



A new leaf

Make like a top chef and sprinkle micro-leaves into your salads. These vegetable seedlings pack a powerful punch way beyond their size. Expert grower of unusual leaves and edible flowers, Cornwall-based Buttervilla supplies Neil Haydock at Fifteen Cornwall and Michael Caines at Gidleigh Park with its organic produce. Micro wild greens and sea plants are their latest venture. Partners Robert and Sean recommend experimenting by planting your own – Greek cress, red mustard and red perilla are easy and inexpensive to grow. Make a beeline to one of Fifteen's regular farmers' markets to buy Buttervilla leaves or book into their idyllic farm B&B to sample home-grown produce. Mail order is available, although it's quite pricey so save for a special dinner party. funkyleaves.co.uk. To grow your own, The Master Herbalist sells micro-leaf kits including purple broccoli and celery from £2.98. themasterherbalist.co.uk. For full-size salads, try Seed Pantry's Window Salads box (below) for spatially challenged urbanites. £16.95; seedpantry.co.uk