

What I ate yesterday

Richard Reynolds



Lunch

I was working at home and there were lazy leftovers for lunch in the Tupperware. I found plain yellow dahl with prawn pathia, a meal made by Percy, my partner Lyla's dad. It's a traditional Parsee dish and tastes even better the day after. I also made time for a pot of tea on the tenth-floor communal sun deck.

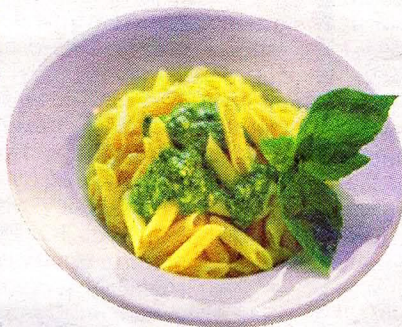


Richard Reynolds is the founder of GuerrillaGardening.org and author of *On Guerrilla Gardening — A Handbook For Gardening Without Boundaries* (Bloomsbury).



Breakfast

Muesli is a minefield but I almost always begin my day with a bowl. They can be too sugary, chewy, dusty or expensive but I've been seeking out the perfect blend for a decade. Twice this year (but not yesterday) I've been able to garnish it with local guerrilla-grown strawberries from a traffic island that I tend near Blackfriars Bridge... though they may have been mildly poisonous.



Dinner

Trying to eat seasonally and locally has made shopping and cooking more fun — picking out what's "in", then working out new meals, usually Lyla's creations. We found cavolo nero at the Elephant & Castle Saturday farmers' market, whizzed it into a pesto and had it on penne. Pudding is always Yeo Valley natural yoghurt with a dollop of jam.

Interview by Daisy Greenwell

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