



Wild Garlic Pesto

Harvest ingredients: March-June

Star Ingredient:

Wild Garlic

Ingredients:

- 1 large handful of wild garlic leaves, washed
- 50g nuts of your choice (pine nuts, cashews or walnuts work well)
- 50g hard cheese (e.g. parmesan, pecorino, or a vegetarian alternative)
- 150ml olive oil
- Juice from half a lemon
- Salt and pepper

You'll also need:

- Food processor or pestle & mortar

Method:

1. Blitz the wild garlic leaves, nuts and hard cheese in a food processor, to make a paste. You could also crush these ingredients together in a pestle and mortar.
2. Slowly mix in up to 150ml olive oil, until the pesto reaches your desired consistency.
3. Add lemon juice, salt and pepper to taste.
4. Mix your pesto into warm pasta, use as a dip, or spread on sandwiches.
5. Keeps in the fridge for up to a week.



Wild Garlic

Wild garlic grows low to the ground. Each plant has several bright green leaves, which are long and pointed, and emerge in early spring. It can grow over a very large area, putting on a spectacular display when the pretty white star-shaped flowers appear later in spring. It loves shaded areas with damp soil, so can often be found close to our canals and rivers.

Wild garlic has a strong smell, similar to bulb garlic. The leaves will smell like garlic when crushed between your fingers. Wild garlic leaves are best picked when young and tender, before the flowers emerge. Pick a few individual leaves from several plants – do not uproot whole plants. Avoid picking next to paths where dog-walking is popular, and be sure to rinse the leaves thoroughly before using. Ideally, soak for a few hours in cold water prior to rinsing.

Tip – wild garlic flowers are also edible. They make a great addition to salads when mature, and the buds can be pickled like capers.



Wild garlic leaves (left) and a patch of wild garlic (right). Photo credit: Carrie House