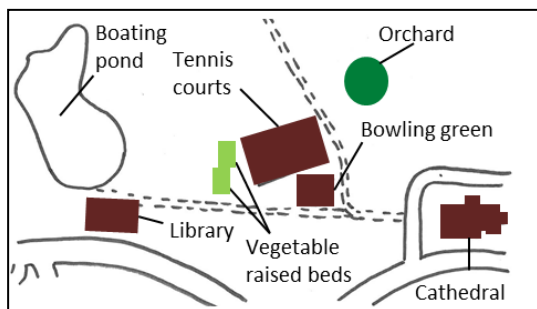


As part of REAP's Grow Elgin project to grow more food locally and to reduce greenhouse gas emissions. We have raised beds with a variety of edible plants in the cycle hoops in Elgin's High Street and four raised beds in Cooper Park .



Edible beds in the High Street beside the fountain

Please don't try eating plants out of any of the other High Street planters!

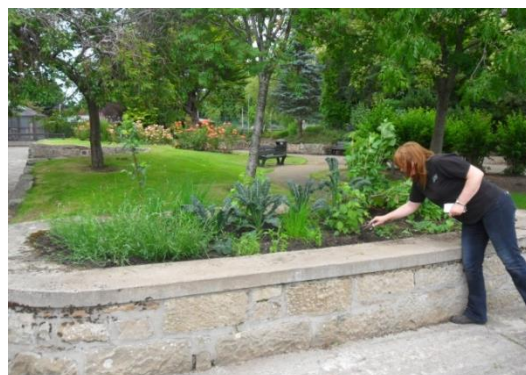


Edible beds in Cooper Park, Elgin

What's growing in the beds?

The beds have vegetables, herbs and soft fruit growing in them. You might like to try:

- A few parsley leaves or chives to go in your sandwich.
- A strawberry or two or a few black currants to go with your lunch.
- A cup of fresh herbal tea, add hot water to a few leaves from the pineapple mint, lemon balm, camomile flowers or fennel.
- Pick some fresh herbs for dinner. Try some leaves of the thyme, marjoram or rosemary (or all three!) on your pizza or in your pasta sauce.



Can anybody just help themselves?

Yes! The plants are there to be used by anyone and everyone. Be sure to wash what you pick before eating.

How much should I take?

Please harvest small amounts for your or your family's immediate needs. Many of the leafy vegetables can be harvested on a cut-and-come-again basis, taking a few leaves from several plants rather than a whole plant. Be sure to compost whatever part of the harvested plants you don't eat.

When should I harvest?

We have a lollypop traffic light system in our planters to help you know when they are ready to be picked.

Green = Ready to pick

Orange = Not quite ready yet

Red = Do not pick

The Cooper Park Orchard

There is also a community orchard in Cooper Park! Apple and plum trees were planted in the Spring of 2016 by REAP and local volunteers (see the map opposite). These trees produce crops of fruit in the autumn for local people to harvest and eat.

How can I get more involved?

These beds have been planted and looked after by local people, for local people. If you would like to help look after the beds please join us at our next Bi Monthly session. To find out when the next session is see our website or social media or give us a call.



REAP's Grow Elgin Project is funded by the Climate Challenge Fund



For more information about this project and

REAP's other work visit

www.reapscotland.org.uk

Telephone: 01542 888070

Email: info@reapscotland.org.uk

Charity Number: SC037988

Company number: 316989



Borage

Freeze the blue flowers into ice cubes for drinks.



Camomile

Makes a calming tea before bedtime.



Chives

Oniony flavour great as garnish, in dips, with potatoes.



Chervil

Use raw in salads or with eggs or cottage cheese.



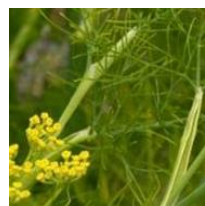
Nasturtiums

Use the flowers and young leaves as a colourful addition to salads.



Fennel

Use in salads, to flavour sauces and mayonnaise, and with fish.



Lemon balm

Makes a refreshing lemon-flavoured tea.



Marigold

Use petals (can be orange as well as yellow) to add a colourful flourish to salads.



Marjoram

Use on pizzas and in Bolognese sauce, and in vinaigrette.



Parsley (leaf and curled)

Use as a garnish, on potatoes, in salads, sandwiches or soups.



Pineapple mint

Makes a refreshing tea, use in sauces with meat, in pea soup.



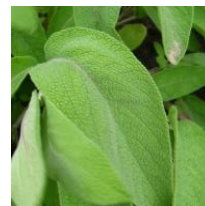
Rosemary

Use sparingly in stuffing and with roast meats, in scones or dumplings.



Sage

Use in stuffing, sausages or stews, and Italian-style sauces.



Thyme

Adds flavour to vinegars and oils, on pizzas and as all-purpose seasoning.



Edible Elgin

Did you know there are edible plants growing in Elgin High Street and Cooper Park ready for you to pick and use?

