

CCPC Environment Group Action Notes
In Person Meeting 25 May 2023 7.30pm
Mortons Manor Hotel

1. Intros

Present – Helen, Richard, David and 14 members of the public.
Apologies received from 2 people.

2. Speaker - Discover Foraging: With Giuseppe Sinaguglia of The Olive Tree Cookery School

Giuseppe introduced himself and explained how his foraging journey started with mushroom while working in London and then developed further after moving to Dorset, and getting a job foraging for the Pig on the Beach eight years ago. He has learnt about which plants to collect from a couple of people who lived near him.

Giuseppe explained that all you need to go foraging is a basket and some scissors or a knife, and most importantly knowledge, as well as to follow some rules.

- You need to know what is safe to eat.
- To attain knowledge, read about what is available when you are going foraging.
- Train your eyes to recognise plants, and become familiar with the smells and tastes.
- While foraging, keep safe from trips and getting cuts from undergrowth.
- Know the law; some flowers are protected, and there are places you are allowed to go and some where you can't, stick to footpaths.
- It is illegal to pull up plants including the roots, and may mean that particular type of plant is no longer available there in the future.
- So you need to look after where you are foraging plants from, perhaps help the plants to spread their seed.
- You also need to know how much you can eat of each plant; sometimes a small amount is beneficial but an excessive amount can make you ill!

Giuseppe then explained about the foraged plant samples he had brought to show us, gave examples about how they might be prepared to eat, and encouraged us to try some of the plants that are ok to eat raw.

Nettles – pick with gloves, chop and cook in risottos.

Seaweed – dry this, and crush to a powder to sprinkle on food. The powder doesn't taste of seaweed but you still get the benefits.

Three-corner garlic – available from November, whizz in a blender with butter to make garlic butter, which can be frozen. Or whizz into pesto.

Douglas fir – add young needles to salad, or crush and add to sauces (e.g. port and orange sauce for beef / venison).

Elderflower – add flowers to a sugar solution to make a syrup, elderberries make into a syrup which is good for colds.

Orach, same family as fat hen – boil like greens

Ground elder – again boil, or add to soups, but do not use once it is flowering as it causes an upset stomach!

Roses – petals are edible as garnish and some taste like roses smell.

Fennel – use as a herb, aniseedy.

Sea purslane – add to salads, this tastes salty and liked by most people who tried it. It can be found in Arne.

Rock samphire – pickle in vinegar, it is found growing out of rocks on the coast.

Sea beet / spinach – this can be steamed, stir fried, but is quite tough.

Chickweed – use in salads.

Lilac flowers – can be used to make cordial, to infuse cream for crème brûlée

Buckhorn (leaves only, not seed stalks) boil for 2/3/4/5 minutes.

Daisies – add to salad, or pickle in water, vinegar, spices, salt and olive oil. Ox-eyed daisies can also be pickled, but remove petals first. Daisies can also be crushed to make a tincture for bruises.

There was then a lively Q&A session. One person also recommended using cleavers / goosegrass / sticky weed to make a refreshing drink. Take the young plants before flowering and steep in water for a couple of hours, sieve and drink.

3. Feedback on last EG Meeting actions, next meetings and AOB

The Risk Assessment submitted for a survey in Gods Acre has been agreed so we can now survey there. ACTION Helen and David to liaise.

All 15 free packets of wildflower seeds (from the Eden Project) were collected from the Library.

The loss of the hedge planted at Kimmeridge was discussed, and David will pop over there at some point to review the damage. Agreed we might offer some hedge plants to replace plants if the damage is not too great.

Helen said that in the hedge on the playing field, some of the protecting tubes are empty, so the trees will need replacing in the autumn. She also said that the Jubilee trees will also be planted in the autumn, and that we need site(s) for our trees that David has (60+) plus the ones that are in the Swanage tree nursery. David has looked at the hedge plants at the top (Southern boundary) of Secret Field planted in winter 2022 are hidden in the long grass, and hasn't been down to the hedge at the bottom (Northern boundary) planted in winter 2023.

The autumn energy event was discussed, and there were reservations about whether we have capacity to arrange such an event. Dorset CAN Open Greener Homes will be run on Sat / Sun 23/24 September, and Sat/Sun 30 September / 1 October. Agreed to discuss further amongst the core group.

4. Corfe River volunteering opportunity

Helen said the Planet Purbeck were offering the opportunity to attend some training followed by some clearing of Himalayan balsam on the Corfe river on 11th June, and that there would be further opportunities for "slow the flow" sessions in Corfe.

5. Sharing your ideas and AOB

There was a discussion about the question David asked Swanage Railway at the Annual Parish Meeting on Monday, and that we would like to follow this up. David has already emailed them about this. Helen also wants to ask for the answer that was given about the emissions being equivalent to a flight to America to be backed up by the exact figures, as she saw something different on the Isle of Wight Railway, where flights for a family of four were quoted. ACTION Helen.

David reported the library has had one quote for an array of 10 panels and a battery, and a second quote is expected.

Richard mentioned the next Purbeck Energy Group meeting is on 12th June at Mortons Manor, if anyone would be interested in joining this group; please advise Richard in advance.

6. Dates of next meetings and events

- **15th June** –talk entitled Household waste and ways to reduce, reuse and recycle by Amanda Evans Dorset Council Recycling Officer
- **20th July** – To be advised – let us know if you have any ideas!
- **10th August** – St Edwards Church Fair stall
- **September / October** – Possible Energy event, tied in with Dorset CAN Open Greener Homes

CCPCEG Core Group members; Josey, Helen, Tom, Luke, David, Richard

Contact us via the clerk (Michelle) at: environmentgroup@corfecastleparishcouncil.gov.uk