

## European Plants/Cuisine

### 1) Major crops grown in Europe

in England: wheat, barley, potatoes, sugar beets, rapeseed

in Ireland: tomatoes for breakfast, tea drinkers, cabbage, potatoes

barley & hops grown for brewing beer

grapes grown for brewing wine (Rhineland region in Germany)

poppy seed

chamomile - tea

### 2) Tour the garden to look at plants native to Europe

Wheat (in bread bed)

sea holly – native coastal plant [http://en.wikipedia.org/wiki/Eryngium\\_maritimum](http://en.wikipedia.org/wiki/Eryngium_maritimum)

tansy - <http://en.wikipedia.org/wiki/Tansy> (treat fevers, aches, in middle ages)

grapes – wine/grape leaves (Greece) (wild grape vine along back fence)

mullein – bundled together the flower stalks, Romans made torches out of these

Calendula – hand creams

Hops – beer

Kale – staple food during middle ages <http://en.wikipedia.org/wiki/Kale>

Chicory - <http://en.wikipedia.org/wiki/Chicory> (coffee substitute during WWII)

Sweet woodruff

Toadflax or 'Butter and Eggs' - [http://en.wikipedia.org/wiki/Linaria\\_vulgaris](http://en.wikipedia.org/wiki/Linaria_vulgaris)

### 3) Students plant class 'Europe' bed with seeds/seedlings

cabbage, kale, cucumber, potato, carrot, beet

(save a few of the Bonnie cabbage plants for the bed!)

### 4) Students can prepare a European dish and/or taste test common foods

carrot, beet, apple salad (Czech)

cucumber salad with dill/sour cream dressing (German)

olives (Greece)

grapes (Rhine river valley in Germany)

(scroll down for Czech beetroot salad recipe)

**Beetroot, carrot and apple salad:** <http://www.growntocook.com/?p=3404>

Aim for approximately equal parts of beetroot, carrots and apple – below I recorded the quantities I used, but as beetroot, carrots and apples all vary in size, you may need to use different amounts.

- 1 large beetroot
- 2 medium carrots
- 2 sweet apples
- ¼ cup sunflower seeds

**Dressing:**

- juice of 1 small lemon
- 2 tbsp olive oil
- 2 tbsp sunflower seed oil

Peel and grate the beetroot. Peel the carrots and grate them. Half the apples, remove core, but do not peel them – grate the apples. Mix all the ingredients for the dressing and pour them over the grated vegetables. Mix everything gently. Lightly roast the sunflower seeds and scatter on top.

