



Garden Drinks

It is always a pleasure to create, taste and share homemade drinks.
Here are three easy recipes to start you off!

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Thyme and Ginger Lemonade

Thyme (*Thymus vulgaris*) is a common garden herb with antimicrobial and expectorant properties making it a useful companion for the winter season. However, it is also very refreshing during the warmer months in this cool lemonade drink. Ginger (*Zingiber officinale*) is well-known for its digestive and anti-inflammatory properties. Lemon (*Citrus x limon*), rich in vitamin C and soluble fibre, helps to support the immune system. The combination of these three powerful ingredients gives us a delicious, energizing drink rich in fibre, vitamins and minerals.

Ingredients:

600ml water
100g honey (Adapt the amount of honey to suit your own tastes)
10 sprigs of Fresh thyme
3 tablespoons of chopped ginger
2 tablespoons of lemon zest
200g Lemon juice

Directions:

1. Place the water, thyme and ginger into a saucepan and bring to the boil.
2. Reduce the heat, add the honey and simmer for 5 minutes.
3. Remove from the heat and take out the thyme. Add the lemon zest and lemon juice.
4. Leave to steep for 20 minutes.
5. Strain the liquid and leave to cool in the fridge.
6. Use the cooled liquid as the base for your drink adding sparkling water.
7. Decorate with a sprig of thyme and a slice of lemon before serving.

Enjoy!

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Lemon Balm Smoothie

Green smoothies are highly nutritious drinks rich in fiber, vitamins and minerals. Why not use green leaves from your garden or balcony pot? Lemon Balm (*Melissa officinalis*), as its name suggests, has a slightly lemony flavour and is a wonderful addition to a smoothie recipe. Lemon Balm has calming properties which help to ease stress and aid digestion.

This is a simple recipe for Lemon Balm smoothie. If you don't have any Lemon Balm to hand, you could try the same recipe with Lemon Verbena (*Aloysia citriodora*) or Lemon Basil (*Ocimum x africanum*).

Ingredients:

1 banana

1 apple

Berries (e.g. raspberries, blueberries, strawberries) – fresh or frozen

A handful of Lemon Balm Leaves

A handful of Mint Leaves

Enough good-quality water to cover the fruit in the mixer

Directions:

1. Wash the herbs and fruit.
2. Chop the Banana and apple into small pieces.
3. Place all of the ingredients in the blender and mix.
4. Pour into the glass and top with a sprig of Lemon Balm or Mint.

Enjoy!

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Dandelion and Burdock Cordial*

Traditionally, this British drink, dating back to Medieval times, is fermented. This recipe, however, is for a non-fizzy version that can be drunk with still or sparkling water, used in sorbet or in cocktails, or with hot water as a warming winter beverage. Both Dandelions (*Taraxacum officinale*) and Burdock (*Arctium lappa*) have taproots which dig deep down into the soil. The roots of these two plants are rich in minerals, polysaccharides (including inulin, a prebiotic meaning it feeds healthy bacteria in the stomach) and vitamins.

Ingredients:

15g Burdock Root
15g Dandelion Root
1 crushed star anise
8g Ginger Root
500ml Good quality water
Honey/ Brown sugar to sweeten

Directions:

1. Place the Burdock, Dandelion and Ginger roots and the crushed star anise in a saucepan and add the water.
2. Bring to the boil and simmer for around 20 minutes.
3. Strain the mixture and add the honey/ brown sugar according to your tastes.
4. Heat gently until all of the honey/ brown sugar has dissolved and the liquid is thickening into a syrup.
5. Stock the cordial in a glass container (Jar/bottle).
6. Serve with still (hot or cold) or sparkling water, or use in a cocktail. Cheers!

*** This drink is not suitable for pregnant or breastfeeding women**

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