



Garden 'Mocktails' Workshop



Ice cube tray preparation:

Prepare ice cubes by placing edible flowers from the garden into ice cube trays. Make sure there are no pests on your petals or flower heads and be sure to use plants you know are safe to eat and haven't been sprayed with pesticides.

Alternatives to flowers are small slices of lemon, lime, cucumber or frozen berries, which are available all year round from the shops. Arrange a selection of colourful flowers, fruits and berries into your tray, add water and freeze.

If using mint, pick the tiny top three mint leaves fresh from a spring of growing mint to add a refreshing zing to your cubes. Add water to your tray and place in the freezer.

Virgin Mojito



You will need:

Mint (handful of sweet mint per serving, third of your glass)

Limes (1x per serving cut into wedges)

Cucumber (chopped finely, with mint leaves, frozen in ice cubes)

Golden caster sugar (1x teaspoon per serving)

Sparkling Water (instead of rum and soda water)

Pestle and mortar

Tall glass

Spoon for stirring

Prepare ice cubes by finely chopping cucumber and mint leaves together, then add a teaspoon of your mix to each ice cube tray compartment, topping up with water. Place in the freezer until you are ready to mix your 'mocktail'.

To make your virgin mojito, place half of your mint in a pestle and mortar, and put the remaining sprigs in a tall glass. Cut your lime into four wedges and squeeze three into your pestle and mortar. Muddle the mint, lime, and sugar together (crushing with the pestle), pour all the mint and liquid into your glass.

Add the used lime wedges to your glass (for extra flavour), then add your ice cubes and top up with your sparkling water, giving the mix a stir. Place your remaining wedge of lime onto your glass rim for decoration and enjoy your refreshing and delicious mojito 'mocktail'!

Maiden Moon Walk



You will need:

Grapefruit (one slice for decoration on glass)

Grapefruit juice (a dash per serving, or freshly squeezed)

Sparkling water (instead of Prosecco)

Ginger (grated – a teaspoon)

Flower ice cubes (violas, rose bud, pansies, borage flowers)

When ready to make your Maiden Moon Walk, choose a pretty cocktail glass and slice your grapefruit in half. Squeeze one half of your grapefruit into your glass filling it a quarter full (you can use bottled grapefruit too). Take a slice from your remaining half grapefruit and save for decoration.

Grate a teaspoons' worth of fresh ginger into your glass. Add a teaspoon of sugar and mix, then drop in your ice cubes, place the slice of grapefruit on the rim of your glass like a giant moon decoration, and relax and enjoy your lunar landing!

More options:



Another simple and refreshing drink to serve at any party on the plot is fresh dill in a jug of water. Add a couple of slices of lemon, and some pretty ice cubes you prepared earlier (lemon and lime works well) and off you go. Your visitors will love the taste of summer in a glass!

Healing benefits of your ‘mocktail’ mixes:

Mint – stimulating and refreshing, helps to boost your metabolism and aids digestion. Mint is anti-inflammatory and helps open the airways, so great for asthma sufferers and for general cough and cold remedies.

Lemon and Lime – both of these are great immunity boosting citrus fruits, so again fabulous for staving off coughs and colds.

Grapefruit – appetite stimulant, great for removing fatty deposits, helps to regulate the appetite so is helpful for people dealing with weight issues. Grapefruit is also a detoxifier, so good for a hangover, it also regulates sleep hence used by people who travel a lot. It also helps to focus and clear the mind, so great during exam time.

Ginger – good for nausea and sickness, generates heat in the body, good for people who do too much; a cup of ginger tea is stimulating yet grounding, leaving you active without the need for caffeine. It is also great for muscle cramps, post exercise recovery, and during menstruation.

Dill – is great for digestion, including loss of appetite, and good for treatment of coughs and colds, cramps, and sleep disorders amongst other things, so an all round fabulous plant, great with fish dishes too.

