

### Chat record

YP: I remember Martin once said the best way to control over growing is to eat them

YP: In chinese cusine, there is the bitter melon, that is just bitterness, but it is good in tea infusion, soup, and stir fry

YP: Thank you!

Pv: Great one, Malte! Thanks!

JB: Thanks Malte. Thought provoking. My friend Helen is evolving ideas in this area. This is a key to getting more prople interested.

CP: That was very interesting. Lots of food for though!

MR: Great to hear people's tips on resource. Please keep them coming. And agree with Feline, let's share the recipes! I'll be here in the chat afterwards and check back later every now and then if people want to share cooking experiences.

MR: @Dave No idea, I'm still at the irresponsible research fase.

MR: Thanks for listening everyone. I'm excited to continue the culinary exchange with you here and there.

MR: @feline You can find some of my research notes on @cookingperennials on instagram

MR: @Jo I'd love to hear about your friend's perspective. I think the way forward is to be open source and collaborative as much as possible.

MR: @Sophie Good question!

MR: @Sophie I was thinking the same. I'm not a big fan of Facebook, but this is how the internet works these days and it is where people interested in gardening are for the time being. Perhaps you'd be willing to initiate such a group and we can see where it

MR: I'd certainly like to take part in the conversation and sharing of ideas and lessons learned.

JS: I just followed Eric Toensmeiers nutritional recommendations for lunch and put some young mulberry and grape leaves into my salad - it was delicious

JS: soo usefull and wounderfull! Thank you!!!

Kv: Emile van der Staak, foraging in Foodfors

Kv: Emile van der Staak, foraging in Wouter van Eck's foodforest Ketelbroek, recently got 2 Michelin stars for his transition gastronomy

Kv: Thank you Malte, very inspiring!

HE: @Feline What is the name of the Facebook group?

HE: When will your book be available Malte?

KB: interesting perspective: focusing on principles.

aP: thank you for this fantastic presentation malte.

MC: Great presentation!

MC: Hey Mark

MC: Not sure that rejection of bitterness is automatic - I have Indian friends who have eaten bitterness since v young and are very happy to eat bitter melon whereas to me far too bitter!

JB: Very cool, Looking forward to your book. We need this

TR: Thank you for a delicious presentation!

DR: Malte: when will your book be out? English?

LA: @Feline: yes :)))) Thank you!

LA: Lovely talk and presentation! Thanks so much!!!

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FW: Start with Maillard Reaction - reaction between sugars and amino acids; then find both and add - these underpin that deep satisfying flavour in slow cooked foods

CT: love the premise of this and the seasonality of working with plants at different times in its growth cycle.

CT: The Forager Handbook: A Guide to the Edible Plants of Britain by Miles Irving is great

CT: YES Feline!!

CT: @lara try making a dandelion syrup instead and then add to hot water for a sweet 'tea'

CT: Thanks @Malte, that was great and as a sometime chef and food grower, has really got me thinking about how much I use perennials! As you suggest, the vogue is for 'wild' foods, so I've used a lot of dandelion (leaves for pesto, pickled roots etc), gorse f

AA: another wow, now I'm inspired to start a book, love the idea of cooking Not by the book, Tropical Bitterness ! TQ Malte.

SR: ive been thinking the same - starting from patterns to details

SR: if we have a pattern understanding of preparing food we can do anything

SR: listened to a great podcast about nutritional wisdom Flavour feedback relationship <https://castbox.fm/vb/105455869> Fred Provenza 'Norishment'

SR: dandelion tea - use fresh leaves and combine with nettle for sweeter taste

SR: wonderful presentation thank you s much, a lot of things weve been discussing recently re taxonomy

SR: would be lovely to create a key or mindmap using the catagories to help delve into the pattern

SR: where would be a good place to collect ideas and grow this enthusiasm?

SR: is there a good alternative to ANOTHER facebook group?

FV: In the Netherlands we have an online community (on Facebook) in which recipes with perennial vegetables are shared. There is an overlap with wild food, but more and more comes from food forests!

FV: It's called 'voedselbosrecepten', it's in Dutch. Maybe this symposium is a nice moment to start an English version!

FV: I created a facebook group (Food Forest Food). Let's share our recipes!

FV: @Malte that would be great! Would be nice to continue thinking about this topic!

FV: Thanks a lot Malte for your interesting presentation! Is there a platform where you share your findings or information? And if not, when are you planning on finishing the cookbook?

FV: I agree with sharing as much as possible and be open source. I also experiment quite a bit with food forest foods and would love to share thoughts sometime!

LW: Yay! @Feline

LW: I made & tried dandelion tea yesterday, I did not enjoy it .. anyone made it that tasted good? any tips?

LW: @sophie thanks!

LW: @Cherry thanks! Thanks Malte for interesting talk

MD: Fascinating

MD: Hi Martin

Mv: Thank you for a great presentation. There isn't enough information yet about what to do with the food from food forests. A group of students at the wur is doing a project on it right now as well