



Simple Porridge

Oats are a native grain, naturally requiring less fertiliser and water. Additionally they help improve soil.



Servings: 1



Cook Time: 10 mins

Ingredients

- ½ cup oats
- 1 cup water or milk of choice (or half and half)

Optional Toppings:

- Seasonal berries
- Seasonal stewed fruit
- Local honey
- Hazelnuts
- Walnuts
- Linseeds (flaxseeds)

Instructions

1. Add the oats and water/milk to a small saucepan and cook until starting to thicken.
2. Remove from heat and add your desired seasonal toppings.

Notes:

Raspberries, strawberries, black/redcurrants, cherries, gooseberries and rhubarb are in season in the UK in June.

Local honey is available widely, including at the Country Market in Holmfirth.

Hazelnuts and walnuts can be grown in the UK, naturally rely on rain-fall rather than irrigation and are excellent crops for improving soil health.

Golden and brown linseed are zero-waste crops with the stalks used for natural textiles and building materials.

