

ALDER HEY CHILDREN'S HOSPITAL

# URBAN FORAGING STATION



DESIGNED AND MADE BY H. MILLER BROS.



RHS Chelsea Flower Show 2022

[@alderhey](#)

[@AlderHey\\_inspired](#)

[#RHSCelsea](#)

[@hmillerbros](#)

RHW 288

# ALDER HEY URBAN FORAGING STATION

## GARDEN CONCEPT



The Alder Hey Urban Foraging Station is a woven landscape; it is about weaving together the young and old, green and urban, play and learning and Alder Hey Children's Hospital with its community. At its core is the aspiration to inspire children to lead active, healthy, pleasurable lives. The garden is infused with the magic of discovery inherent to foraging. Visitors first encounter the garden as nostalgic glimpses through rampant, abundant hedgerows. Within, a sense of freedom prevails; explore, 'leave the path', get lost in your own world. A design language of woven forms associated with foraging are abstracted into a woven landscape. Pre-cast concrete 'strands' make up a picnic blanket laid over an undulating landscape with edible herbs growing through.

The importance of mental well-being, particularly in children, has been thrown into the spotlight during the pandemic and although this garden is outwardly about foraging, it uses this theme to address the issue of children's mental well-being in an accessible and light touch way. The NHS's 5 steps to mental well-being are all facilitated within the garden. These are: connecting with people, being physically active, learning new skills, giving to others and mindfulness – paying attention to the present. The whole ethos of the garden reinforces this theme, from the way things have been designed with the child at the centre, the feast of opportunities to learn and pass on knowledge about forage-able plants and bush crafts to the mindfulness intrinsic in some of the hand-crafted features.

### WEAVING

The common thread of 'weaving' runs throughout the garden referencing the baskets and picnic blankets that you might take on a foraging expedition and reinforcing the idea of weaving together Alder Hey Children's Hospital with its community.

### MOBILE FORAGING KITCHEN

Containing all the delicate tools, the Mobile Foraging Kitchen is easily movable to wherever the 'seasonal foraging' is taking place. H. Miller Bros borrowed the concept forms of a wheelbarrow and a picnic hamper to create the Kitchen that can be arranged to make a child friendly base.

### MENTAL HEALTH + WELLBEING

The NHS's '5 steps to mental wellbeing' are embedded into the design and the garden will be relocated to a spot near the entrance of Alder Hey's new purpose-built building devoted to children's mental health services – Sunflower House.

### CARING FOR OUR NATURAL ENVIRONMENT

The garden features planting inspired by a number of habitats that were once commonplace but can no longer be taken for granted such as rich hedgerow, orchard meadow and bog/ditch habitats. By relocating the garden to the Alder Hey campus, it sets up a safe space for children to dip a toe into the world of foraging, whilst opening the door to a deeper understanding of the natural environment.

### EDIBLE GARDEN

The garden is full of plant species such as crab apple, rose hip, elderflower, wild garlic, mushroom, water mint and poppy seed that can be foraged for eating, processing, drinking, making natural dyes, or even using for bush crafts. A mixture of scented, culinary herbs grows through the picnic blanket feature.



# ALDER HEY URBAN FORAGING STATION

## PLANT LIST

What would a Chelsea garden be without a plant list?! Feast your eyes on these beauties.....



**SAMBUCUS NIGRA**

The flowers of the Elder can be used to make cordial or Elderflower Champagne.



**ALLIUM URSINUM**

Wild Garlic. Grind the leaves into a pesto or pickle the flower heads to make garlic capers.



**DAUCUS CAROTA**

Wild carrots are abundant in the UK but easily confused with other poisonous plants in the same family - one for the expert forager.



**MALUS SYLVESTRIS**

Small and tart, crab apples have a high pectin content so they are good for setting jams.



**CARDAMINE PRATENSIS**

Lady's smock grows in damp grassland. Its leaves have a cress-like taste with a chilli heat.



**CORYLUS AVELLANA**

Collect hazel nuts in autumn and roast for a snack to bring on your foraging expeditions.



**THYMUS SERPYLLUM**

Thyme grows wild on limestone uplands habitats in the UK.



**PRIMULA VERIS**

The flowers of cowslip are edible and have a citrus taste.



**FOENICULUM VULGARE**

Wild fennel smells like liquorice. Use the seeds for flavouring.



**HUMULUS LUPULUS**

Hops flavour beer but can be used in a pillow to aid sleep.



**ALLIARIA PETIOLATA**

Use the leaves of hedge mustard as a garlic flavoured spinach.



**MENTHA AQUATICA**

Cover water mint with boiling water to make a strong mint tea.



**PRUNUS SPINOSA**

The sloe berries make an intense flavouring for gin.

### HEDGE ROW

Argentina anserina  
Asplenium scolopendulum  
Asplenium trichomanes  
Athyrium filix-femina  
Belchnum spicant  
Borago officinalis  
Clematis vitalba  
Digitalis purpurea  
Dryopteris filix mas  
Filipendula vulgaris  
Galium odoratum  
Geranium pyrenaicum  
Jasione montana  
Lamium album  
Luzula nivea  
Melica uniflora  
Plantago lanceolata  
Polypodium vulgare  
Rosa canina  
Rubus fruticosus  
Rubus idaeus  
Silene dioica  
Symphytum officinale  
Teucrium scorodonia  
Trifolium pratense  
Vicia sepium

### MEADOW ORCHARD

Alkanet tinctoria  
Alopecurus pratensis  
Ammi majus  
Angelica archangelica  
Anthriscus sylvestris  
Bellis perennis  
Chaerophyllum hirsutum 'roseum'  
Hesperis matronalis  
Leucanthemum vulgare  
Pimpinella major 'roseum'  
Silene flos-cuculi  
Stellaria holostea

### PICNIC BLANKET

Allium roseum  
Allium schoenoprasum  
Armeria maritima  
Chamaemelum nobile  
Erigeron karvinskianus  
Fragaria vesca  
Marjoram 'compact'  
Papaver dubium ssp.  
Lecoquii var. Albiflorum  
Salvia icterina  
Thymus vulgaris

### BOG AREA

Alisma plantago  
Alisma lanceolata  
Butomus umbellatus  
Caltha palustris  
Mentha aquatica  
Menyanthes trifoliata  
Nasturtium aquaticum  
Ranunculus lingua  
grandiflora  
Sparganium erectum  
Typha latifolia



If you are heading out on a foraging expedition, you need a few basic items...

### A GOOD GUIDE BOOK

A foraging guide / identification book can be really useful, especially if you're going somewhere new.

### SOMETHING TO CUT WITH

A pair of sharp scissors / secateurs / knife are great because it helps avoid damage to the plant. As a general rule, take only what you need: up to a third of any particular plant, and a tenth of the total amount of that plant in one area.

### GOOD COMPANY

Take a friend, especially someone that knows the area or has experience.

### A DRINK

Generally useful for staying hydrated but also useful to wash things you find if you want to try them straight away.

### A CONTAINER

For gathering things into. The lighter the better, cloth bags are good because they scrunch up in your pocket when not in use.

## TOOLS OF THE TRADE

To go with the garden, H. Miller Bros have created a mobile foraging kitchen, a forager's pantry, and a collection of tools made with children in mind. The foraging collection is made from sweet chestnut; a species known for being surprisingly lightweight and resistant to damage from the elements outdoors. The tools are bound with hemp cord; chosen for its superior strength, durability in the wet and sustainability, and certain parts are sealed with beeswax for bacterial resistance and waterproofing. We've left the timber untreated on purpose, as this will allow the tools to take on a natural patina with use.

Items from the collection are available to order with a proportion of profits being donated to Alder Hey Children's Charity.

For more information see:

[www.hmillerbros.co.uk/foragingtools](http://www.hmillerbros.co.uk/foragingtools)

### SMILE TRUG

62cm wide x 32cm deep x 38cm high



**CHILD'S STOOL**  
33cm wide x 27cm high

**APPLE PICKER**  
11cm wide x 166cm high

**CHILD'S FORAGING SACHEL**  
(Hemp canvas, sealed with beeswax)  
14cm diameter x 20cm high

**BRANCH PULLER-DOWNER**  
100cm high

**APPLE BASKET**  
27cm wide x 27cm deep x 40cm high

**BERRY COMB**  
28 cm wide x 12cm deep x 4cm high



Alder Hey prides itself on a holistic approach to wrap around care, understanding that the wider family network requires support as they look after their poorly child. Later this year, the Urban Foraging Station will be relocated to Alder Hey Children's Hospital healthcare campus to benefit brave young patients, their families and the wider community.

Following a successful fundraising campaign for children's mental health, Alder Hey Charity will be opening two new buildings this year to support mental health and wellbeing. Named by a group of young patients and inspired by nature, the Catkin Centre and Sunflower House will continue to reinforce Alder Hey's place on the map as a centre for innovative and internationally recognised excellence. The garden will be located near the entrance to Sunflower House, an example of striking and functional modern architecture, clad in weathering Cor-ten steel and boasting design features drawn from the natural environment.

The Alder Hey Urban Foraging Station will provide a haven for wellbeing and togetherness for families and staff at Alder Hey. It will also be openly welcoming to the wider community, encouraging local residents to benefit from this unique garden and the foraging experience. Situated within established parkland, Alder Hey Children's Hospital has a unique vision and outlook, incorporating the benefits of being in nature and the powerful impact that green space can have on our mental and physical health.

## 5 Steps to Mental Wellbeing

The NHS's '5 Steps to Mental Wellbeing' are interwoven through the garden's design. The whole ethos of the garden reinforces this theme, from the accessible child-centred design to the feast of opportunities to learn and share knowledge about forageable plants. Once relocated to its forever home, the garden will provide a space to take a mindful moment, amidst the hustle and bustle of one of Europe's busiest children's hospitals.



### 1: CONNECTING WITH PEOPLE

Foraging is a great connector; it cuts across generational and socio-economic lines because foraging has existed in every culture throughout the ages. It's the ultimate inclusive shared experience!

### 2: BEING PHYSICALLY ACTIVE

When you're foraging, you're also walking, exploring, stretching, bending, lifting and being outdoors. You're getting a workout without even realising it!

### 3: LEARNING NEW SKILLS

The know-how of foraging is usually passed down: What time of year can I pick this? Where are the best secret foraging spots? What is poisonous? The best way of learning is from someone who knows.

### 4: GIVING TO OTHERS

This could be in the form of passing on knowledge, the sharing of foraged goodies, or gifting things made from your foraged ingredients. Foraging is a sharing culture.

### 5: MINDFULNESS - PAYING ATTENTION TO THE PRESENT

Foraging is slow, rich and immersive. It engages all the senses, it can be a social event or a solitary meditative experience. It is a perfect antidote to the stress that comes with modern life and being constantly 'switch on'.

## THE DESIGNERS

# H. MILLER BROS.



Howard and Hugh grew up creating things together. A huge influence was their grandfather who had a commercial nursery. Hugh loved playing in the tool shed where their grandfather would make wooden toys for them. For Howard, the nursery of dwarf conifers was like walking around a miniature forest. A sense of playfulness and fun is something of a theme in the brothers' design work, and it stems from these early memories.

Both brothers studied architecture at university but pursued different paths afterwards: Howard qualified as a chartered architect and went on to design primary schools and playgrounds including the RIBA award-winning Pegasus Academy. Embodying Alder Hey's ethos of 'the child at the centre', Howard loves to sneak opportunities into his designs for children to play.

Hugh's passion lies where making becomes part of the design process, and he made his first piece of furniture at 15. A key influence on his design work is the time he spent researching in Japan as a Winston Churchill Memorial Fellow. This led

him to develop a set of design principles, inspired by Japanese applied arts philosophy, that are engrained in the brothers' design work.

Howard and Hugh have a family business, H. Miller Bros. and, being brothers, they share an understanding and ambition that transcends most normal business partnerships. Their complementary skills combine into something greater than the sum of its parts. Howard has a broad design knowledge and a conceptual approach while Hugh loves to infuse their work with detail, richness and craftsmanship.

Their collaborative works span a range of design fields, including the Wood Awards-winning Constellations Pavilion; A piece of furniture, commission by the National Trust for William Morris's Red House, called 'Tending the Flame' (the piece was deliberately set alight as part of the making process); the Ikebana Room, a bedroom suite at the IceHotel in Sweden, sculpted entirely from ice and snow and; and their latest project, the Siatama kitchen, an interior project inspired by a client's time living and working in Japan.

What binds the brothers' work together is a natural curiosity to experiment with materials and processes, and an uncompromised commitment to craftsmanship.



You can find out more about H. Miller Bros. at [www.hmillerbros.co.uk](http://www.hmillerbros.co.uk)



## ALDER HEY URBAN FORAGING STATION

# GIVE FORAGING A TRY



TV foraging expert Alysia Vasey is supporting the Alder Hey Urban Foraging Station at RHS Chelsea. She is one of the UK's most respected foragers, sharing her expertise and the bounty she collects from the coast and countryside with some of the UK's top chefs.

Michelin starred chefs from across the country order from Alysia and use her vast knowledge of nature's ingredients to help perfect their dishes. Chefs like Tommy Banks, Tom Aikens and Reni Redzepi, of world-renowned Copenhagen restaurant NOMA, have worked with Alysia.

She has foraged since she was a child, taking it up professionally following a number of other careers – including as an aircraft engineer in the Royal Navy, a destination researcher for a cruise company and even taking a law degree.

Foraging runs through Alysia's family, mainly on her Polish grandfather's side. When the war started the Nazis made her great-grandfather drive the trains of cattle cars to transport people to the concentration camps. He would stop the train and her grandfather and his brother used to open the doors and give those trapped inside water – or even let them escape.

The Germans caught up with them eventually and shot Alysia's great-grandfather, but her grandfather and his brother managed to escape and lived for eight months deep in the forest, surviving only on what they could forage before joining the Polish resistance and eventually coming to the UK to start a new life. Foraging was still part of their world and they passed it down to their children and

grandchildren. Alysia's grandfather is still alive and lives in Yorkshire.

Alysia became a forager when being out in the woods one day and spotting some giant puffball mushrooms which she put on a mushroom spotters' website. She was contacted by someone who supplied top restaurants and asked if she could supply him and from there the Yorkshire Forager has grown!

Her story was picked up by a national newspaper and that led to her first TV appearance on Countryfile on the BBC. Her book, *The Yorkshire Forager*, a wild food survival journey – was published in early 2020.

She is now the resident forager on James Martin's Saturday Show on ITV. Other TV credits include Steph's Packed Lunch for C4 and ITV's Good Mood Food with Ainsley Harriott.

Alysia is delighted to support and be part of the Alder Hey team for RHS Chelsea this year. "Once this garden is relocated back to the hospital at Alder Hey and had a chance to mature, there will be something interesting all year round...and going through the seasons, there's something new every week, and as patients mark their progress, they can mark the passing of time with nature too."



## FORAGE SUSTAINABLY

Minimise damage - take no more than you plan to consume.

Stick to paths and take care not to trample down or damage areas you are collecting from. Uprooting plants is harmful so pick leaves or berries with care, in moderation and avoid damaging plant roots.

Seek permission from the land owner.

Never consume a wild plant or fungus unless you are absolutely certain of it's identification. It could be rare and protected, inedible or even deadly poisonous. Only collect from plentiful populations. Only collect flowers, leaves, fruits and seeds where they are in abundance.

For fungi, only take mushrooms that have opened their caps (so are likely to have dropped their spores). Do not collect small 'button' mushrooms.

Leave plenty behind.

Wild food is vital for the survival of the UK's wildlife.

Forage carefully to ensure there is enough left for birds and species to consume now and to ensure plants and fungi can regenerate and reproduce.

You may not be the only person foraging and plants and fungi need to produce seeds and spores to grow into the next generation.

Don't collect rare species.

# ALDER HEY URBAN FORAGING STATION

## A HUGE THANK YOU

This project would not have been possible without the amazing kindness from friends, supporters, helpers, companies and organisations.

### H. Miller Bros and Alder Hey Children's Charity would like to thank:

Alysia Vasey  
Ann Miller Speciality Mushrooms  
**Britta Herold**  
Chris Hay  
*Conal Mcguire*  
Blake Anderson      **David Haughton**  
*Mark Straver*      David Powel  
**Robert Allen**      Dori Miller  
**Sarah Hayes**      **Ellie Freestone**  
Hamzah-Adam Desai      Frank Miller-Hay  
*Hattie Ghauri*      *Gill Kaye*  
**Isabella Nunes Da Costa**      **Gill & Mike Bode**  
Jan Shaylor      Krzysztof Kopycinski  
Jane Hastings      Ben Butler  
**Jean & Sarah Dodd**      **David Williams**  
Jenny Sneddon      Ula maria  
*Jo Farwell*      **Philippa Harris**  
**Jon Mortimer**  
Jordan Reynolds  
Joy Baker  
**Julia Drage**  
Karin And Til Wolff

*Kath Greslow*  
*Laura Naylor*  
Lil Miller-Hay  
Liz And Rob Seabrook  
**Liz Miller**  
Lorraine Wheeler Smith  
**Matthew Keys and Liam Clarke**  
Penny And Alan Vernon      Mark Earle  
**Pete Matzen**      Misty Hay  
**Ros Cheshire**      **Naamat Little**  
Sally Scot      **Nickolas Pearce-Evered and Chris Hurst**  
*Simon Fowler And Cathal Reynolds*  
Steve Leonard      Paul Yartet  
Susie Hay      Collette Francis  
Tom Bannister      **Sandra and Andy Lloyd Griffiths**  
**Tom Miller**      Claire Christopher  
Tony O'malley  
*Tracy Wilson*  
**Becky Henning-Lee**

The Alder Hey Urban Foraging Station was designed and made by **H. Miller Bros**.....



In aid of Alder Hey Children's Charity.....

with the generous support of **Project Giving Back**.



Reg. Charity No 1160661





h.miller bros

Alder Hey Urban Foraging Station © 2022

**H. Miller Bros.**  
MASTERS IN WOOD

Find out more..... [www.hmillerbros.co.uk](http://www.hmillerbros.co.uk)  
[@hmillerbros](https://twitter.com/hmillerbros)

Get in touch..... **63 Blundell Street,**  
**Liverpool, L1 0AJ**  
[hello@hmillerbros.co.uk](mailto:hello@hmillerbros.co.uk)  
**+44 0151 709 0970**