



Questions

Himalayan Balsam recipes please?

added by AliceY to the River Cottage Community
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Hi all,

Please has anyone got recipes for Himalayan Balsam? I hear that many parts of the plant are edible and it would be great if we could have a feast after our next balsam bash instead of throwing it away.

I saw @jellon had posted a while back and got an answer about a jam made from the petals - but what tastes good that could be made with the fleshy stems? That's the stage at which it needs to be pulled, before flowering.
