

HOUSEKEEPING WITH FRUIT DRINKS

From violet juice and elderflower squash to gooseberry drink and cranberry mulled wine



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Safthushållning

Petter Bergström

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The garden, forest and public allotments are all full of undiscovered and unexploited produce. Here you will find recipes to cook squashes of edible fruits and berries plus herbs and vegetables too. Aronia berries, mahonia, tiger eyes sumac and other new acquaintances are mixed with old and faithful servants such as blackcurrants and pears.

From early spring to late autumn you can pick all that nature affords, and with the help of a little sugar or honey create drinks for everyday or festive occasions. Try an iridescent violet juice, sugarfree candy rock drink, pre-summer bitter tonic, an analgesic meadowsweet juice, subtle asparagus drink and refreshing raspberry squash. Or make up blends using the plant descriptions and experiment with the basic recipes and factual information.

In the facts section there are detailed descriptions of various preservative techniques, how juice can help you stay young and how to get the colour and taste you want. Aside from the 80 or so drinks the book contains recipes of bonus jams made from the leftovers of berries in the squash-making, and syrup to spread on ice cream or jelly.



About the authors

Petter Bergström is a landscape architect with a big interest in edible plants. He began to experiment with squashes and jams when he saw how much fruit and berries went to waste through lack of know-how to make use of them. For his first recipes he sourced his produce from the apartment plantation, public allotments and the forest. In pursuit of new berries and tastes he now cultivates his own edible plants, both rare and common.



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