&gt;Sweet Violet</td>
<td><strong>Anthemis hybrids</strong>&lt;br&gt;Daisy</td>
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**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
- Sandy, loamy and heavy clay soils
- Semi shade to full sun

**Edibility**
- Bulb raw or 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, loamy, well drained soil
- Full sun

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

**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)

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**Edibility**
- Leaves / Root

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

**Edibility**
- Flowers (Caution – leaves contain alkaloids)
### Growing conditions
- **Bush / Shrub**
- Sandy, loamy, heavy clay soil
- Partial shade to full sun

### Edibility
- Nuts / Nut oil

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

### Edibility
- Leaves / Flowers / Fruit

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

### Edibility
- Sap

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

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

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### Growing conditions
- Clump forming
- Sandy, loamy, clay soil
- Full sun

### Edibility
- Fruit (Caution - fruit must be cooked)

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### Growing conditions
- **Clump forming**
- Sandy, loamy, clay and poor soils
- Full sun

### Edibility
- Tolerates salt

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### Growing conditions
- **Clump forming**
- Sandy, loamy, clay soil
- Partial shade to full sun

### Edibility
- Partial shade to full sun

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### Growing conditions
- **Clump forming**
- Sandy, loamy, clay soil
- Partial shade / Full sun

### Edibility
- Full sun

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### 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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<tr>
<th><strong>Acer campestre</strong>&lt;br&gt;Field Maple</th>
<th><strong>Corylus avellana</strong>&lt;br&gt;Hazel</th>
<th><strong>Crataegus monogyna</strong>&lt;br&gt;Hawthorn</th>
<th><strong>Elaeagnus umbellata</strong>&lt;br&gt;Autumn Olive</th>
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<th><strong>Sambucus nigra</strong>&lt;br&gt;Elderberry</th>
<th><strong>Viburnum lantana</strong>&lt;br&gt;Wayfaring Tree</th>
<th><strong>Deschampsia cespitosa</strong>&lt;br&gt;Tufted Hair Grass</th>
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<td><img src="image6" alt="Sambucus nigra" /></td>
<td><img src="image7" alt="Viburnum lantana" /></td>
<td><img src="image8" alt="Deschampsia cespitosa" /></td>
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<th><strong>Sesleria autumnalis</strong>&lt;br&gt;Autumn Moor Grass</th>
<th><strong>Hordeum jubatum</strong>&lt;br&gt;Fox Tail Barley</th>
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<tr>
<td><img src="image9" alt="Sesleria autumnalis" /></td>
<td><img src="image10" alt="Hordeum jubatum" /></td>
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