

7



Cherry

Stone fruit of bush or tree
Latin "Prunus avium"

Edible Parts



The fruit



Good source of potassium and vitamin C. Rich in antioxidants. Natural anti-inflammatory with cardiovascular benefits.

Other uses



Blossoms and fruit are used for cosmetics, and the bark to make medicine.



35



Strawberry

Fruit of a perennial herb
Latin "Fragaria sp."

Edible Parts



The fruit



Full of vitamins, fiber, and antioxidants. Good for the heart, as they lower blood pressure and cholesterol.

Other uses



Leaves, blossoms and fruit are used for cosmetics, and medicinal use.



14



Elderberry

Deciduous shrub
Latin "Sambucus"

Edible Parts



The flower The fruit



High in vitamin C and antioxidants. Diuretic, and alleviates common cold symptoms.

Other uses



The berries are used for food colouring, and the bark for medicinal use.



42



Fennel

Vegetable, perennial herb
Latin "Foeniculum vulgare"

Edible Parts



Seed Leaf Root



High in fiber, potassium, folate, vitamin C, vitamin B-6. Good for digestive system and the heart.

Other uses



Essential oils extracted from fennel are used in cosmetics and medicine, especially bucal hygiene.



35



Strawberry

A relative of the rose (Rosaceae family), not a berry but an aggregate fruit.



Plant in full sunlight.



Keep moist. Water daily.



Spout indoors early spring, move outdoors after last frost.



Can produce fruit all year, eat fruit when red.



Needs rich soil.



Can be grown all over Europe in natural soil and pots.



108

135



7



Cherry

Most varieties are cross-pollinating, they need another tree for pollination.



Plant in full sunlight and good air circulation.



Once a week.



Outdoors during the early autumn. 2,5cm deep.



Will take 7-10 years till it produces its first fruit.



Needs well drained soil.



Can be grown all over Europe in natural soil.



93

62



42



Fennel

Flowering plant species in the carrot family.



Plant in full sun.



Once or twice a week.



Sow in spring, 1cm deep.



Eat leaves throughout, bulb after 13 weeks, when 5-7cm big. Flowers in 90 days.



Moist, fertile and well drained



Can be grown all over Europe in natural soil.



3

157



14



Elderberry

The uncooked berries and other parts of this plant are poisonous.



Plant in full sunlight and good air circulation.



Once a week.



Outdoors during early autumn. 0,6cm deep.



Will take 3 years from seed, or less from cutting.



Moist, fertile and well drained



Can be grown all over Europe in natural soil.



160

153



28

Orange



Fruit of orange tree
Latin "Citrus x sinensis"

**Edible
Parts**



The fruit



Good source of vitamin C, thiamine, folate, and potassium. One large orange provides over 100% of the RDI

**Other
uses**



Blossoms and fruit are used in cosmetics, especially for perfumes.



27

Kaki



Berry from Kaki tree
Latin "Diospyros kaki"

**Edible
Parts**



The fruit



Good source of fiber, Vitamins (A, C, B6), potassium, mineral manganese, and of healthy carbohydrates.

**Other
uses**



Produces tannin-rich kakishibu, which repels water, and can water-proof e.g. umbrellas.



49

Onion



Bulb vegetable
Latin "Allium cepa"

**Edible
Parts**



Bulb Leaf Seeds



Nutrient-dense: low in calories but high in vitamins and minerals. Many medicinal uses. Potent anti-inflammatory.

**Other
uses**



Onion skins can be used as a dye for fabric. Many medicinal uses.



56

Artichoke



Vegetable. Latin "Cynara cardunculus var. scolymus"

**Edible
Parts**



The Flower



One of the highest antioxidant vegetables. Many medicinal uses. Useful to lower cholesterol.

**Other
uses**



Can be used as a green fabric dye, or in cosmetics, as it helps remove toxins.



21

Khaki



Deciduous Trees. Among the oldest cultivated plants.



Plant in full sunlight.



Once a week.



Outdoors during spring. 7 years to produce fruit.



Fruit is ripe when orange and soft.



Needs well drained soil.



Can be grown all over Europe in natural soil.



28

Orange



Evergreen tree of the rutaceae family. Produces one crop per year.



Plant in full sunlight, likes humid conditions.



Once a week.



Outdoors in spring. 1cm deep.



Will take 7 years till it produces fruit.



Needs well drained soil.



Can be grown all over Europe in natural soil.



123



62

56

Artichoke



Annual plants.



Plant in full sunlight.



Once a week.



Outdoors any time of the year, depending on variety.



Need minimum 110 days to reach maturity.



good soil, regular feeding



Can be grown all over Europe



89



49

Onion



Annual bulbs, but can be grown all year plants.



Plant in full sunlight.



Once a week.



Outdoors any time of the year, depending on variety.



Need minimum 90 days to reach maturity.



Well drained soil.



Can be grown all over Europe outdoors.



103



128

63





Escarole

Leafy green vegetable
Latin "escarioal"

**Edible
Parts**  The leaf



High in fiber and nutrients, including copper, folate, and vitamins A, C, and K. Low in calories and zero fat.

**Other
uses**  As a natural remedy: diuretic and laxative. 



77



Turnip

Root vegetable. Latin
"Brassica rapa subsp. rapa"

**Edible
Parts**   Root Leaf



Boiled greens are rich in vitamin K, A and C. The boiled root has mainly vitamin C.

**Other
uses**  Good for bones and respiratory system.  Prevents acne and makes hair lustrous.



91





Celery

Leafy green vegetable
Latin "Apium graveolens"

**Edible
Parts**    Root Leaf Seeds



Low in calories and high in dietary fiber.
Can cause sever allergy.

**Other
uses**  Celery stalks are used in skincare products.  Popular for detox juice.



126





Cilantro/coriander

Annual herb
Latin "Coriandrum sativum"

**Edible
Parts**    Seeds Leaf Root



Leaves are rich in vitamin A, C, K. Seeds high in dietary fiber, calcium, selenium, iron, magnesium and manganese.

**Other
uses**  Used for flavoring in medicines and as a fragrance in cosmetics and soaps. 



77



Turnip

Annual root vegetable.
Likes cool weather.



Plant in full sunlight.



Keep moist, but do not overwater.



Can be sown in late winter, spring, or late summer. They need 2 months to mature before it gets too hot or freezes.



Well drained soil.



Can be grown all over Europe outdoors.



123

99



63



Escarole

Annual vegetable of the chicory family.



Plant in full sunlight.



Regularly.



Heat can make it bitter and tough. It is best planted in autumn and harvested in winter.



Well drained soil.



Can be grown all over Europe outdoors.



126



Cilantro/coriander

Annual herb of the Apiaceae family



Plant in full sunlight.



Once a week.



Early spring to late autumn.



Harvest leaves 70 days after sowing, or seeds when dry.



Moist but well drained soil.



Can be grown all over Europe in pots or outdoors.



34

19



91



Celery

Biennial marshland plant.



Plant in full sunlight.



Soak the soil when watering



Can be sown from autumn and spring.



Ready to harvest 85 to 120 days after planting.



Moisture retentive soil.



Can be grown all over Europe outdoors.



144

34



140

Rosemary



Perennial herb
Latin "Salvia rosmarinus"

**Edible
Parts**



Flower



Leaf



Cognitive stimulant, may help improve memory performance and known to boost alertness and focus.

**Other
uses**



Rosemary oil is used in cosmetics and for aromatherapy.



154

Thyme



Perennial herb
Latin "Thymus"

**Edible
Parts**



Flower



Leaf



High in vitamin A and C, good source of copper, fiber, iron, and manganese.

**Other
uses**



Ani-bacterial and anti-inflammatory, many medicinal uses, and in cosmetics.



119

Poppy seed



Oilseed from the poppy
"Papaver somniferum"

**Edible
Parts**



Seeds



Rich in thiamin, folate, calcium, iron, magnesium, manganese, phosphorus and zinc.

**Other
uses**



Many medicinal and cosmetic uses



133

Pumpkin seed



Edible seed of a pumpkin
Latin "cucubita"

**Edible
Parts**



Seeds



Calorie-dense and rich in protein, dietary fiber, niacin, iron, zinc, manganese, magnesium, and phosphorus.

**Other
uses**



Pumpkin seed oil is used in natural remedies and for skin care products.



154



Thyme

Aromatic perennial evergreen of the mint family



Plant in full sunlight.



Once a week.



Indoors late winter.



Cut and dry leaves just before flowering.



Well drained soil.



Can be grown all over Europe outdoors.



157



55

140



Rosemary

Woody shrub, evergreen with needle-like leaves.



Plant in full sunlight.



Once a week.



Outdoors in spring.



Harvest any time, but best during spring and summer.



Well drained soil.



Can be grown all over Europe outdoors.



86



64

133



Pumpkin seed

Oilseed produced annually and often roasted to eat.



Plant in full sunlight.



Once a week.



Late spring, when frost danger has passed.



Need minimum 100 days for pumpkin to reach maturity.



Well drained soil.



Can be grown all over Europe outdoors.



157



144

119



Poppy seed

Used mainly in baking of cakes, pastries and bread.



Plant in full sunlight.



Once a week.



Outdoors in spring or autumn for the next year.



Annual harvest, once the pods and seeds are dry.



Well drained soil.



Can be grown all over Europe outdoors.



110



147



Rye

Grass grown as grain. Latin "Secale cereale"

Edible Parts  Seeds



Rich source of essential nutrients, including protein, dietary fiber and B vitamins

Other uses 

Used in cosmetics and some medicinal benefits.



62



Marigold

Flowering plant Latin "Calendula officinalis"

Edible Parts  The Flower



One of the highest antioxidant vegetables. Many medicinal uses. Useful to lower cholesterol.

Other uses 

Can be used as a green fabric dye, or in cosmetics, as it helps remove toxins.



70



Milk



Origins : **11** **31**



Good source of calcium, phosphorus, B vitamins, potassium, vitamin D and protein.

Other uses 

Many medicinal and cosmetic use.



84



Propolis



Origin : bees



Antiseptic, anti-inflammatory, antioxidant, antibacterial, anti-fungal, and immunomodulatory properties.

Other uses 

Used for skincare products, e.g. against acne. Also used to varnish violins.



62



Marigold

Perennial, but often dies back in cold winter places.



Plant in full sunlight.



Once a week.



Sow in spring for blooms all summer and autumn.



Harvest flowers in the morning.



Tolerate most soil.



Can be grown all over Europe outdoors.



2

94



147



Rye

A cover and forage crop, used as flower, whole or rolled.



Plant in full sunlight.



Once a week.



Plant this perennial cool-season grass in autumn.



Need minimum 60 days to reach maturity.



Well drained soil.



Can be grown all over Europe outdoors.



84



Propolis

Resinous mixture that honey bees produce.



Food supplement, commercialised in many forms (drops, granules etc.)



Produced by bees mixing saliva and beeswax with fluid from plants.



Used by bees to glue together their hives, no ecological downsides.



70



Milk

Can be from goat, cow or sheep.



1 glass a day can be good, but better skimmed, and from goat or sheep.



Most milks sold commercially are pasteurised.



Cow's milk over production has been criticised for its negative impact.



98



Buckwheat bread



Origins: 111



Gluten-free, a good source of fiber, and rich in minerals, good for heart health.

Other uses



105



Flour



Many origins, such as:

26 44 48 73 111 139 147



Depending of the source of the flour, it is more or less healthy. Basic ingredient for most processed food.

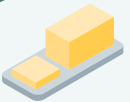
Other uses



Flour is used in many industrial productions, as thickener.



112



Butter



Origins: 69 11 31



Rich in nutrients, but also high in saturated fat (80% butterfat).

Other uses



By-products: buttermilk.



161



Olives

Fruit-drupe of the olive tree
latin "*Olea europaea*"

Edible Parts



The fruits



They contain oleic acid, which helps to increase "good" cholesterol, phenols that facilitate antioxidant activity. Black varieties have greater anti-free radical power

Other uses



Oil and olives also have cosmetic potential, particularly due to the content of antioxidant and anti-aging substances



105

Flour



Plant based ground powder.



It is used in cooking for baking, and as thickener in many products (e.g. yoghurt, sausages, sauces).



Flour is a ground powder from grain or other starchy plant foods.



Extracted from different plants, e.g. potato, grains, corn, yam, buckwheat etc.



98

Buckwheat bread



Originates in Tibet and southwest China.



Can be eaten daily. Do not store in the fridge as it will dry out.



Buckwheat bread is often produced as a sourdough.



As all products, if over-produced it will become unsustainable.



161

Olives



Drupe of the perennial plant belonging to the Oleaceae



It prefers sunlight and is sensitive to low temperatures



It resists drought even for many months



Planting takes place from autumn to early spring



Annual harvest: October-December
The plant requires biennial pruning



It prefers loose or medium-textured, fresh and well-drained soils but also does well on different soils



Plant of the Mediterranean area



121



112

Butter



Dairy product. Semi-solid emulsion.



Should be eaten in moderation, max 1 tablespoon a day.



Made from the fat and protein of milk or cream from some mammals.



High negative ecological impact due to overproduction.

