

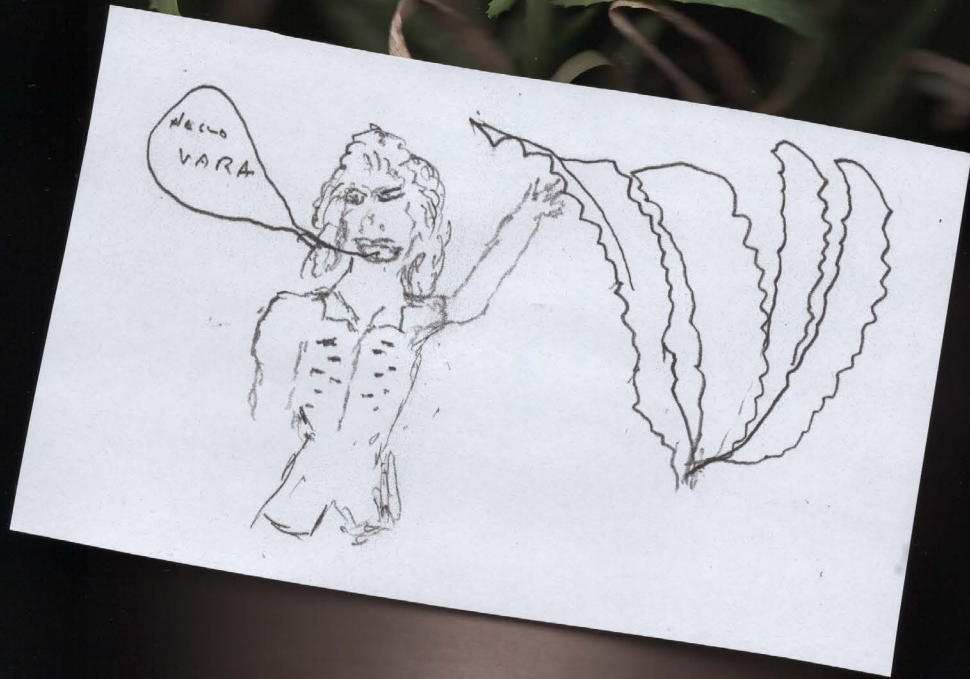
Chelsea  
Physic  
Garden

03/08/2022

Meet me on  
the move

Artist report

Fran Riley



SHIVANI - CFG  
STELLA  
JEANIE  
AUBREY  
RON  
ROSEMARY  
DAISY  
GRACE  
PAULINE  
ROXANNA  
SOPHIE  
JASMINE + FRAN

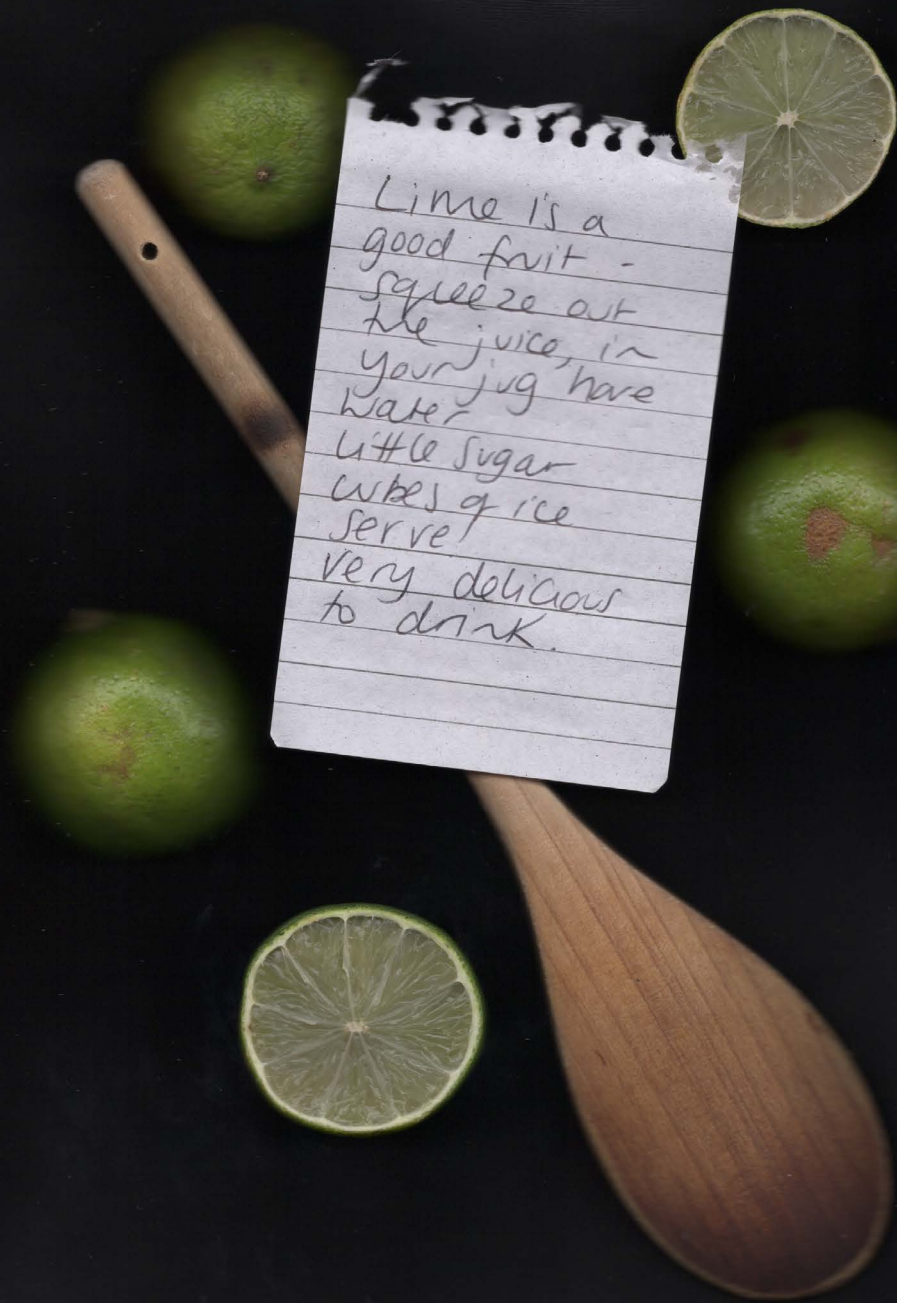
03/08/22

We had a wonderful  
tour of Chelsea  
Physic Garden from  
Shivani, happy to spend  
time with lots of plants!  
Here, I've captured  
some of the foods/  
recipes/plants we  
shared together  
throughout the day.

\*Drawing on facing  
page is by Ron.



- ALOE VERA
- BAY LEAVES
- SCOTCH BONNET
- LIMES
- SAGE
- GREEN TEA
- OKRA
- JOLLOF RICE
- BLUEBERRIES
- FENNEL SEEDS

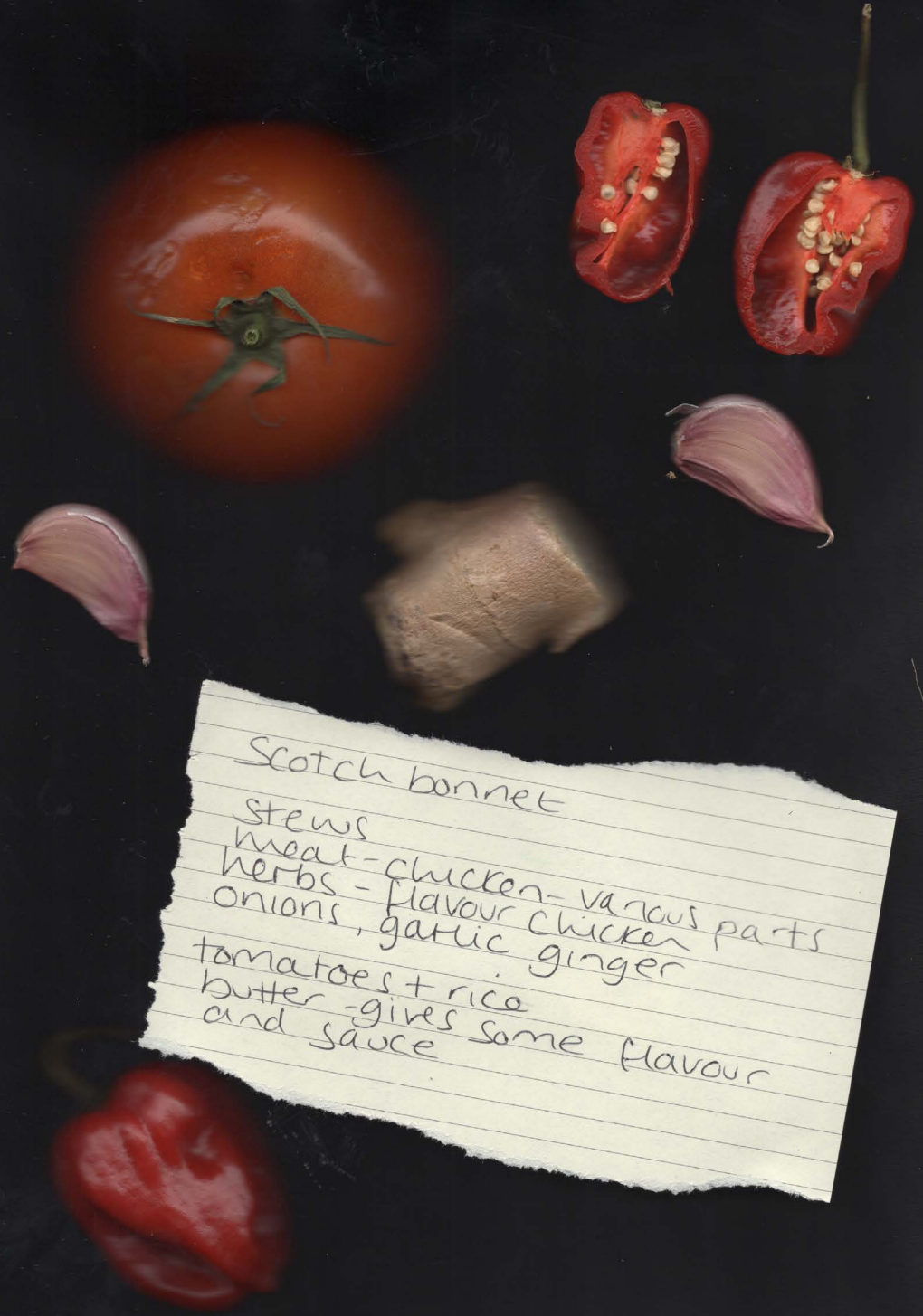


Lime is a  
good fruit -  
squeeze out  
the juice, in  
your jug, have  
water  
little sugar  
wkes of rice  
serve!  
very delicious  
to drink.

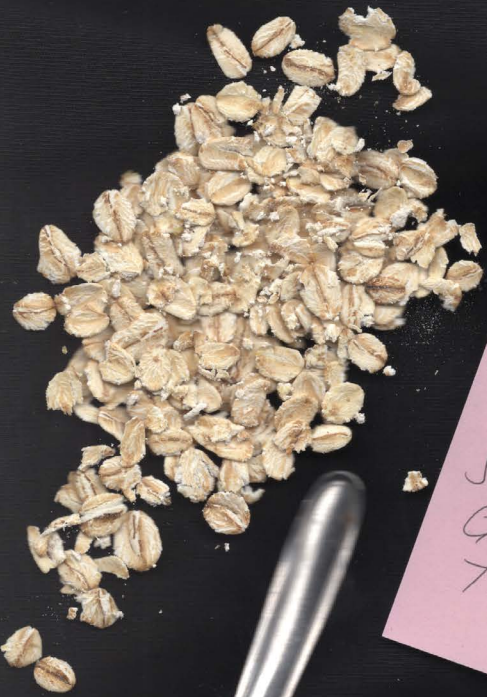
aloe for a  
burn  
+  
its in  
shampoo

"This is aloe  
vera - my  
daughter uses  
it to treat  
her hair"

Scrape out the  
fresh juice/  
pulp of the  
plant. mix with  
warm milk.  
- helps clear  
you out!



Scotch bonnet  
stews  
meat - chicken - various parts  
herbs - flavour chicken  
onions, garlic, ginger  
tomatoes + rice  
butter - gives some flavour  
and sauce

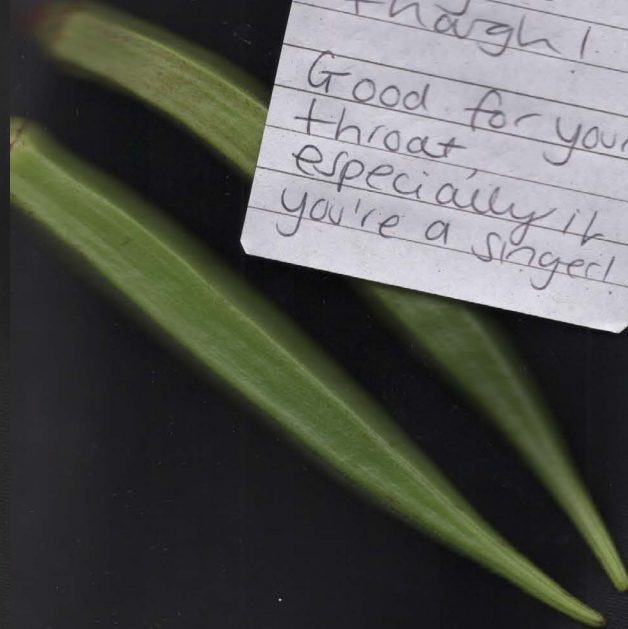


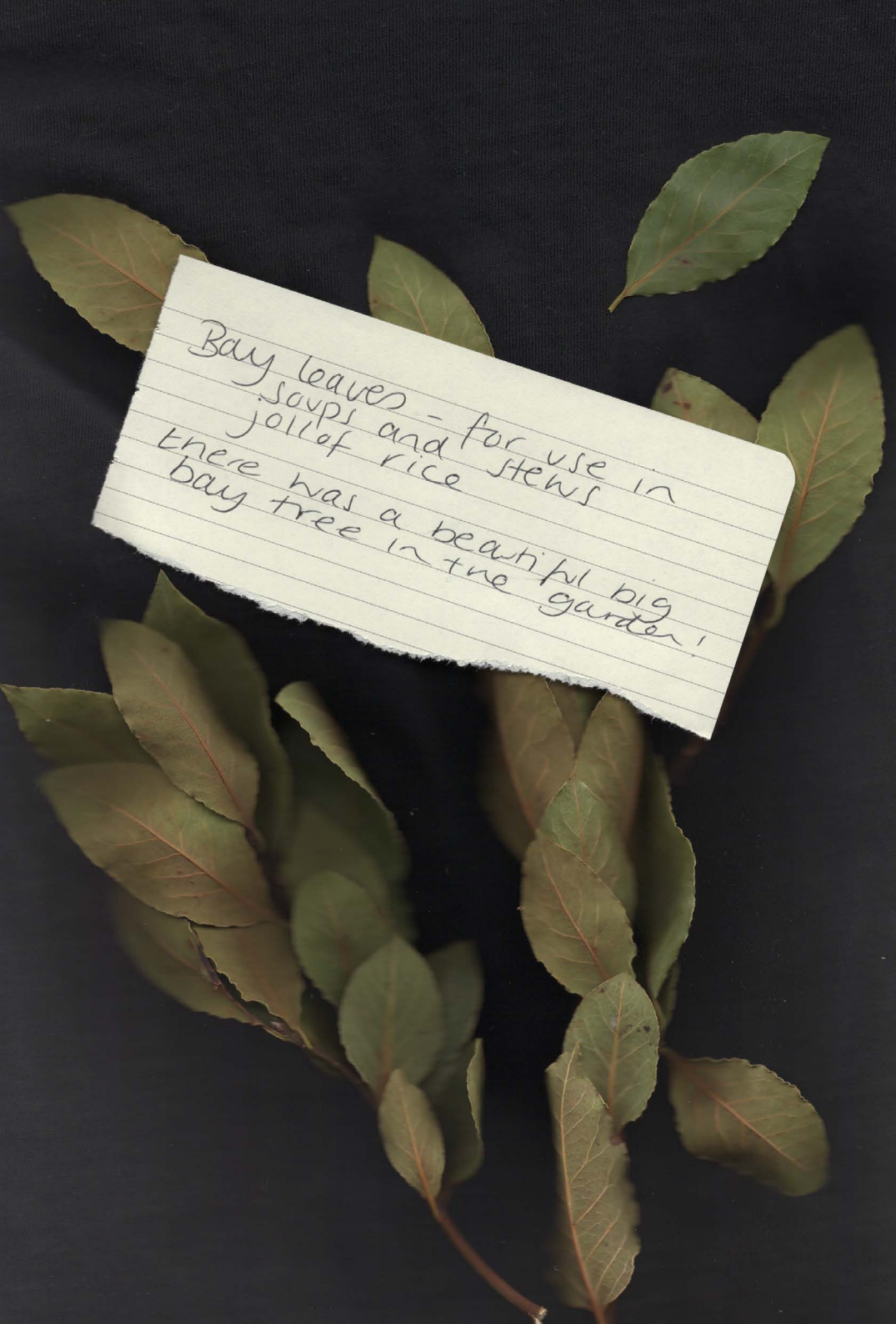
BLUEBERRIES  
\*  
SUPERFOOD  
GOOD FOR  
THE HEART  
♡

ADD THEM  
TO PORRIDGE  
FOR BREAKFAST,  
WITH GOJI  
BERRIES  
TOO 😊



OKRA  
SOUP  
Slice and  
boil - not  
for very  
long  
+ thugh!  
Good for your  
throat  
especially if  
you're a singer!





Bay leaves - for use in soups and stews  
joll of rice  
there was a beautiful big bay tree in the garden!



Sage tea -  
pick a couple  
of fresh leaves  
+ hot water  
to soothe sore  
throat.  
+ honey!

Fennel  
seed tea -  
add to boiling  
water, helps  
digestion





Jollof Rice

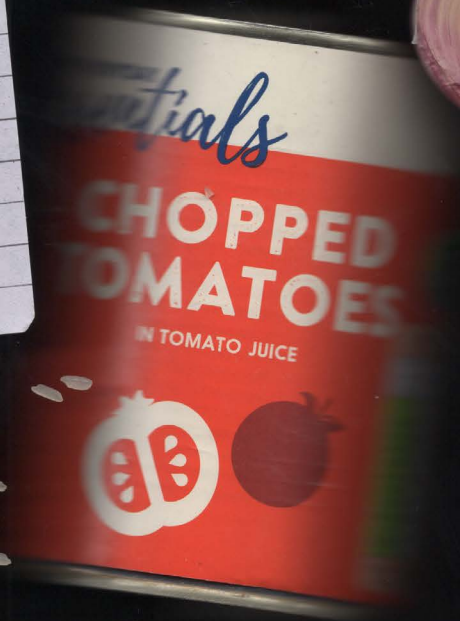
Blend...

- \* garlic
- \* fresh chillies
- \* tinned tomato
- \* onion

then put in the pot with oil and cook (bay leaf can be nice here!)

RICE

- \* wash rice first, then put on to boil.
- \* rinse after a few mins
- \* return to pot and put tomato stew mix on top
- \* cook until rice is done!



Green tea to support overall health

