

We are what we eat but plants are what they drink as they cannot absorb solids, therefore the liquids we feed them with will decide their characteristics, during the winter i collect rainwater then in the Spring i stuff ripe cuttings from my Bay shrub into the water butts and leave it there, i then use this to water my tomatoe plants which does significantly alter the taste of the tomatoes, this can of course be done with any combination of edible non-toxic plants.

Tomatoes contain the anti-oxidant lycopene often thought to contain ant-cancer properties and the Bay has long been known to have many medicinal uses including for anti-cancer and many other chronic diseases, whether using this method in combining plants would enhance their medicinal properies would need more research if anyone is willing to take up the challenge.

Author, Graham Jenner