

## Along the path

- Starting at **Battlehill**, you will find planted raspberries and blackcurrants and wild growing wood sorrel.
- The **Railway Station**, a tub of herbs offering mint, sage and rosemary. The tub sits just outside the waiting area on the station office platform.
- The **Brander Garden**, here you will find raspberries and wine berries at the very bottom of the garden, planted along the walls.
- **The Primary School Orchard** (planted by the 2013 Primary 3 classes along the wire fence) of apples, plums and cooking apples.
- The **Cooper Park Pavilion**.....planted along the fence line at the back of the pavilion and on the car park side you will find chives.
- The **riverbank** you will find sweet cicely growing wild.
- The edge of the **playing fields**, watch out here for planted raspberries, black and red currant and gooseberry bushes just a little further along on your right hand side on **Hill of Haugh**.
- Follow the **Meadows Footpath** round to your left and skirt the edge of the playing fields where there are hazel trees and elderberry trees. Continue to follow the path and you will pass the "It's Knot Magic" wishing tree on your left created as a focal point for health wishes for local residents and visitors in 2011. Look out for nettles growing in profusion along this path.
- The **Community Orchard** with a mixture of apple and plum trees.
- At **Meadows Plantation** wild garlic grows in abundance.
- **Deveron Street Community's** planted wall and picnic table you will find, growing amongst the flowers, rosemary and mint.

## A Bite on the Side



**Wood Sorrel** is a great addition to green salads but should be used sparingly. The trefoil leaves have a lemony tang and pleasant tartness.



**Sweet Cicely** is thought to have been introduced to Britain by the Romans. It has a distinct aniseed flavour to the leaves and the seeds which can be added to stewed fruits to enhance the taste.



**Nettles** are best picked (wear gloves!) when very young, just a few centimetres high, or on taller plants just the top most leaves. You can make soup or puree with your crop.



**Wild Garlic** readily identified by its pungent smell, add the mild tasting leaves to salads or chopped to scrambled eggs or omelettes. The star shaped white flowers can be used as a garnish.

*Please note: the law firmly forbids the uprooting of any wild plant or picking of endangered flowers.*

*For further information visit [www.plantlife.org.uk](http://www.plantlife.org.uk) and [www.thewildflowersociety.com](http://www.thewildflowersociety.com)*

# EDIBLE TRAIL



