

Sefton Surplus
Sean Roy Parker
Bootle Library
19 & 20 September 2019

A food project for Human Library Bootle



Sefton Surplus

Thursday 19th Sept, 2-5pm
Walking tour of local wild food spots
and community growing projects

Friday 20th Sept, 10am-2pm (lunch 1pm)
Preparing a free veggie community
meal, using Bootle's surplus food

Start / finish @ Bootle Library 220 Stanley Road, L20 3EN
Call 0151 934 5781 to book your spot now!



Supported using public funding by
**ARTS COUNCIL
ENGLAND**



your Library Sefton





Sefton Surplus

*Did you have a bumper crop of courgettes?
A big fruit tree, ripe and ready for picking?
A spate of spuds or a bucketload of berries?*

*We'll turn your surplus food into a free and
delicious vegetarian meal for the community
at Bootle Library on Friday 20th September*

*Please contact 0151 934 5781 to pledge your produce
or drop off anytime Thursday 19th Sept with Kerrie
at Bootle Library 220 Stanley Road, L20 3EN*



Supported using public funding by
**ARTS COUNCIL
ENGLAND**



yourLibrary Sefton



OTHER DONATED PRODUCE:

MARIA - PEAS, RHUBARB

SURPLUS SEFTON

UPDATED ITINERARY

Thursday 19th Sept, 2-5pm

Walking tour of local wild food spots and growing projects, observing, tasting and talking about foraging.

Route

START - Library : Planning a new growing plot! Lesley or Kerrie could talk a bit about our plans. Show the bee hive? Rowan trees out back.

2 - Canal : Berry bushes lining the path

3 - Oriel Road Station : platform garden run by Brunswick Youth Club

4 - Lock and Quay & SAFE : Ask for Mark at reception, he will show their growing patch

5 - Church Gardens / Irlam Road : could be a good spot for weeds

6 - ASDA : could we drop in and chat to the Community Leader about the produce they distribute to charities? Happy to pick up some food if needed? Aim for 3.30pm

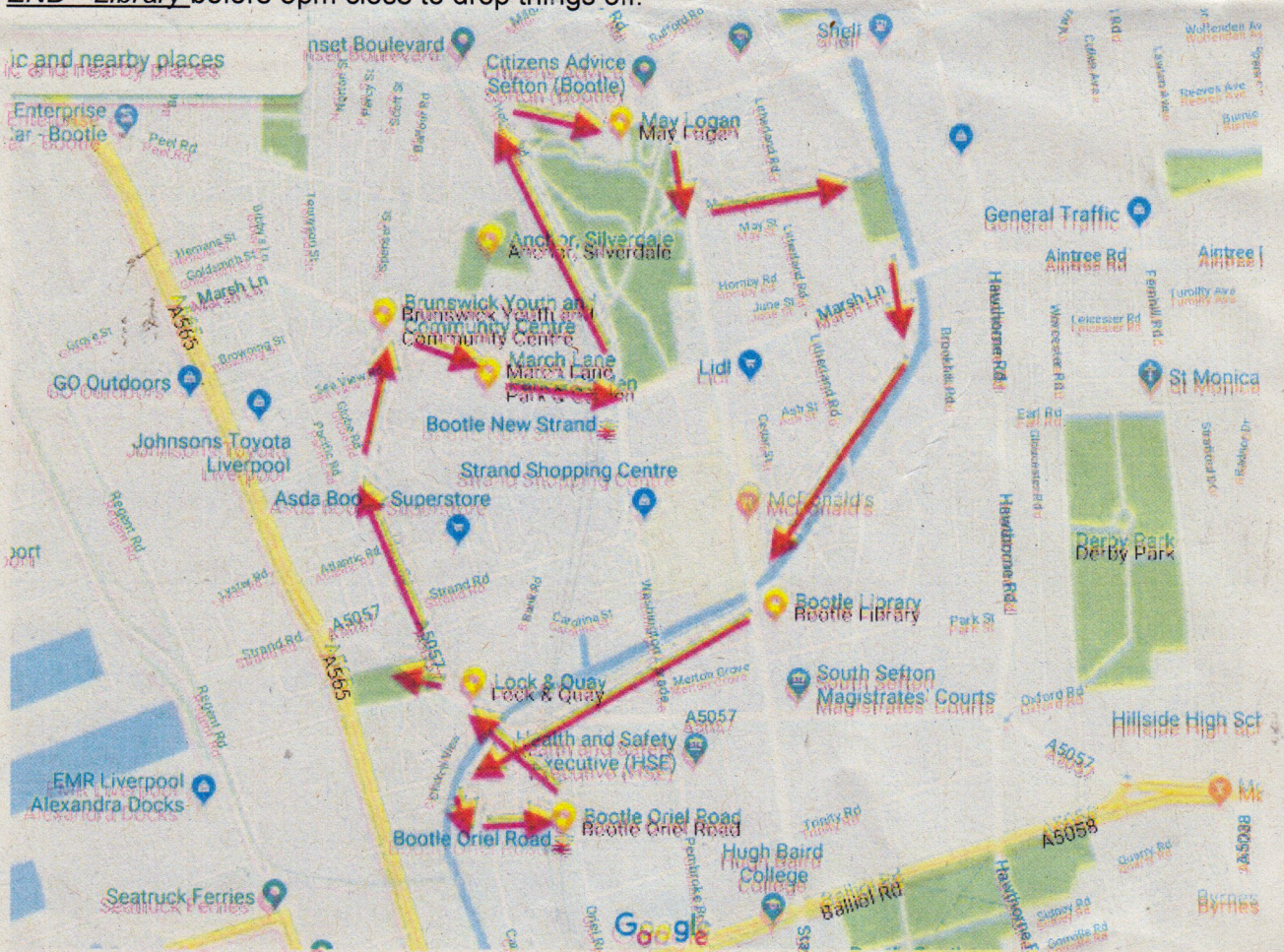
7 - Brunswick Youth Club - waiting to hear back, hope we can visit and see their garden

8 - March Lane : quick look at herbs, weeds

9 - May Logan garden : walk down Stanley Road then left onto Melling Road

10 - Canal again : (BONUS) Derby Park : if we have bags of time, would be good to check this out

END - Library before 5pm close to drop things off.



SURPLUS SEFTON

UPDATED ITINERARY

Thursday 19th Sept, 2-5pm

Walking tour of local wild food spots and growing projects, observing, tasting and talking about foraging.

Intro - what is my practice? How long have I been working with food? What drew me to working with food and what do I hope to achieve through these projects?

Bootle - what's my connection? What do I like about the area?

Ground rules

don't eat anything if you don't know what it is - song!

Species that look the same - some poisonous

Don't pick low down - things have happened

Don't harvest an entire plant as it won't grow back

Projects jumping up all over - shows how popular these sorts of projects are atm - encapsulating amateur spirit. Increased opportunities to participate and collaborate. Building open-for-all engagement with outdoor project and providing fun skill-based learning. Get an idea of participants - who is there, what experience? What are they expecting to learn?

Why does food growing have to be left to professionals? What are some of the issues with farming in this country? Expensive to buy, pesticides, wrapped in plastic. Overproduction / underproduction,

Route

START - Library : Planning a new growing plot! Lesley or Kerrie could talk a bit about our plans. Show the bee hive? **Rowan trees** / mountain ash out back - sour berries normally for jelly, jams. Native to the UK, v high in vitamin c - lots of sun. Related to the rose family, berries contain collagen which strengthens blood vessels. Add to gin!

2 - Canal : Berry bushes lining the path

Crab apples - shake the tree - easy to collect. Lots of tannins, but mostly mixed with modern apple genes so less bitter than ancient varieties. Look in any angle when you're walking and you'll find clues to wild food. Down - weeds, greens, fallen fruit (tree nearby). Eye height - fruiting bushes, tall flowers. Up - fruit & nuts.

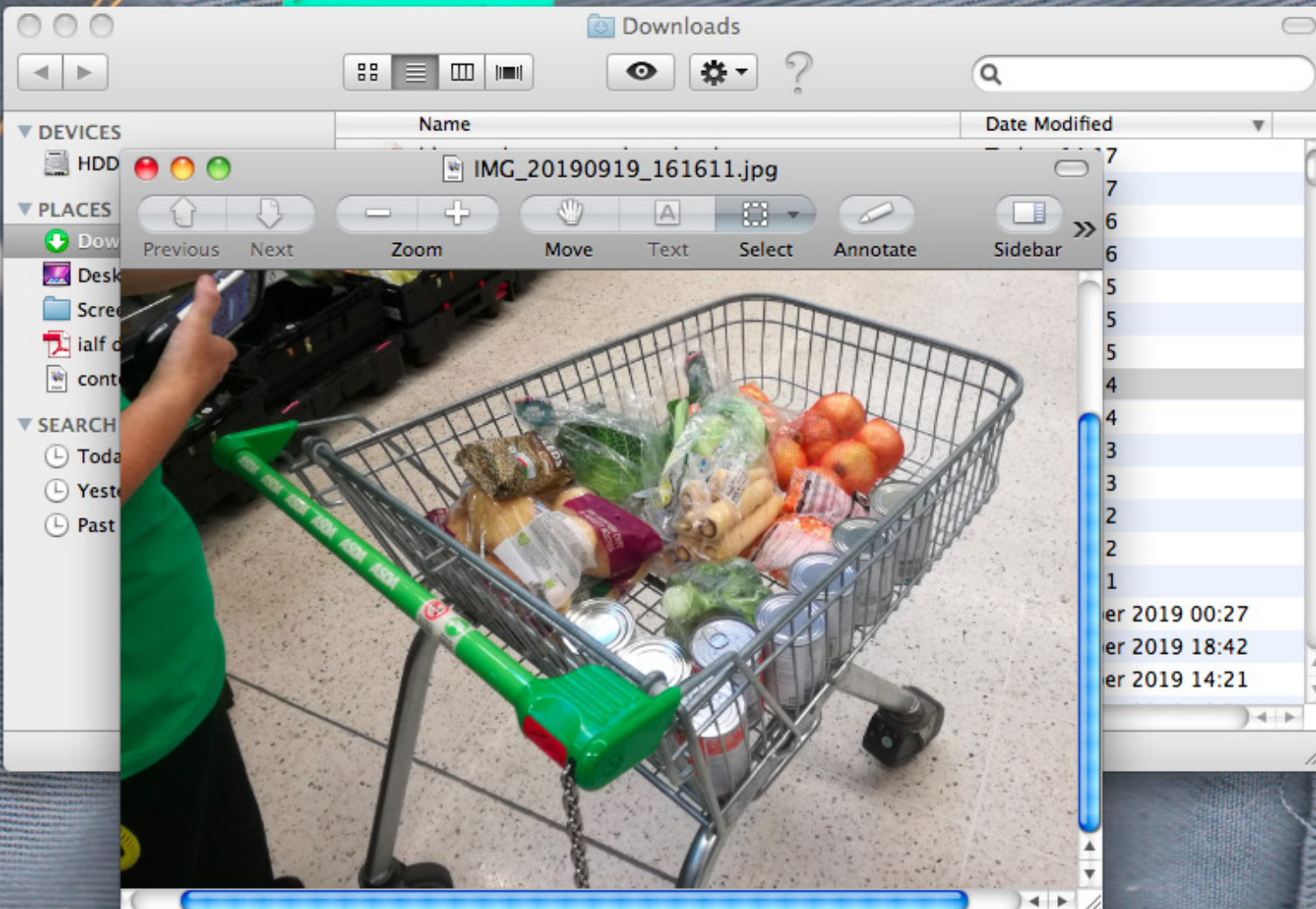
3 - Oriel Road Station : platform garden run by Brunswick Youth Club. Mostly herbs - info about rosemary, thyme, mint, marjoram

Rosemary - improve memory, mood & skin, lower risk of alzheimers. Fresh herb, everywhere. Always wash - can hang to dry. Great in tea w orange or in a bath to soothe aches.

Thyme - treats acne & high blood pressure. Used by Ancient egyptians for incense.



r 2019 00:27
r 2019 18:42
r 2019 14:21



4 - Lock and Quay & SAFE : Ask for Mark at reception, he will show their growing patch. Ask questions about set-up. Whats growing? What materials?

5 - Church Gardens / Irlam Road : could be a good spot for weeds. Look at the length of the grass, how long ago was this cut? Does the funding allowances / cuts

Dandelion - every continent in world & high nutritional value so most sustainable food source on the planet. Gardeners scourge. Misguided. Amazing plant. list some uses. Ask about name.

6 - ASDA : could we drop in and chat to the Community Leader about the produce they distribute to charities? Happy to pick up some food if needed? Aim for 3.30pm
Colette will come chat to us about their surplus.

7 - Brunswick Youth Club - waiting to hear back, hope we can visit and see their garden
Not heard back, let's drop by (perhaps call) and see whats there. It's on the route.

8 - March Lane : Thinking about rewilding - how can neglected spaces be new sites of biodiversity importance? Access to greenspace affects mental health,
Clover - lowers cholesterol & relieves hypertension (high BI Pr). Traditionally flowers and leaves used in infirmaries & hospitals - great sedative. Sleepy tea.

9 - May Logan garden : walk down Stanley Road then left onto Melling Road. Laura says nothing here, wonder if we can get in and have a look - even just to study the bulding projects and interesting areas. Look at materials -

10 - Canal again : (**BONUS**) Derby Park : if we have bags of time, would be good to check this out

Nettle - ancient healer, lymphatic booster (white BI Cells), rilly high in calc & potass. Hairs administer poison - formic acid, hystemine, seratonin. So if you're not getting burnt by them, but drinking in a tea- great for protecting bladder, protecting hayfever, mood enhancer.
Use as a veg

END - Library before 5pm close to drop things off.

DEVICES

Name

Date Modified

HDD

IMG_20190919_161611.jpg

IMG_20190919_164631.jpg



Previous

Next

Zoom

Move

Text

Select

Annotate

Sidebar



DEVI

Downloads

IMG_20190919_154056.jpg



Previous

Next

Zoom

Move

Text

Select

Annotate

Sidebar



Previous

r 2019 00:2

r 2019 18:4

r 2019 14:2

Mountain
Rowan ← Ash → Berries - High in Vit. C

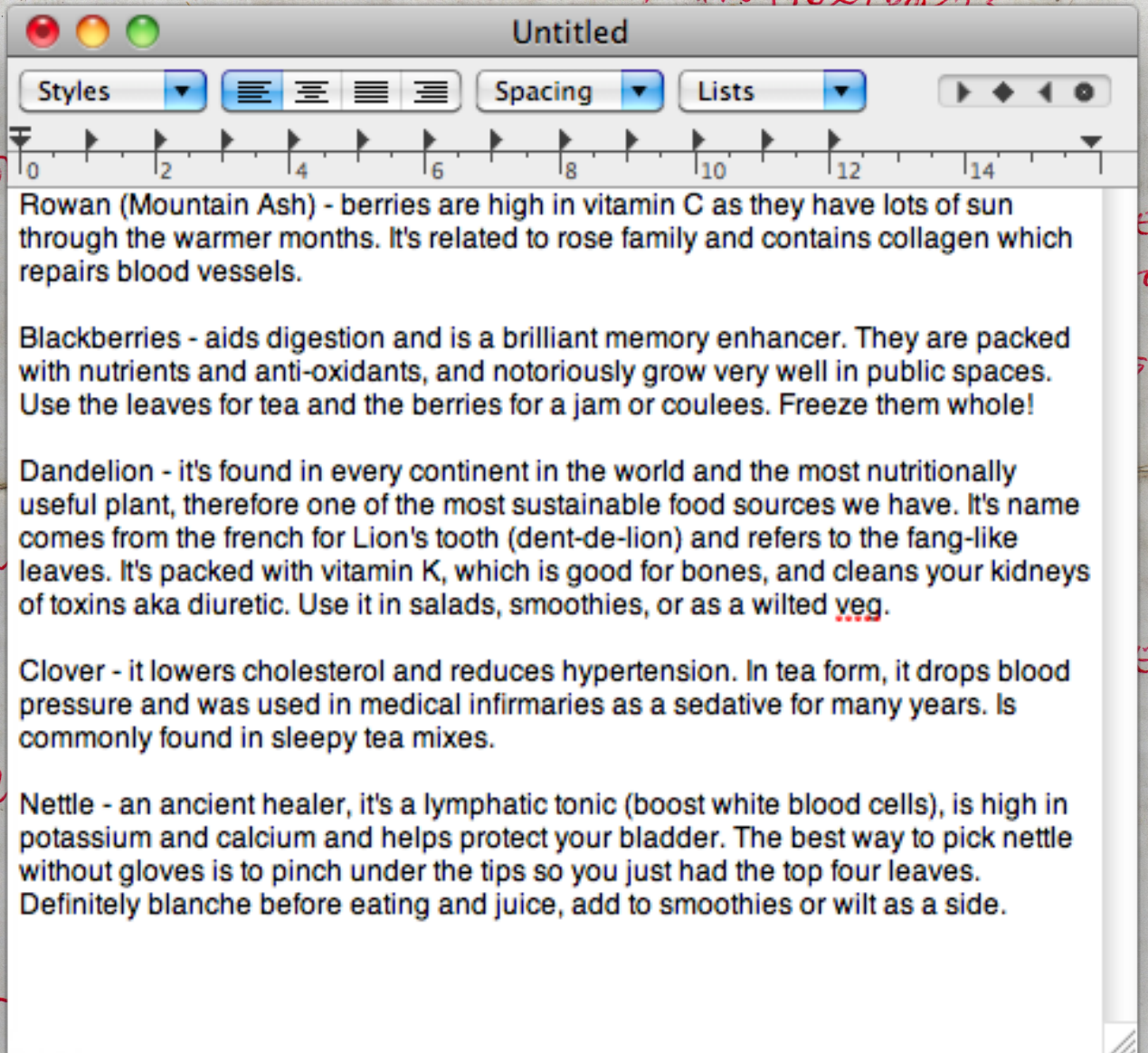
RELATED TO ROSE FAMILY

COLLAGEN REPAIRS BLOOD VESSELS

LOTS OF SUN THROUGH WARMER MONTHS

BLACK BERRIES - digestion, memory ENHANCER

PACKED W NUTRIENTS + ANTIOXIDANTS



ORANGE

LOW

NETTLE

BAY

ROSEMARY

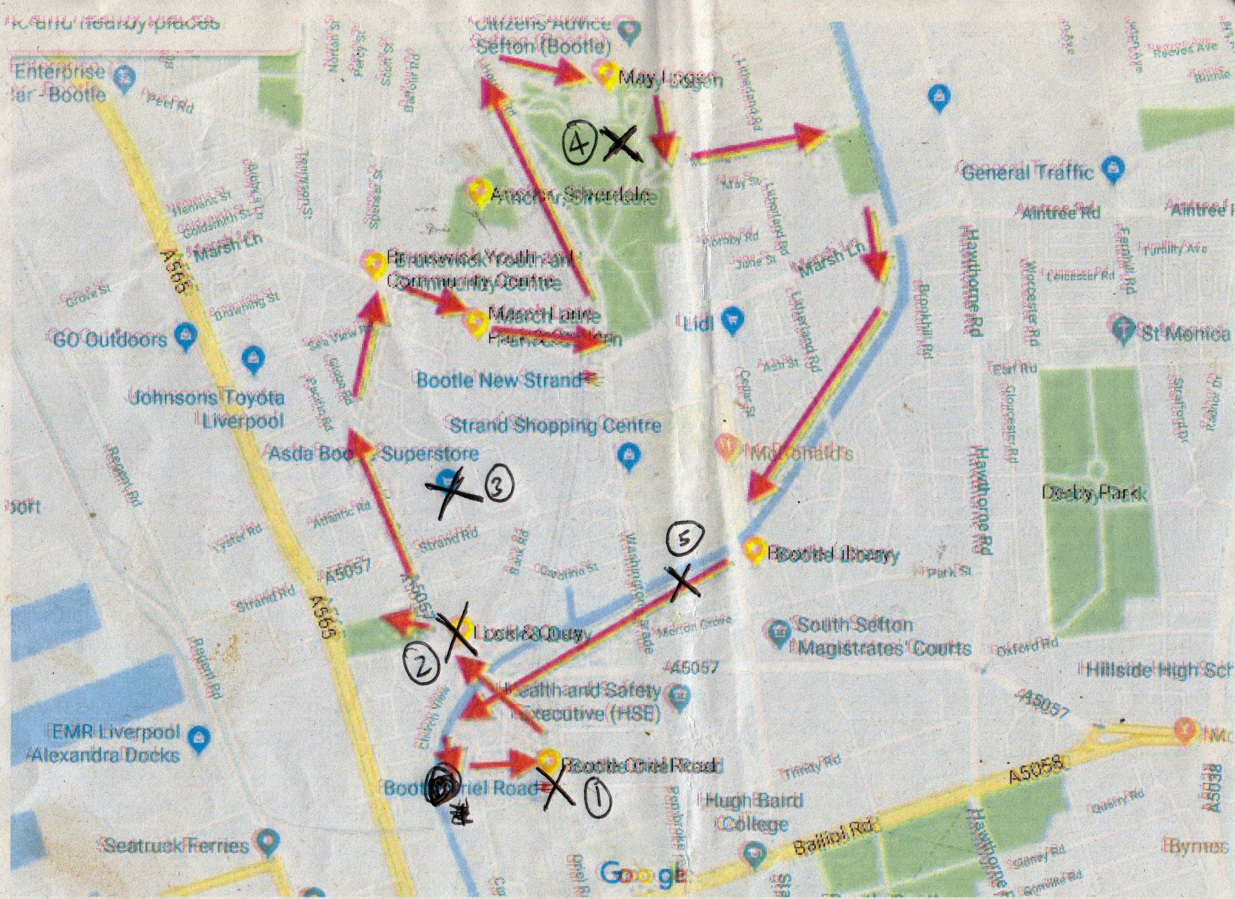


Getting food from the source, bypassing supermarkets. Introducing new foods into body, diversifying diet. it can make a walk to the shops far more interesting. A wealth of amazing colours, smells and tastes in your vicinity.

Reconnecting with nature - thinking about ways to improve our deep understanding of being a human and what might life have been like before technology, supermarkets, roads

- Canal
- Rosehips
- Nettles
- Plantain
- Bramble
- Wild carrot
- Nipplewort
- Rowan tree
- Cherry plums
- hemlock

- Food at library
- Marow lots
- Two bags potatoes
- Greens
- Onions
- Barley
- Beans
- Tin toms
- Carrots and Swede
- Herbs
- Bulion
- Cider vinegar
- Cabbage
- Broccoli
- Parsnips
- Cavalo



FORAGED, FOUND + DONATED
FOODS ON SURPLUS SEFTON WALK
THURS 19/9/19

- ① ORIEL ROAD STATION - CHICKWEED, COURGETTE FLOWERS, MUSTARD LEAVES
- ② SAFE - SQUASH x 3, ROSEMARY, THYME, ROCKET, CHARD
- ③ ASDA - POTATOES, BROCCOLI, SALT, VINEGAR, TINS, STOCK, ONIONS, PEARL BARLEY
- ④ NORTH PARK COMMUNITY GARDENS - BEET LEAVES, APPLES, LETTUCE
- ⑤ CANAL PATH - WILD MARJORAM, MUGWORT, CRAB APPLES

Untitled

Styles Spacing Lists

0 2 4 6 8 10 12 14 16 18 20

Foraged, found & donated foods on Surplus Sefton Walk
Thursday 19/9/19

- 1 Oriel Road station - chickweed, courgette flowers, mustard leaves
- 2 SAFE - squash x 3, rosemary, thyme, rocket, chard
- 3 Asda - potatoes, broccoli, salt, vinegar, tins, stock, onions, pearl barley
- 4 North Park Community Gardens - beet leaves, apples, lettuces
- 5 Canal path - wild marjoram, mugwort, crab apples

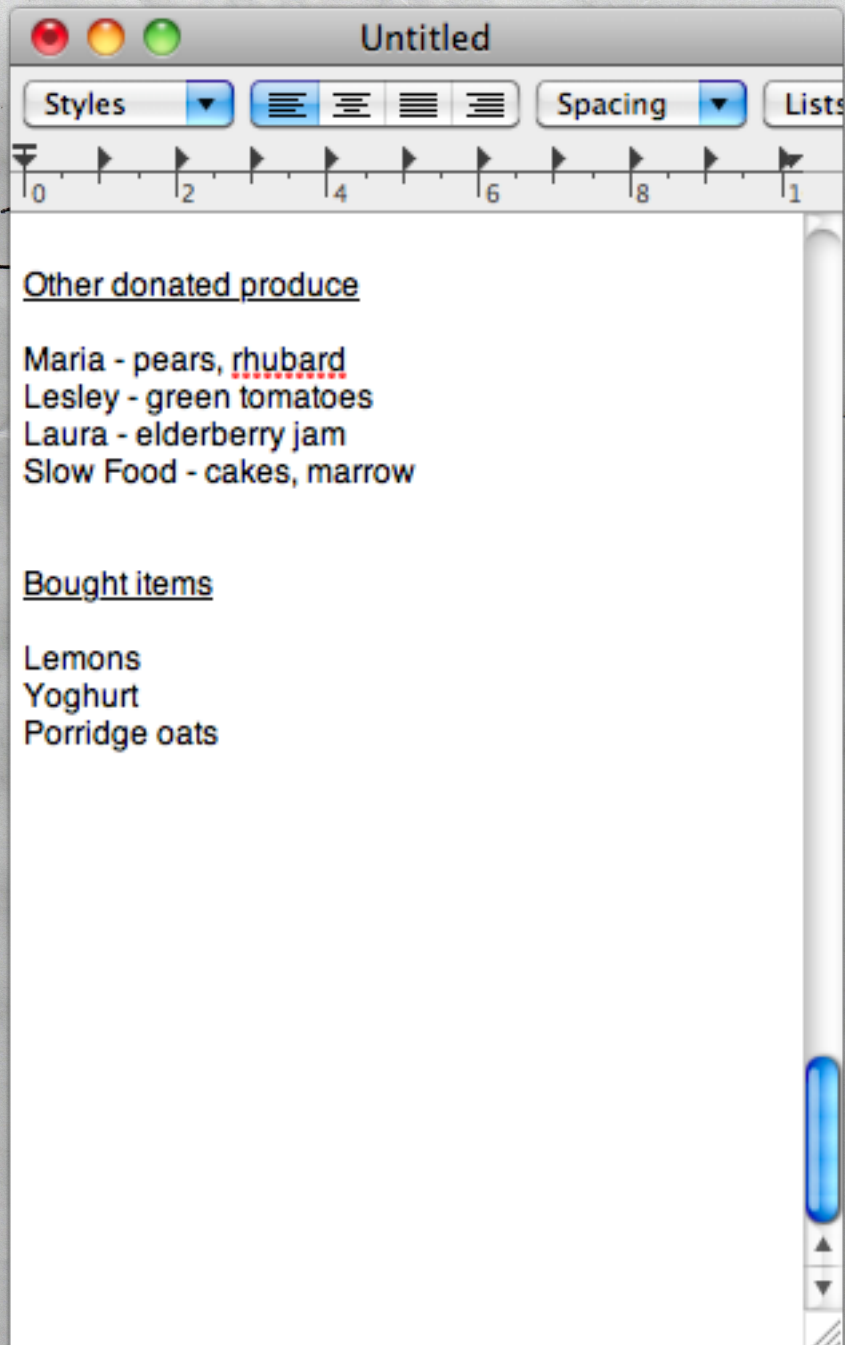
4 - Lock and Quay & SAFE - Ask for Mark at reception. he will show their growing patch. Ask questions a

5 - Church
grass, how
Dandelion
source on t
about name
6 - ASDA :
distribute t
Colette will
7 - Brunsw
Not heard
8 - March
biodiversity
Clover - ic
leaves use
9 - May LC
nothing he
projects a
10 - Cana
this out
Nettle - a
administe
but drinkir
Use as a
END - LI

OTHER DONATED PRODUCE:

MARIA - PEARS, RHUBARB
LESLEY, GREEN TOMATOES
LAURA - ELDERBERRY JAM
SLOW FOOD - CAKES, MARROW

BOUGHT
LEMONS
YOGHURT
PORRIDGE



Friday 20th Sept, 10am-2pm

Using the surplus food collected on Thursday to collaborate on a delicious veggie community lunch at Bootle Library, serving at 1pm

Ideas

Daal or curry, rice, slaw, quick pickle, yoghurt flatbread

Green soup, toasted seeds, green salad, any bread

Pearl barley risotto - any hard veg, mushrooms, hard herbs, blue cheese, salad

Chili - any veg, beans, yoghurt, potatoes, salsa, green salad

Big pasta pot - peppers, mushrooms, cheese, sauce & pesto (diy), garlic oil

Ploughmans - bread, butter, cheese, raw veg, pickle, fruit

Soup & Ploughmans

Ideal ingredients

Veg - Onion, garlic, carrots, potatoes, parsnip, swede, cabbage, broccoli, cauli

Salad - Tomatoes, cucumber, radish, lettuce,

Tins - kidneybeans, butterbeans, or chickpeas, toms, sweetcorn

Seeds - pumpkin, sunflower, poppy

Bread, butter, oil, salt, pepper

Available Ingredients

Pears - Maria

Green tomatoes - Lesley

Asda (community champion) - for picking up Thursday after 3pm

Green salad ingredients

Hawberries

chillis, a few toms, onions, rhubarb, a very large courgette and some raw cheese

To Purchase

TBC - waiting on food surplus

Vinegar & sugar for pickling

Single cream or yoghurt, seeds, digestives for fruit salad

EQUIPMENT

9 750ml bottles & 6 500ml bottles - could make a cordial - hawthorn?

16 jam jars - for leftovers, pickles

some not very nice plastic chopping boards and a load of pairing knives

SURPLUS SEFTON MENU

STA

SU
W

BEE

M

VE
PI

(C

KI

W

DE

P

(P

S

O

Untitled

Styles Spacing Lists

0 2 4 6 8 10 11

SURPLUS SEFTON MENU

Starter

Sunburst squash & pearl barley salad with chickweed pesto

Beet, chard & cavolo nero leaves, pickled cauliflower

Main

Vegan Summer chili with boiled spuds, pickled tomatoes & tiger bread

(Courgette, broccoli, beet, chard & cavolo nero stems, kidney beans, chickpeas, tinned tomatoes, paprika, cumin, bay leaves)

Desert

Poached wild fruit crumble

(Pears, rhubarb & elderberries poached in sugar, topped with yoghurt, toasted oats & seeds)

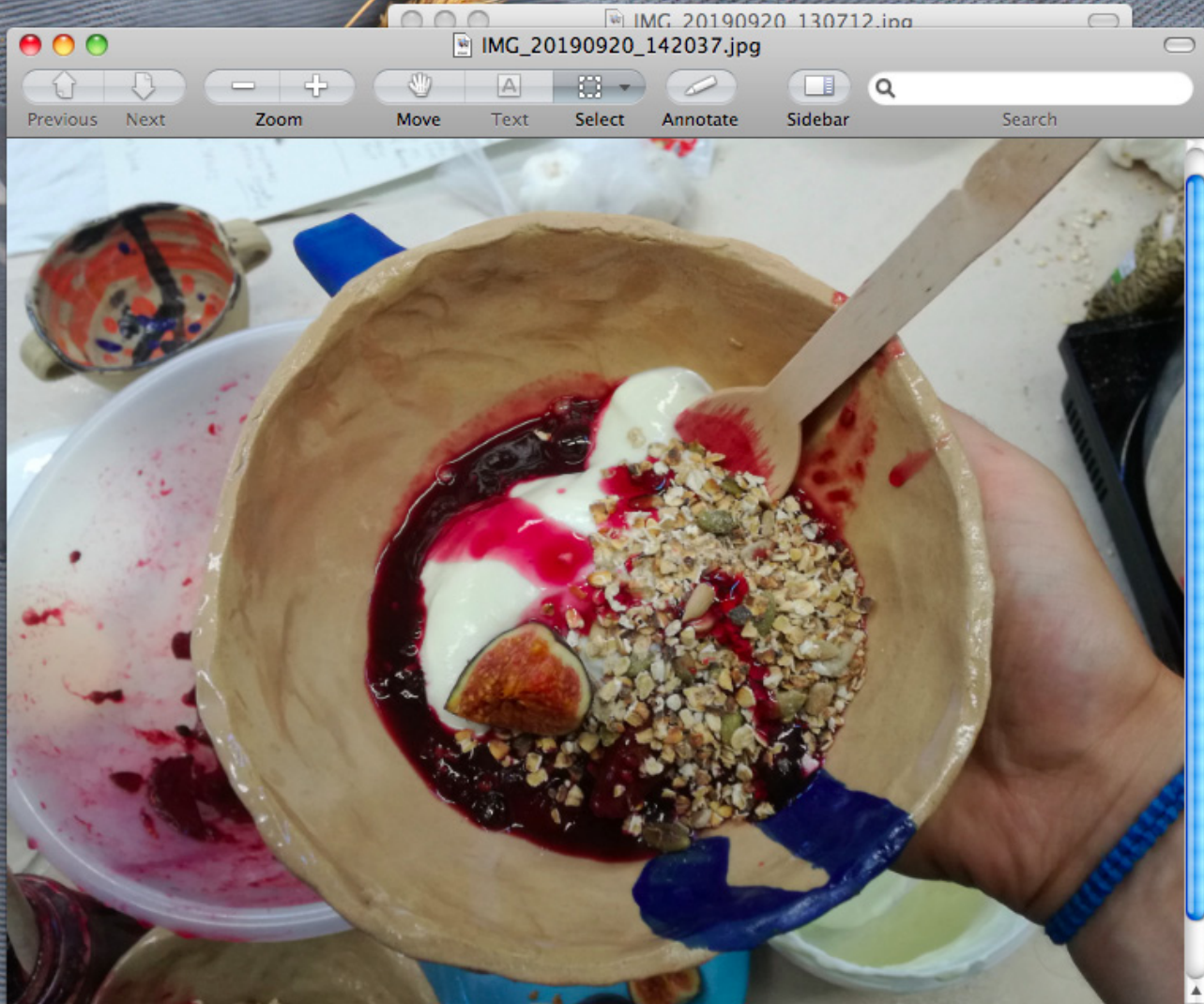
SALAD

PICKLED CAULIFLOWER

SPUDS,

CAVOLA NERO STEMS,
PAPRIKA,

CHIED IN
TESTED



CHILI

ONIONS -

GARLIC, SAU

SPICES - MUS

MARROW - REMO

CHARD STEMS

2 TBSP BOUILLON

BEANS, CHICKPEA

HARD HERBS

BROCCOLI -

SIMMER FOR

POTATOES.

WASH

QUARTER / 6ths

BOIL IN V SALTY

BARLEY

1 ONION STP

YELLOW SQUASH, D

LEMON ZEST

1.5 L WATER

2 TBS BOUILLON

PEARL BARLEY

Untitled

Styles Spacing Lists

0 2 4 6 8 10

PREPARATION CHECKLIST

Chili

Onions - chop small
Garlic, salt & pepper
Spices - mustard, coriander, cumin, paprika
Marrow - Remove all flesh except outside inch
Chard stems only, cavil near stems - chop both small
2tbsp bouillon
Beans chickpeas, toms
Hard herbs
Broccoli - small pieces
Simmer for ages

Potatoes

Wash
Quarter / cut into 6
Boil in very salty water

Barley

1 onion, salt and pepper
Yellow squash, dice
Lemon zest
1.5L water
2tbsp bouillon
Pearl barley (washed)
Mint & fennel tea (wash)
Make tea 12.45pm
Chickweed - wash, chop small
Mix with oil
Lemon juice

JOBS.

- CHOP ONION
- CHOP BIG MARROW
SCOOP OUT
- PICK HERBS
- WASH CHICKWEED
- CHOP STEM
- CHOP YELLOW
- WASH POTATOES
- BLITZ SEEDS
- WASH BARLEY
- SLICE TOMS

Untitled

Styles Spacing Lists

0 2 4 6 8 10

Jobs

- chop onions
- chop big marrow
scoop out all seeds
- pick herbs & put in a bowl
- wash chickweed
- chop stems off chard & beetroot leaves
- chop yellow squashes into small cubes
- wash potatoes & chop in 8
- blitz seeds
- wash barley
- slice tomatoes & cauliflower thinly



STARTER

PEARL BARLEY, CHICKWEED PESTO

1. ADD
ADD
2. COOK
40M
3. WHIL
& PV
KEE
4. BLI
SALT
5. ONZ
OF
6. WAS
ADD
7. WHE
COLD
8. NOW
AND

Untitled

Styles Spacing Lists

0 2 4 6 8 10 12

Recipe

Sunburst squash & pearl barley salad, chickweed pesto

1. Add pearly barley to a pan, cover with water and a big pinch of salt & 2 bay leaves
2. Cook pearl barley on low-medium heat for 40 minutes, stirring occasionally
3. While barley is cooking, toast some sunflower & pumpkin seeds in a frying pan over high heat. Keep moving them so they don't burn. They're done when light brown.
4. Blitz or process seeds, add oil and washed chickweed, salt, pepper to taste and blitz until a paste
5. Once smooth add a little more oil & squeeze of lemon - this is your pesto!
6. Wash, remove seeds and chop squash into cubes adding them to barley 10mins before it's ready
7. When barley is cooked but still has some bite, rinse in cold water through in a sieve.
8. Now add pesto, salt, pepper, lemon juice and chopped herbs like thyme, marjoram, rosemary

WASH

R,

WASH
HEAT
EN BROWN

CHICKWEED,
TE

ZE

BES
READY

RINSE

ROSEMARY