

Around the World in 80 plants talks, tours and garden visits

(Jorda rundt med planter som smaker: foredrag, turer og hagebesøk)

Stephen is in near-Arctic Norway and has devoted 35 years to trialling over 4,000 different vegetables, most of them perennials, several of which are common ornamentals (edimentals). It is unlikely that anyone has tried and eaten so many different species of plants. As a young vegetarian in the 80s he was told it would be too cold to grow vegetables! His megasalads, consisting of 537 species in 2003 and 363 in 2001 earned him the title the "Extreme Salad Man". Stephen's book "Around the World in 80 plants ", an inspiring edible adventure across the continents, was published in the UK by Permanent Publications in November 2014 (the people who publish Permaculture Magazine). See

http://www.edimentals.com/blog/?page_id=30

http://www.edimentals.com/blog/?page_id=2857

In the talk, Stephen tells his own story, talks about the benefits of perennial vegetables, the importance of eating seasonally (both for climate, health and soul) and foraging in the wild. He then leads us on an inspiring adventure *Around The World In 80 Plants*, introducing us to a selection of the author's top 80 perennial vegetables, with inspiration along the way from local foraging traditions and small scale domestication. Each plant has its own ethnobotanical story to tell; introducing Sherpa vegetables of the Himalayas; forest gardened and foraged vegetables of the Sámi people of Arctic Scandinavia; a super-vegetable of the Maori of New Zealand; an onion with a 1,000 year history linking the author's home and Iceland ; a plant which earned the name 'supermarket of the swamps'; the traditional veggie roof gardens of Norway; clifftop perennial vegetables of Dorset's Jurassic coast; the Hampshire perennial vegetable triangle; Scandinavia's best kept secret, a long-lived spinach that climbs; Prince Charles' Forest Garden, and inspiring multi-species dishes of the Mediterranean countries. Many are completely new to most of us. Normally I talk for about 3 hours (with questions underway) and with a break (the whole lecture on all 80 plants I have carried out a few times in 2014 as mini-courses up to 7-8 hours with a break to look at wild edibles outside!). However, I adapt to the time that is available I take with me a laptop / memory stick it's a powerpoint presentation and you must have projector equipment and a spare PC in case there are any technical problems. There will be time to buy signed books.

The talk has now been given in several countries around the world: Norway, Bulgaria, Sweden, Iceland, Denmark, England, Scotland, USA, Canada, Japan and New Zealand.

Since 2012, I've collaborated with a Danish nursery Naturplanteskolen just outside of Copenhagen (<http://naturplanteskolen.dk>), helping with plant material and suggestions for edible plants that combine taste and beauty (edimentals). I am interested in helping other nurseries too! I was on a study tour to Japan in April / May 2016 to learn more of the rich foraging traditions there and also how they cultivate these sansai (mountain vegetables). I have already introduced 3 exciting new perennial vegetables from Japan and Korea – Hosta, Ligularia fischeri and Aster scaber and there are more on the way! The collaboration with Naturplanteskolen lead to the concept of *Fantasy salads*

and the world's first Fantasy salad competition with the participation of leading Danish chefs. See http://www.edimentals.com/blog/?page_id=820. Since then Aiah Noack and Grennessminde, another organic nursery, have been producing edible flowers for leading restaurant NOMA in Copenhagen (the chefs come several times a week to pick the flowers; see http://www.edimentals.com/blog/?page_id=1838).

Following a talk I gave in autumn 2015 at the UK Walled Kitchen Garden Network weekend symposium (see http://www.edimentals.com/blog/?page_id=2554) I have given advice on perennial vegetables at several walled gardens in the UK. In June 2016 I was invited to visit Prince Charles' Highgrove Estate in England to discuss Hosta cuisine (the Prince has a national collection of large leaved Hostas in a wonderful woodland setting on the estate)! I've also given talks for a wide range of audiences from local transition groups, permaculture festivals, gardening clubs, gourmet chefs and even gardeners and chefs at the Norwegian Royal Court!

Norsk:

Stephen bor i Malvik, ST og har viet over 35 år til å prøve ut et 4.000-talls forskjellige grønnsaker i sin hage, de fleste flerårige og flere av dem vanlige stauder (prydsaker eller prydgrønnsaker) i norske hager. Det er lite sannsynlig at noen annen har prøvd så mange forskjellige arter av spiselige planter, og dette i et område der han ble advart, som ung vegetarianer på 80-tallet, skulle være for kaldt å dyrke grønnsaker! Hans salater bestående av 537 sorter i 2003 og 363 in 2001 (Åpen Dag i den Økologisk Hagebrukskampanjen) ga ham tittelen "The Extreme Salad Man». Stephens bok «Around the World in 80 plants: an edible perennial vegetable adventure for temperate climates» er publisert 19. november 2014 i Storbritannia.

http://www.edimentals.com/blog/?page_id=30

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Foredraget "Jorda rundt med planter som smaker" blir en inspirerende tur verden rundt på jakt etter spennende flerårige grønnsaker og spiselige stauder, alle testet i Malvik ved Trondheimsfjorden! Foredraget tar utgangspunkt i min bok. Normalt tar hele turen 2-3 timer med en pause om ønskelig, men det er fullt mulig med kortere foredrag..... (hele foredraget på alle 80 planter har jeg gjennomført et par ganger som dagkurs på 7-8 timer, med en pause for å se på ville spiselige vekster i nærmiljøet!). Jeg tar med laptop / minnepenn. Dette er en powerpoint presentasjon og arrangør må ha fremviser utstyr og en reserve PC i tilfelle det er noen tekniske problemer. Det blir anledning til å kjøpe / få signert bøker til kr. 250! Husk å ta med kontant! Jeg har også VIPPS!

Foredraget er nå holdt i en rekke land: Norge, Bulgaria, Sverige, Island, Danmark, England, Skottland, USA, Canada, Japan og New Zealand

Planlagte foredrag 2016: http://www.edimentals.com/blog/?page_id=262

New from Autumn 2017: I hope to be able to offer additional talks on Edimentals (Edible Ornamentals) and Onions (Around the world with Alliums) (ask for more details)

I also lead tours of botanical gardens and other large and small gardens with focus on edible

perennial plants in the collections. Garden edible tours are sometimes arranged together with a talk as are foraging tours!

I have lead tours in the following gardens so far:

The Royal Botanical Garden in Edinburgh, Scotland

Botaniska trädgården i Lund (Botanical Garden in Lund), Sweden

Stavanger botaniske hage (Stavanger Botanical garden), Norway

Tromsø Arktisk-alpine botanisk hage (Botanical Garden in Tromsø)

Ringve Botaniske Hagen i Trondheim (Botanical garden in Trondheim)

Arboretet og Botanisk Hage, Milde, Bergen (The Arboretum and Botanical Garden, Bergen)

Incredible Edible Todmorden, UK

University of Washington Medicinal Garden, Seattle, USA

Alvastien matskog (forest garden) at the Hardanger Perennialen, Norway

Holma skogsträdgård (forest garden), Sweden

Steigen Bygdetun herb garden, Norway

Kneiken fellehage (community garden), Trondheim, Norway

Naturplanteskolen, Denmark

Grennessminde fantasy salad beds, Denmark

Fuglebjerggaard, Denmark

Kosters Trädgårdar, Sweden

Arboretet og Botanisk hage på Milde, Bergen, Norway (Arboretum and Botanical Garden in Bergen)

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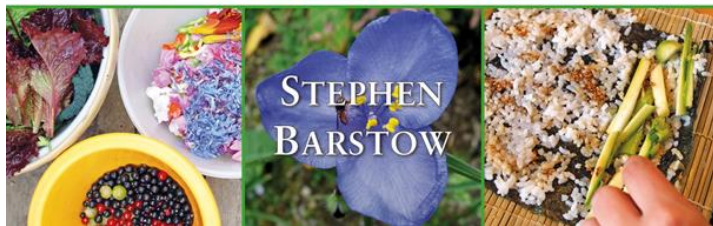
Web site: <http://www.edimentals.com>

FB: <https://www.facebook.com/stephen.barstow.7>

Twitter: @s_barstow



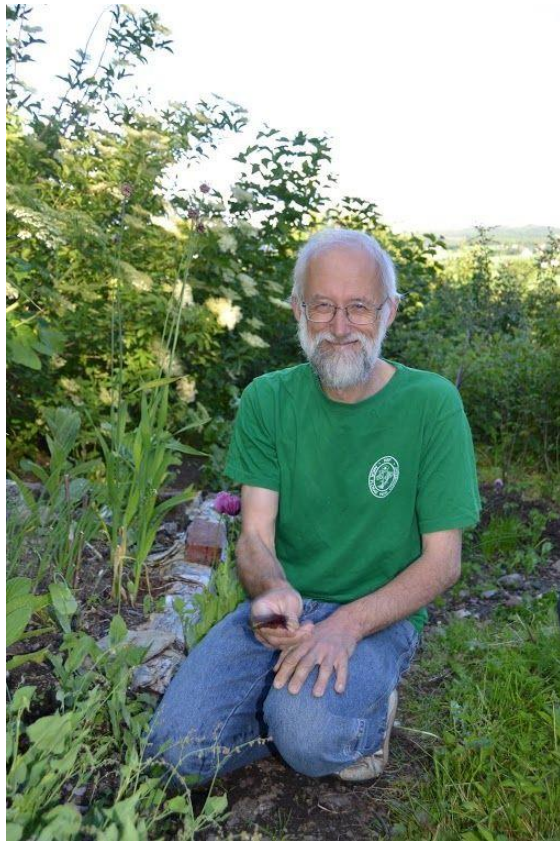
AROUND THE WORLD IN 80 PLANTS



*With my largest vegetable, *Aralia cordata* (Udo) from Japan as well as Ostrich Fern and Giant Bellflower. Udo is an important spring veggie in the Far East! Med min største grønnsak Udo fra Japan med strutseving og storklokke.*



A 100+ species salad



In The Edible Garden



In an Ostrich Fern "forest" in Norway