

April foraging for wild garlic



Wild garlic is a herb which can be found growing in shady damp woodland from April to June. It has a distinctive and pungent garlicky smell. Leaves are long, pointed, oval in shape and grow from the plant base. Its small white flowers are also edible and great to use as garnish in salads and soups.

Leaves can be eaten raw in salad, blanched in place of spinach and they make great soup. We use our foraged leaves to make a delicious pesto.

Wild Garlic Collagen Pesto

Ingredients for two jars

150g fresh picked wild garlic - wash well & dry

150mls good olive oil

75g finely grated pecorino (can use parmesan as alternative)

Zest & juice of one lemon

75g toasted pine nuts (can use cashew nuts as alternative)

30g either [Elite Hydrolysed Bovine Collagen Powder](#) or [Wild Caught Hydrolysed Marine Collagen Powder](#)

Sea salt to taste

Blend ingredients together in a food processor or blender. Add the olive oil in batches, as you may not need it all. Keep blending until it forms a smooth paste. Depending on the wild garlic, you may want to increase the lemon juice, cheese, salt and oil.

Spoon into a very clean jar and top up with oil to seal pesto. Keep refrigerated. Every time you use the pesto ensure you top up oil to seal it and your pesto will last for months... although I'm sure you'll eat it all before then.



Wild Garlic Collagen Pesto with Asparagus and Burrata Pasta



Serves 2

150g good dried pasta

285g fresh burrata

1-2 tablespoons Wild Garlic pesto with [Elite Hydrolysed Bovine Collagen Powder](#) or [Wild Caught Hydrolysed Marine Collagen Powder](#)

250g fresh asparagus

Olive oil

Sea salt & pepper

Zest of half a lemon

Grated Parmesan

Wash and trim asparagus. Roast, grill or pan fry with a little olive oil, salt & pepper. Cook your pasta according to packet instructions. Tear burrata in half and divide between two bowls of pasta. Add asparagus and a good dollop of pesto. Finish with lemon zest, parmesan & black pepper. Enjoy!

