**EAT YOUR TREES AND SHRUBS**

With well over 2,500 edible plants across the world, the UK relies on perhaps twenty main crops, ignoring thousands of others which would grow in our climate. Trees and shrubs are a good example, with many common indigenous and non-native species offering food which we choose not to use. Elderflowers and berries, young lime (Tillia cordata), silver birch (Betula pendula) and beech (Fagus sylvatica) leaves, mahonia berries, fuchsia berries and rowan (Sorbus aucuparia) berries (cooked in jams) are all examples used in the garden, although if you have found a fuchsia berry which tastes delicious on cereals without the astringent aftertaste which I so dislike, please do let me know.

