

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

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

Stephen's house and garden is located at close to 63.5N near to Trondheim in Norway. He has devoted 35 years to trialling over 6,000 different vegetables, most of them perennials. He has a particular fondness for what he calls edimentals (or edible ornamentals), edible weeds and onions (the genus *Allium*). 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, a winter salad with 140, a ferment with 412 plants, a pesto with 230 types of onion, all inspired by traditional Mediterranean multi-species foraged dishes, 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

Apart from keeping up his garden, he is leader of the Norwegian Seed Savers organisation (KVANN) and is developing a Vegetable Sanctuary garden in Trondheim and since taking early retirement from his job, he is now a visiting researcher at the Ringve Botanical Gardens in Trondheim where he is developing an onion garden to show of the amazing diversity in form and taste of *Alliums*! His own garden (The Edible Garden) is also a Permaculture LAND centre. He has also travelled widely around the world and lectured on perennial vegetables and foraging. He also specialises on leading ethnobotanical walks and talks in botanical gardens around the world.

The invitation to write the book followed on from four articles on novel perennial vegetables and his Extreme Salads in Permaculture Magazine in the 2000s. In the book and the associated talk, Stephen tells his own story, talks about the benefits of perennial vegetables (permaveggies), 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 his 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.

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

The last 3 years, he's held some 100 talks, walks and talks in gardens, a webinar as well as leading

many tours of his garden for larger and small groups. The garden became known as the Edible Garden when it was featured in the NRK Grønn Glede gardening program in 2003. The garden currently has some 1,500 edible plants and Stephen is almost 100% self-sufficient in vegetables and fruit. The only imported fertilizer used over the last 30 years is seaweed collected on the beach below the house! Stephen's house and garden has recently become Norway's 3rd Permaculture LAND centre!

The design of The Edible Garden was also subject of Stephen's PDC project in 2017, see <https://www.permakulturisten.com/the-edible-garden>

A series of 3 Youtube videos from a 3 hour talk Stephen gave at Hurdal Ecovillage in Norway early in 2017 can be seen here:

<http://www.edimentals.com/blog/?p=9953>

A series of 6 videos where Stephen collects ingredients for an extreme salad in his garden in May 2017 can be seen by clicking on the following link:

<http://www.edimentals.com/blog/?p=16410>

Stephen also gave a webinar lecture on winter perennial vegetables arranged by Permaculture Sweden through the project PolyCulture in March 2018, see <https://youtu.be/sf1ucsGrU2U>.

Since 2012, Stephen has collaborated with a Danish nursery, Naturplanteskolen (now LAND Centre) just outside of Copenhagen (<http://naturplanteskolen.dk>), in particular helping with plant material and suggestions for edible plants that combine taste and beauty (edimentals). He is also helping other nurseries and forest gardens around the world so that more of his recommended perennial vegetables are more readily available! He travelled and lectured in Japan in April / May 2016 to learn more of the rich foraging traditions there and also how they cultivate these sansai (mountain vegetables) for markets in the cities. The collaboration with Naturplanteskolen led 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. Stephen also collaborates with other restaurants and chefs, notably Credo in Trondheim, now recognized as probably the best restaurant in Norway. In spring 2017, Stephen travelled to Canada on the invitation of well-known market gardener and author Jean Martin Fortier to advise on his new farm where he grows vegetables including permaveggies for leading restaurants in Montreal. He also gave a talk in Montreal for over 100 chefs and other foodies!

Following a talk he gave in autumn 2015 at the UK Walled Kitchen Garden Network weekend symposium (see http://www.edimentals.com/blog/?page_id=2554) Stephen has given advice on perennial vegetables at several walled gardens in the UK. In June 2016 he 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 woodland setting on the estate, qualifying as one of the most productive forest gardens in the UK...)!

Stephen has also given talks for a wide range of audiences from local transition groups, foraging groups, six permaculture festivals (Nordic, Europe and in the US), 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 5.000-talls forskjellige grønnsaker i sin hage, de fleste flerårige og flere av dem vanlige stauder i norske hager (prydsaker eller prydrønnsaker). Hans hage fikk navn «Den spiselige hagen» i hageprogrammet Grønn Glede i 2004. 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
http://www.edimentals.com/blog/?page_id=2857*

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 boken til kr. 250! Husk å ta med kontant! Jeg har også VIPPS!

*Foredraget er nå holdt i en rekke land: Norge, Austria, Bulgaria, Sverige, Island, Danmark, England, Skottland, USA, Canada, Portugal, Sveits, Japan og New Zealand
Planlagte foredrag 2018: http://www.edimentals.com/blog/?page_id=262*

Det er lagt ut på youtube en serie 3 video av en 3t lang foredrag i Hurdal tidlig i 2017. Se:

<http://www.edimentals.com/blog/?p=9953>

...og en serie 6 video fra våren 2017 hvor vi samler inn ingredienser til en ekstrem salat i min hage:

<http://www.edimentals.com/blog/?p=16410>

Jeg kan også tilby foredrag om Vintergrønnsaker i et kaldt klima, Dyrking av grønnsaker i bymiljø, vintergrønnsaker (om hvordan jeg laget en salat med 140 ingredienser i begynnelsen av mars 2017), om edimentals / prydsaker (planter som er både til pryde og mat), Jorda rundt med 80 løk (om Allium slekten), og om en studietur til Japan våren 2016 for å lære mer om sansai (fjell eller ville grønnsaker), i stor grad stauder som tidligere ble villinnsamlet, som er nå dyrket for markedene i byene der det er stor etterspørsel (be gjerne om flere detaljer)

Stephen og hans hage er omtalt i flere artikler opp gjennom årene, deriblant denne i Norsk Hagetidend fra februar 2017:

<http://www.edimentals.com/blog/?p=14661>

Stephen har også skrevet en rekke artikler i Norsk Hagetidend om Norsk Plantearven grønnsaker. Se <http://www.skogoglandskap.no/nyheter/2011/arvegroennsaker/newsitem>

Other talks

I can also offer the following alternative talks:

- Winter Vegetables in cold climates (about how I made a salad with 140 ingredients at the beginning of March 2017 with soil frozen, snow cover, no greenhouse, nor freezer)
- Edimentals (Edible Ornamentals)
- Onions (Around the world with 80 Alliums)
- Perennial vegetables for urban areas
- A study trip to Japan in spring 2016 to learn more about sansai (mountain or wild vegetables; largely perennials formerly foraged but now cultivated for markets in the cities where there is a big demand)
- Forest garden plants

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

Foodforest Ketelbroek, Netherlands

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)

Merian Gärten Basel (headquarters and research grounds of Swiss seed saver organisation Pro Specie Rara)

The Sintra Natural Park (Portugal)

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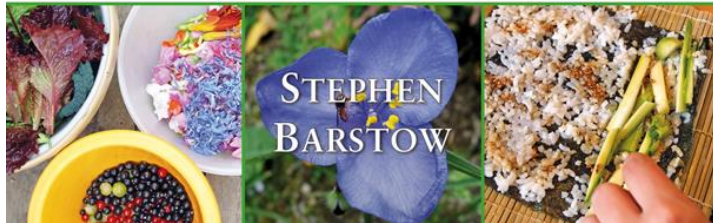
Web site: <http://www.edimentals.com>

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

Twitter: @s_barstow



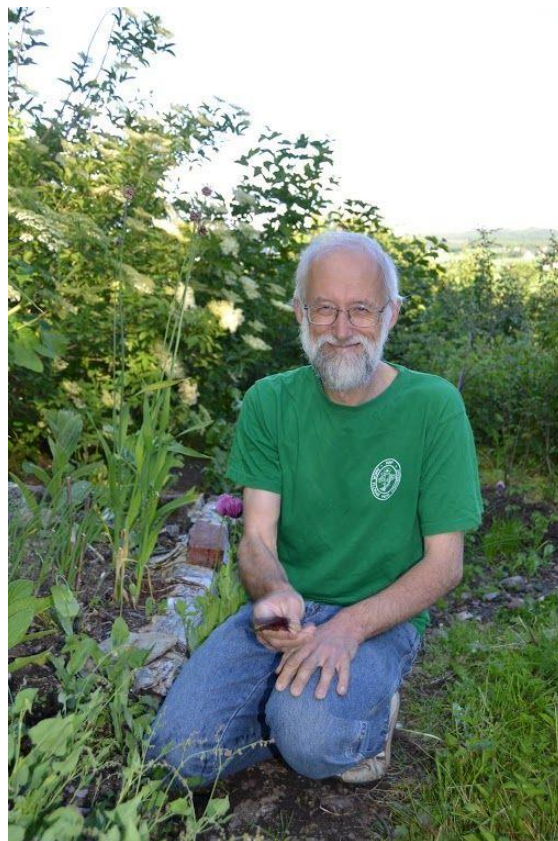
AROUND THE WORLD IN 80 PLANTS



*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