



# WILD EDIBLE PLANTS

WITH MEDICINAL USES AND RECIPES



## (Green) Amaranth

Also: Pigweed



Amaranth plants, which grow 90 centimeters to 150 centimeters tall, are abundant weeds in many parts of the world.

All amaranth have alternate simple leaves. They may have some red color present on the stems. They bear minute, greenish flowers in dense clusters at the top of the plants. Their seeds may be brown or black in weedy species and light-colored in domestic species.

Often the tap root has a reddish color. From the base of the leaf stems grow the seed spikes. The tiny black seeds are surrounded by sharp bristly bracts which need to be removed before eating

## (Spiny) Amaranth



### Edible Uses:

All parts are edible, but some may have sharp spines you should remove before eating. Amaranth is high in vegetable protein, calcium and vitamin E.

### Leaves and Stems -

The young plants, or the growing tips of older plants, are an excellent vegetable. Use leaves and stems like spinach, eaten raw, steamed,

sautéed, cooking liquid is drunk. Leaves are also dried and ground for flour. They are used in soups and stews.

### Seeds -

Amaranth is a grain that has been used for some 8,000 years. It was one of the staple foods of the Aztecs. Amaranth is usually added to other flours or materials and is gluten free.

Amaranth seeds appear in the Fall. Wait until plant is full grown for large seed heads. Amaranth seeds are easily collected in autumn by tapping the seed head over a bowl. They are very nutritious, and very rich in carbohydrates, and higher in protein than most grains - up to 16% protein by weight.

Better still, the seeds contain the amino acid lysine which is very rare for plants but vital for human health. The seeds are used raw or dried for baked goods, cereal, or mush.



**Puffy amaranth seed**

Four ounces of amaranth grain provides 100% of an adult's daily protein need. It can be combined with wheat flour for yeast breads. Nutritionally 100 grams or about 3.5 ounces of Amaranth grain has 374 calories, 14.45 grams of protein 6.5 grams of fat, 15 grams of fiber, 4.2 mg of vitamin C, 153 mg calcium, 366 mg of potassium, 455 mg phosphorus, and 266 mg magnesium. You can collect it by putting the seed head in a bag and shaking the seed head. Amaranth grain does not have to be soaked before use.

#### Other Uses:

The red amaranths were used by Native Americans both as a food source and a dye.

#### Recipes:

##### Fresh or Cooked Greens

In the spring and early summer cook the greens as you would spinach. Or eat them in a salad.

##### Seeds

Shake the tops of the plants to get the seeds. Eat the seeds raw, boiled, ground into flour, or popped like popcorn.

##### Amaranth Seed Bread

3 1/2 cup flour

1/2 cup amaranth seed (put in blender or grinder to make fine flour)

3 T honey or sugar

1 1/4 t salt

1 package quick rise yeast

3/4 cup milk, substitute or water

1/4 cup water

2 T oil or margarine

Combine 3 1/2 cups flour and salt in large bowl, set aside. Combine milk, 1/4 cup water and oil in sauce pan. Bring milk mixture to 125-130 F degrees over low heat. Cool to lukewarm. Add sugar and yeast. Stir in amaranth flour and other dry ingredients adding to wet ingredients slowly, mixing in enough remaining 1 cup flour to make soft dough. On lightly floured surface knead 4 minutes. Let rise 1 hour in covered bowl in a warm place. Push down and knead. Make loaves or rolls. Let rise until double in bulk and bake at 325 degrees for 30-45 minutes.

## Amaranth Polenta with Wild Mushrooms



### Ingredients

1/2 ounce (1/2 cup loosely packed)  
dried porcini or other dried  
mushrooms  
1 Tbsp unsalted butter or olive oil  
1/4 cup finely chopped shallots  
1 cup amaranth  
1/4 tsp. salt  
pepper to taste  
1 tsp. chopped fresh thyme

Bring water to a boil in a kettle, and  
pour 1 3/4 cups boiling water into a

large heatproof glass measuring cup. Stir in the dried mushrooms. Cover and set  
aside until the mushrooms are soft, about 10 minutes. Chop any large pieces.

Meanwhile, heat the butter in a heavy 2-quart saucepan. Add the shallots and  
cook for 1 minute. Stir in the amaranth. Add the soaked mushrooms and the  
soaking liquid, taking care to leave any grit on the bottom of the cup. Bring to a  
boil. Reduce the heat, cover, and simmer for 15 minutes. Stir in the salt, pepper,  
and thyme.

Continue simmering, covered, until the mixture is porridgy and the amaranth is  
tender, 10 to 15 minutes more. (Tender amaranth should still be crunchy, but  
shouldn't taste hard or gritty.) Stir in a bit more boiling water if the mixture  
becomes too thick before the amaranth is done. Serve in small bowls with a  
sprinkle of thyme on top. Makes: 3 to 4 servings

## Amaranth "Grits"

1 cup amaranth  
1 clove garlic, finely chopped or pressed  
1 medium onion, finely chopped  
3 cups water or vegetable stock  
Sea salt or soy sauce to taste  
Hot sauce to taste  
Garnish: 2 plum tomatoes

Combine the amaranth, garlic, onion, and stock in a 2-quart saucepan. Boil;  
reduce heat and simmer covered until most of the liquid has been absorbed,  
about 20 minutes.

Stir well. If the mixture is too thin or the amaranth not quite tender (it should be  
crunchy, but not gritty hard), boil gently while stirring constantly until thickened,  
about 30 seconds. Add salt or soy sauce to taste.

Stir in a few drops of hot sauce, if desired, and garnish with chopped tomatoes.



## Creamy Cannellini Bean and Amaranth Soup



Cannellini beans are especially pleasing to the palate in the company of fresh herbs, and amaranth is a wonderful whole grain thickener that makes this hale-and-hearty soup plenty filling enough to be a main dish. For a super-thick and creamy soup, puree all of the soup rather than leaving half of the beans whole.

2 Tbsp. extra virgin olive oil  
2 large leeks, white parts only, sliced  
3 garlic cloves, minced  
1/2 cup amaranth  
2 cups vegetable stock  
1 bay leaf  
1 cp tomato paste  
2 cups cooked cannellini beans, rinsed and drained, divided  
1/2 cup chopped fresh basil  
1 Tbsp. chopped fresh oregano  
1 tsp. sea salt  
Freshly ground black pepper

1. Heat the olive oil in a large, heavy saucepan over medium heat. Add the leeks and cook, stirring frequently, until golden and soft, about 5 minutes. Add the garlic and cook for 1 more minute, then add the amaranth grains, stock, bay leaf, and tomato paste and bring to a boil.

2. Reduce heat to a simmer. Cover and cook for 30 minutes.

3. Remove the bay leaf from the amaranth mixture, add 1 cup of the beans, and use a handheld immersion blender to puree in the pot until smooth. (Alternatively, puree the beans in a food processor, add the amaranth mixture – working in batches if necessary – and puree again until smooth, then return to the pot.)

4. Stir in the remaining beans, the herbs, and the salt. Warm gently just to heat through. If desired, thin the soup with additional stock (heat before adding to avoid overcooking the soup).

Season with additional salt and pepper to taste.

## Amaranth Ginger Muffins



For the best results when making gluten-free breads and muffins, start with a blend of flours and starches like the mix of amaranth flour, potato starch, and tapioca flour.

### Ginger-Sugar Crust

2 Tbsp. sugar

1/2 tsp. ground ginger

### Muffin Ingredients

2 large eggs, at room temperature

2/3 cup milk

1/4 cup canola oil

2 Tbsp. molasses (not blackstrap)

1 tsp. pure vanilla extract

2/3 cup amaranth flour

2/3 cup potato starch

1/2 cup tapioca flour

1 cup packed dark brown sugar

1 Tbsp. baking powder

1 tsp. each xanthan gum, salt, ground ginger, and cinnamon

1/2 teaspoon each grated nutmeg and ground allspice

1/8 teaspoon ground cloves

1/2 cup finely chopped crystallized ginger

1/4 cup finely chopped walnuts

1. Place a rack in the middle of the oven. Preheat the oven to 375°F. Generously grease a 12-cup or 6-cup gray nonstick muffin pan or line with paper liners.

2. In a medium bowl, beat the eggs with an electric mixer on medium speed until light yellow and frothy, about 30 seconds. Add the milk, oil, molasses, and vanilla and beat on low speed until well blended.

3. In a small bowl, whisk together the dry ingredients. With the mixer on low speed, gradually beat the dry ingredients into the liquid ingredients until the batter is smooth and slightly thickened. Gently stir in the crystallized ginger and walnuts. Divide the batter evenly in the muffin pan.

4. Make the crust: In a small bowl, whisk together the sugar and ground ginger and sprinkle evenly on the batter.

5. Bake the larger muffins 35 to 40 minutes or the smaller muffins for 20 to 25 minutes or until a toothpick inserted into the center of the muffin comes out clean. Cool the muffins in the pan 10 minutes on a wire rack. Remove the muffins from the pans and cool completely on the wire rack. Serve slightly warm.

### Popped Amaranth Crunch



A crunchy topping great scattered on stews and green salads.

#### Ingredients

- 3 Tbps. amaranth
- 3 Tbsp. raw, hulled pumpkin seeds
- 1 tsp. cumin seeds
- 1/4 tsp. dried oregano
- 1/8 stp. chili powder
- 1/8 tsp. salt

1. Heat a large pot over high heat. When a bead of water dropped on the bottom immediately sizzles, stir in the amaranth. Lower the heat to medium. Stir constantly until the grains turn a shade or two darker and about 20 percent of the amaranth has popped. (The popped grains will look like tiny white beads.) Stir in the pumpkin and cumin seeds and continue stirring for another 30 seconds. Turn off the heat and continue stirring until the amaranth stops popping.

2. Immediately transfer the mixture to a small bowl. Stir in the oregano, chili powder, and salt. Let cool and then store in a jar in a cool place until ready to use or up to 1 month. Makes: 1 serving. Serving size: about 1/2 cup

### Blueberry Amaranth Porridge



- 1 1/2 cup amaranth
- 2 1/2 cups water
- 2 1/2 cups milk
- 2 Tbsp. butter
- 1/3 cup heavy cream
- 1/2 cup blueberries
- 4 Tbsp. maple syrup

#### Instructions

1. Combine amaranth, water, milk, and butter in a medium-sized saucepan over high heat.

2. Simmer for 20 minutes, stirring

occasionally, or until the mixture becomes very thick and the grains are cooked through.

3. Stir in the heavy cream and blueberries.

4. Divide mixture between 4 serving bowls and drizzle with maple syrup.

makes: 4 servings

#### Amaranth with Spinach Tomato Mushroom Sauce

1 cup amaranth seed

2-12 cups water

1 Tablespoon olive oil

1 bunch spinach (or young amaranth leaves if available)

2 ripe tomatoes, skinned and coarsely chopped

1/2 pound mushrooms, sliced

1-1/2 teaspoons basil

1-1/2 teaspoons oregano

1 clove of garlic minced

1 Tablespoon onion, minced

Sea salt and pepper to taste (or use a salt substitute)

Add amaranth to boiling water, bring back to boil, reduce heat, cover and simmer for 18-20 minutes.

While amaranth is cooking, stem and wash spinach, then simmer until tender.

Dip tomatoes into boiling water to loosen skin, then peel and chop. Heat oil in a skillet over medium heat and add garlic and onion. Sauté approximately 2 minutes. Add tomato, mushrooms, basil, oregano, salt, pepper and 1 Tablespoon of water. Drain and chop spinach and add to tomato mixture. Cook an addition 10 – 15 minutes, stirring occasionally. Lightly mash tomato as it is cooking.

Stir the sauce into the amaranth or spoon it on top.

## Arrowroot

Also: Duck Potato, Wild Potato, Wapato



The Arrowroot is an aquatic plant with arrow-shaped leaves and potato-like tubers in the mud. It grows in swamp water to a height of about 10 inches. The leaves are arrowhead-shaped, and the plant has filmy white-petal flowers. The roots have walnut-size tubers.

### Edible Uses:

Lewis and Clark used Arrowhead for food, taught by Native Americans. The explorers wrote, “(they) can be ground fine. A flair for pudding, cakes, etc. They are nearly equal to Irish potatoes, and are a bread substitute.”

Root - The rootstock is a rich source of high quality starch. It thickens at a lower temperature than corn starch, and hence can be used to thicken delicate egg-based soups

and sauces.

You can also boil the rootstock and eat it as a vegetable. Used it as you would use potatoes, sliced or whole, boiled, sautéed, or raw. To make flour from the rootstock, string them, and when dried, grind them.

Harvesting - Traditionally arrowroot/wapato tubers are freed from the mud by tearing them from the roots while walking barefoot in the water. The tubers float to the surface where they can be collected. You can also use a pitchfork and lift gently. The tubers tend to snap off in the mud and the pitchfork creates less tension.

They are prepared for eating by first peeling the bitter outer skin, followed by cooking any way you would cook a potato. The young leaves are harvested and boiled before they've had a chance to unroll/unfurl. The flower stalk is cooked like asparagus but it must be harvested before its flower buds have opened.

The fresh tubers do not store very well, unlike traditional potatoes. If you want to



try and keep them make sure you are storing only perfect, undamaged tubers and place them in moist, clean sand in a cool, dark place. The tubers do freeze and dry well. Scrub the small tubers thoroughly and string with a needle and thread. Hang the strings to dry, then store in glass.

Flowers - Take only the petals of the blossom and use in salads. They are sweet and fragile, tasting a bit like marshmallow.

**Warning: TOXIC MIMIC - ARROW ARUM PLANT**

The leaves of the Arrowroot plant can be easily mistaken for the toxic Arrow Arum plant. The tubers of the arum plant are high in toxic calcium oxalate which is toxic and can cause burns in the mouth.



To tell the difference between Arrowhead plants and Arrow Arum plants, look at the pattern of veins in the leaves. Toxic arrow Arum leaves have only three main veins, one each running out from the center out to the points of it's leaf. From these three main veins branch out smaller veins, much like you see in a "normal" leaf of other plants.

**Arrow Arum**

The Arrowhead/Wapato leaf has many veins radiating out from the center of the leaf (palmate), making it kind of look like a spider. These veins meet up again at the tips/points of the Wapato leaf.



**Arrowroot**



If the plants are in bloom, they are easily differentiated.

The bloom of the Arrow Arum is a yellowish spadix which contains stamens and pistils shielded by a partially closed 4 to 8 inch green spathe.

**Arrow Arum**

The bloom of the Arrowroot is filmy white petals on a long stem.



## Arrowroot

### Recipes:

#### Arrowroot Biscuits

1/4 cup butter, softened  
1/2 cup white sugar  
1 egg  
1/2 teaspoon vanilla extract  
1 cup all-purpose flour  
1/2 cup arrowroot flour  
1/2 teaspoon baking powder  
1/4 teaspoon salt

#### Directions

Cream butter or margarine and sugar. Beat in egg and vanilla.

Stir remaining ingredients together and add. Mix well.

Roll 1/8 inch thick on floured surface. Cut into 2 1/2 inch rounds. Prick with fork.

Grease baking sheet. Bake in 350 degree F (175 degrees C) oven until golden, about 8 to 10 minutes. Allow a bit more baking time if rolled thicker.

#### Summer Fruit Compote

250 g (8 oz) mixed blackcurrants and redcurrants  
2 tablespoons liquid honey  
4 tablespoons pure orange juice  
1 teaspoon arrowroot  
250 g (8 oz) strawberries, quartered  
2 tablespoons Grand Marnier

#### Directions

1. Place the blackcurrants and redcurrants, honey and orange juice in a pan, bring to the boil, then cover and simmer gently for 10 minutes, until softened.
2. Strain the fruit and place in a bowl. Return the syrup to the pan.
3. Blend the arrowroot with a little water until smooth, then stir into the syrup. Bring to the boil, stirring constantly until thickened and clear.

4. Pour over the currants, add the strawberries and Grand Marnier, mix together gently and leave to cool.

5. Turn into a glass serving bowl and chill until required.

#### Arrowroot Pudding Steamed

1 1/2 oz. arrowroot

1 1/2 pt. milk

2 oz. castor sugar

1/2 teasp. vanilla essence or grated lemon rind

3 eggs

Mix the arrowroot to a smooth paste with a little of the milk.

Boil the remainder of the milk and pour over the arrowroot paste, stirring well.

Return to the saucepan, stir, and simmer gently until the mixture thickens.

Leave to cool slightly and stir in the flavouring, sugar and well-beaten eggs.

Pour into a 2-pt. greased basin, cover with greased paper and steam for 1 1/2 hr.

#### Jam Sauce

4 good tablesp. jam

1/2 pt. water

Sugar

Lemon juice

1 heaped teasp. arrowroot

Colouring, if needed

Boil the jam and water together, add sugar and lemon juice to taste, and thicken with the arrowroot blended with a little cold water.

Strain the sauce if the jam has pips.

#### Arrowroot Blancmange

1/3 cup arrowroot

1 cup cold milk

2 cups milk, scalded

1/3 cup sugar

1 teaspoon vanilla extract

Dash of salt

Mix arrowroot with milk.

Gradually stir arrowroot mixture into scalded milk and cook over low heat, stirring constantly, until thickened.

Add sugar, vanilla, and salt.

Pour into 1-quart bowl and chill. Serve with stewed fruit or jam.

#### Malaysian Biskut Senyum

2 cups flour (maida)

1 cup butter

1 tsp vanilla essence

1/2 cup arrowroot flour

1 1/4 cups ground sugar

1/2 cup unsalted, roasted peanuts, crushed

Dry roast the two flours till pink and aromatic.

Cool and sift together.

Reserve.

Mix butter, sugar and the peanuts.

Add essence.

Add the flours and knead into a dough.

Make small balls and flatten them on a greased baking tray.

Bake in moderate oven for 30 minutes, or till golden and crisp.

Serve with cream or custard sauce.

#### Light And Easy Brown Gravy

##### Ingredients

2 1/2 cups cold water

1/4 cup arrowroot

1/4 cup tamari

Pepper to taste

##### Directions

1. In a medium heavy bottomed saucepan, combine the arrowroot with cold water , stirring until well blended.

2. Place the pan on a medium flame and simmer until heated, stirring frequently to prevent formation of lumps.

3. When the sauce has thickened, stir in the tamari and pepper and simmer for another few minutes.

4. Use the sauce to accompany roasts, grills or steaks

5. Serve the sauce hot and do not store for long.

### (River) Birch



A rapid grower, Birch Trees survive to 150 years and some varieties grow taller than 80 feet, and wider than 2 feet in diameter.

When gathering birch bark it is important never to peel a standing, living tree, since it can disfigure it or even kill it.

#### Edible Uses:

Leaves - When young and tender, Birch leaves are edible raw or cooked. Best gathered before mid-summer, the leaves can also be infused into tea, either fresh or dry. Mild tea can be made from a palmful of leaves (one palmful per cup of water) or a stronger tea from the boiled twigs (1-2 palmfuls of twigs per cup.)

Inner Bark - Just under outer layer birch bark lies a thick inner bark. It can be eaten raw, or can be grated

or cut into bits or strips and added to soups and stews or dried and ground into a flour or meal for breads or porridge.

Sap - Birch trees are an excellent source of safe water in survival situations. Tap the tree as you would for a maple and allow the water to collect. It is much purer and safer than water gathered by other methods, having been filtered through the roots of the tree.

The sap has a sweet flavor, and is harvested in early spring, before the leaves unfurl. The trunk is tapped by drilling a hole about 6mm wide and about 4cm deep. The sap flows best on warm sunny days following a hard frost. It makes a refreshing drink and can also be concentrated into a syrup or sugar.



The sap can be fermented to make birch beer or vinegar. An old English recipe for the beer is as follows:- "To every Gallon of Birch-water put a quart of Honey, well stirr"d together, then boil it almost an hour with a few Cloves, and a little Limon-peel, keeping it well scumm"d. When it is sufficiently boil"d, and become cold, add to it three or four Spoonfuls of good Ale to make it work... and when the Test begins to settle, bottle it up . . . it is gentle."

Flowers – Though not gourmet items, flowers of birches are also edible.

#### Medical Uses:

People have used the outer bark brewed into strong decoction as a wash or in a bath for chronic or severe skin problems. The inner bark brewed as a tea is diuretic and helps resolve intermittent fevers, rheumatism, and bladder stones.

As a strong decoction it is used externally for its astringent and weakly antiseptic qualities; as a cleansing and healing wash and/or poultice it is used on bruises, wounds, burns, scalds, tumors, and to help resist putrefaction in open sores.

The boiled inner bark may also be ground fine between 2 stones and used as a plaster/ poultice for healing bruised wounds, cuts burns and scalds.

The leaves, infused into tea, either fresh or dry, is very diuretic, mildly sedative weakly antiseptic and disinfectant, and blood-cleansing. It helps dissolve kidney and bladder stones and eases rheumatism gout and edema when taken 3 times daily for a while.

Externally, tea made from the twigs can be used as a wash or poultice, or as a bath additive for skin problems and eruptions, including poison ivy, and gargled for mouth and canker sores.

The bark and twigs of the birch tree have qualities very similar to Wintergreen. They can be used as a healthy drink as it aids in purification of the blood.

Birch bark has positive effects on the bowel. It can aid in conditions of diarrhea, dysentery and cholera. It has historically been used to expel worms.

The bark of Birch as well as the essential oil of Birch both contain salicylates that can ease sore muscles or joint pain if applied externally. Birch oil decreases inflammation in tissues and provides a counter-irritant when applied to overlaying and inflamed or irritated joints.

The Salicylates in Birch bark have also been used effectively against warts. Additionally, the bark, as well as the buds, have been used when antibacterial, antiviral and cell regenerative qualities are needed.

#### Other Uses:

This species has an extensive root system and is sometimes planted for erosion control along the banks of streams. Fire-starter – Strips of birch bark are one of nature's best tinders. They are highly flammable and burn with a black smoke. Wood - light, strong, close grained and hard, but it contains many knots because of the numerous branches along the trunk. It is sometimes used for furniture, turnery etc. Young branches are used to make besoms, whisks etc.

## Blackberry

Also: Bramble



Many refer to blackberry as “brambles” because the plants form dense stands of rambling, non-climbing shrubs having thorns and bristles.

Blackberry fruits initially grow green, then turn red, before ultimately ripen to black. Wildlife species such as deer, quail, raccoons, chipmunks, ruffed grouse, squirrels, woodcock, and many other birds readily consume the blackberry fruits. Fruits are usually consumed from June to October; however, dry fruits are eaten by some wildlife species in fall and winter. Blackberry leaves are browsed by deer and are a significant part of their diet from May to September. In addition to its food value, blackberry also benefits wildlife by providing thickets that serve as protective cover. These thickets are also used as nesting sites for birds, rabbits and small rodents.

### Edible Uses:

The fruit can be eaten raw and can also be cooked and added to cobblers or used to make delicious jellies.

The flowers and the tender, young peeled sprouts and twigs can be eaten raw or added to salads.

The leaves can be dried to make a pleasant, healthy tea.

### Medicinal Uses:

Blackberry roots were used to make a tea that helped alleviate diarrhea and dysentery. This tea is also an astringent, a mouthwash for mouth sores. In addition, a tea made from the dried leaves has been used by herbalists as a blood purifier. Also, blackberry fruit is rich in dietary fiber and a good source of Vitamin C. The leaves are good for facials, masks, lotions, and astringents. In an extract, clears blemishes, eases scalp itches, and heals scales.

## Recipes:

### Wild Blackberry Ice Cream

#### Ingredients:

2-1/2 cups soymilk, nut milk, or oat milk

1/2-cup well-drained silken tofu

1/2-cup raw cashews

1/4-cup grape seed oil or canola oil

1/4-cup vegetable glycerin

1/4-cup lecithin granules

2 teaspoons vanilla extract

1-teaspoon blackberry extract (optional)

2-teaspoon liquid sweetener (or to taste)

1/2-teaspoon salt

2 cups wild blackberries

1. Place all the ingredients, except for 1 cup of the blackberries, in a blender and process until smooth.

2. Strain through a fine mesh strainer to remove the seeds.

3. Chill the mixture (or begin with chilled ingredients) if required by your ice cream machine, pour the mixture into the ice cream machine, and freeze it according to the manufacturer's instructions.

4. Serve topped with the remaining berries.

Makes 5-1/2 cups

Serves 6

### Blackberry Dumplings

#### Dumplings

1 1/3 cups (5.5 ounces) oat flour and 1 cup plus 2 tablespoons (5.5 ounces) buckwheat flour and 1-1/4 cups (5 ounces) yellow cornmeal, or 1 pound any whole-grain flour

2 1/2 tablespoons freshly ground flaxseeds (1 tablespoon seeds)

1 teaspoon cream of tartar

1/2 teaspoon baking soda

1 teaspoon dried mint, finely crumbled

1/2 teaspoon powdered ginger

1/2 teaspoon salt

3/4 cup soy milk or nut milk

1 tablespoon corn oil

1 tablespoon vegetable glycerin or 1 tsp. liquid stevia (optional)

1 teaspoon vanilla extract  
1 cup cooked brown rice  
1 tablespoon lecithin granules

#### Sauce

4 cups unsweetened blackberry juice or other fruit juice  
1/4 cup kudzu or arrowroot  
1/2 tsp. liquid stevia  
1 tablespoon red wine  
1/2 teaspoon amaretto extract (optional)  
1/4 teaspoon freshly ground cloves  
1/2 teaspoon freshly grated nutmeg  
1/4 teaspoon liquid stevia (optional)  
2 cups wild blackberries

1. To make the dumplings: In a large bowl, mix together the flours, ground flaxseeds, cream of tartar, baking soda, mint, ginger, and salt.  
2. In a medium-size bowl, mix together the soy milk, corn oil, vegetable glycerin, and vanilla. Mix the wet ingredients into the dry ingredients. Stir in the brown rice and lecithin. Shape the dough into about 32 balls, 1 inch in diameter.  
3. To make the sauce: Mix together all the sauce ingredients except the blackberries in a large saucepan and bring the pot to a boil over medium heat, stirring often.  
4. Add the dumplings, reduce the heat to low, and simmer, covered, for 15 minutes. Add the blackberries and simmer, covered, for another 5 minutes.  
Serves 6 to 8.

#### Blackberry Pancakes

1-3/4 cups (7 ounces) oat flour and 1-1/2 cups (7 ounces) buckwheat flour, or 14 ounces any whole-grain flour  
1/4 cup lecithin granules  
5 tablespoon freshly ground flaxseeds (2 tbs. seeds)  
1 1/2 teaspoons cream of tartar  
1 teaspoon baking soda  
1 teaspoon ground cinnamon  
1/2 teaspoon salt  
1/2 teaspoon freshly grated nutmeg  
3 1/2 cups soy milk or nut milk  
1/4 cup corn oil  
2 teaspoons liquid stevia  
1/2 teaspoon blackberry extract (optional)  
2 cups wild blackberries  
1/2 cup walnuts

1. In a large bowl, mix together the flour, lecithin, ground flaxseeds, cream of tartar, baking soda, cinnamon, salt, and nutmeg. Stir in the soy milk, corn oil, liquid stevia, and blackberry extract, if you are using it, being careful not to overmix. Stir in the blackberries and walnuts, being careful not to overmix.
2. Drop a few tablespoons of the batter onto a hot, oiled griddle and spread the batter into a circle. Cook each pancake until it is lightly browned underneath, and then flip it over with a metal spatula, and cook the other side until it is browned. Repeat until you've used up all the batter. Makes 12 pancakes

#### Wild Blackberry Cobbler

- 5 cups wild blackberries
- 2 tablespoons tapioca pearls, ground into powder
- 1/2 cup plus 1 tablespoon unsweetened apple juice
- 1 teaspoon dried orange rind or 1/2 teaspoon orange extract
- 1 teaspoon dried mint, finely crumbled
- 1/4 teaspoon freshly ground cardamom seeds
- 1 1/2 cups (7 ounces) sweet brown rice flour or 7 ounces any whole-grain flour
- 2 tablespoons apricot kernel oil, walnut oil, almond oil, or corn oil
- 1 1/4 teaspoons cream of tartar
- 1/2 teaspoon baking soda
- 1/2 teaspoon ground cinnamon, plus more for sprinkling
- 1/4 teaspoon common spicebush berries, finely chopped, or freshly ground allspice berries
- 1/2 teaspoon freshly grated nutmeg
- 1/4 teaspoon salt
- 1/4 cup corn oil
- 3 tablespoons soy milk, almond milk, or unsweetened fruit juice, or as needed

1. Preheat the oven to 350 degrees.
2. Mix the blackberries, ground tapioca, 1/2 cup of the apple juice, the orange rind, mint, and cardamom together in a large bowl. Transfer the mixture to a 14 x 9 x 2-inch oiled baking dish.
3. Sprinkle the fruit mixture with 3 tablespoons of the flour and dot with the apricot kernel oil.
4. In a medium-size bowl, mix together the remaining flour, the cream of tartar, baking soda, cinnamon, spicebush berries, nutmeg, and salt.
5. Mix in the corn oil, and then stir in the remaining 1 tablespoon apple juice and enough soy milk to make a dough that's neither sticky nor crumbly.
6. Using a rolling pin covered with a floured sleeve and working on a floured pastry sheet, roll the dough out 1/4 inch thick in the shape of your baking dish.
7. Transfer the rolled out pastry onto the berry layer, cut slits for steam to escape, and sprinkle on more cinnamon for color, if desired.
8. Bake the cobbler until bubbly, about 40 minutes. Serve hot or cold.

Serves 6 to 8



## Burdock



Burdock is bush-like up to six feet tall, and its large has wavy-edged, arrow-shaped leaves green leaves can grow to over a foot wide. Its flowers are tubular, purple or white, and are followed by spherical burrs, 3/4" diameter. In the fall, burs dry to brown, sticky seed pods.

### Harvesting –

Gather burdock in any season.

When you can, harvest the young roots before the flower stalk develops (usually the second year of growth). When digging roots, slide the shovel thoroughly down one side, then another, until all 4 sides have been deeply cut.

Keeping the shovel in one side, pry up the root without breaking it off.

You will feel the pop when the root releases from the earth. If the tip remains, the plant will grow again. Steam and wrap burs individually to freeze. Slice and fry or simmer and then freeze roots.



### Edible Uses:

Peel the tender leaf stalks and eat them, and the leaves, raw or boiled/sauted.

The roots are also edible boiled or baked, and can be dried and powdered for a nutrient additive.

### Medicinal Uses:

Root is a diaphoretic; as wash infusion, for poultice, bruises, sore or tired feet. A liquid made from the roots will help to produce sweating and increase urination. Dry the root, simmer it in water, strain the liquid, and then drink the strained liquid. Tea is used to heal infections.

Seeds can be used for skin problems, eczema, cleansing.

Other Uses:

Use the fiber from the dried stalk to weave cordage.

For pet's fleas, simmer a small handful of brown burs, strain, and cool. Wash your pets with the decoction. Kills fleas quickly!

Recipes:

#### Basic Burdock Rice

1/2 cup burdock, thinly sliced (substitute: canned water chestnuts)  
2 vegetable bouillon cubes (for 2 cups of water)  
1 cup instant brown rice (try Success brand "Boil-in-a-Bag Brown Rice")  
1 tbs. tamari soy sauce  
1 tbs. olive oil or other vegetable oil  
1 tsp. thyme  
1 tsp. sage  
1 tsp. rosemary

Slice water chestnuts or burdock into 1/16-inch slices. Combine all ingredients in a quart-size pot. Cover, and simmer over low heat for 10 minutes or until all the liquid is absorbed.

Serves 4

#### Burdock Pickles

4 cups burdock root, cut into finger-sized pieces  
1 cup brown rice vinegar  
1 cup water  
18 common spicebush berries or 2 tbs. allspice  
2 tbs. bayberry leaves or commercial bay leaves  
1 tbs. star anise  
2 tbs. fresh commercial ginger, sliced  
2 tsp. black mustard seeds  
1 tsp. cloves  
1 tsp. salt

1. Steam the burdock on a steamer rack over water 40 minutes, or until tender enough to pierce with a fork, or pressure cook it 15 minutes.
2. Drain the burdock and put into jar.

3. Place a fork in the jar to prevent it from shattering.
4. Meanwhile, mix the vinegar and the water, and bring to a boil.
5. Pour this over the burdock and stir in the remaining ingredients.
6. Remove the fork, cover, and refrigerate at least 12 hours before serving. This recipe lasts for weeks refrigerated.

Preparation Time: 20 minutes

Makes 4 cups.

#### Enoki Burdock Soup

6 cups vegetable stock

1-1/4 cups very thinly sliced burdock root or sliced carrots

2 tablespoons sesame oil

6 cups enoki mushroom caps, sliced

3 celery stalks, sliced

1 tablespoon peeled and finely chopped fresh ginger

4 cloves garlic, chopped

3 tablespoons kudzu or arrowroot

1/2 teaspoon freshly ground anise seeds

3/4 teaspoon freshly ground celery seeds (1/2 teaspoon seeds)

1 teaspoon freshly ground Szechuan pepper (1/2 teaspoon peppercorns) or 1/2

teaspoon freshly ground white pepper (1/4 teaspoon peppercorns), or to taste

1-1/4 cups drained silken tofu, diced

1. Place 5 cups of the stock and the burdock root in a large saucepan and bring the pot to a simmer over medium heat. Reduce the heat to low, and simmer, covered, for 15 minutes.

2. Meanwhile, heat the sesame oil in a large skillet over medium heat. Add the mushrooms, celery, ginger, and garlic and cook, stirring, for 10 minutes.

3. In a small bowl, mix the kudzu into the remaining 1 cup stock with a whisk or fork. Then stir the kudzu mixture into the boiling stock, along with the cooked vegetable mixture and the remaining ingredients. Bring the pot to a boil over medium heat, stirring often. Reduce the heat to low, cover, and simmer for 10 minutes. Serve hot. Serves 6

#### Turkish-Style Burdock

Burdock is related to artichokes, and because I love the way artichokes are prepared in Turkish cuisine, I decided to try a similar recipe with burdock, and it came out even better than I expected.

2-1/2 cups very thin burdock root slices

2 cups water, or as needed

2 medium onions, sliced

2 tbs. olive oil

4 tsp. lemon juice

1 tsp. salt

1/2 tsp. dill seeds, ground, or 2 tsp. dill weed, chopped  
1/4 tsp. white peppercorns ground into 1/2 tsp.

Simmer all ingredients together 1 hour, or until most of the water is evaporated or absorbed, adding more water as needed, stirring occasionally.

Serves 6

Preparation Time: 5 minutes

Cooking Time: 1 hour

Duck with Plums & Burdock



½ - 1 cup duck meat - diced  
1 handful burdock root - shredded  
1 spring onion - sliced  
Ripe plums - 1 per person + 1  
Slug soy sauce  
Oil  
Water  
Salt and pepper  
Cornflour

#### PREPARATION

· Dice some skinless duck meat - the breast is ideal - and set aside.

· Stone the plums [1 per person] and

then rub the ripe flesh through a sieve to produce a basic puree. Discard the skins though, and keep 1 or 2 plums back for later. · Slice the spring onion.

· Scrape the rind of a burdock root then shred - dropping shreds into some acidulated water to prevent discoloration. · Once shredded drop the pieces into a bowl of boiling water and allow to steep to remove some of the bitterness.

#### VARIATIONS & ALTERNATIVES

For something a little more Thai-like you may add lemon grass, fish sauce and garlic and drop the plums as an ingredient.

#### METHOD

· To make the marinade place the sliced spring onion, the pureed plums, and good slugs of soy sauce and olive oil in a bowl.

· Mix together and add the diced duck. · Coat the pieces thoroughly and allow to marinade for an hour [by which time the steeping burdock should have lost much of its bitterness].

· Remove the duck pieces from the marinade [but keep the rest of the marinade] and fry in a little oil. · When nicely browned remove duck from the pan and add the reserved marinade mixture. · Allow to briefly boil for a moment then reduce

the heat and simmer for a couple of minutes. · Add the shredded burdock and stir in; adding a little water and some seasoning. · Continue to simmer for 5-10 minutes.

· Meanwhile, stone and slice the last one or two plums and add to the pan along with the fried duck. · Stir through and allow to cook for a few more minutes. · Serve with rice.

### Thai-Style Burdock & Chicken Curry



1½ cups of coconut milk  
½ -1 cup chicken meat - diced  
1 handful shredded burdock root  
Butter or oil  
Salt and pepper  
For the curry paste  
1 garlic clove  
1 red chili - seeded  
1 shallot / small onion - sliced  
Ground coriander, pepper, cumin,  
ginger, cinnamon & turmeric -  
pinches  
1 lime - juice  
Salt

· Begin by making the curry paste... Chop the garlic clove, chili and shallot and place in a pestle and mortar [keep a few slices of chili back for garnishing]. · Add pinches of the spices and salt then pound the mixture together, adding a couple of squeezes of lime juice. · Set aside.

· Put half a cup of the coconut milk in a thick based saucepan and bring to the boil. · As it begins to thicken stir in the curry mixture.

· Cook for a couple of minutes until almost evaporated then add the chicken. · Cook for about 5 minutes - or until the pieces cooked through - keeping the mixture moving.

· Once cooked add the remaining coconut milk, shredded burdock and any remaining lime juice.

· Bring to the boil, add seasoning then simmer until the sauce thickens a little.

· Serve with rice.

### VARIATIONS & ALTERNATIVES

If you have access to Thai ingredients like fish sauce, lemon grass and root



ginger, you might want to incorporate these into the dish. A little sugar will help reduce the heat of the curry spices.

Vary chicken and burdock content to taste or circumstances. Suggested starting point is ½ a cup of chicken and a handful of shredded burdock. Some further seeded slices of chili are added in the last few minutes of cooking to provide a little visual extra - and taste.

## Butterfly Weed

Also: Butterfly Milkweed, Chiggerflower, Milkweed, Pleurisy Root, Tuberous Swallowwort, Orange Swallow-wort, Yanagi-Towata



The Butterfly Weed has a spindle shaped root, and round, hairy stems, growing from 1 to 3 feet high. Stems are branched near the top and have umbels of orange to red, flowers. The leaves grow closely all the way up the stem and are hairy, unserrated, lance shaped, alternate, sessile and dark green on top, lighter beneath.



Flowers bloom usually from June to September, followed in the fall by seed pods from 4 to 5 inches long containing the seeds with their long silky hairs or floss. This plant, unlike the other milkweeds, contains little or no milky juice.

### Edible Uses:

Seed Pods - The seed pods are edible, cooked when young, harvest them before the seed floss forms.

Flowers - Flowers are edible cooked, said to taste like sweet peas.

Leaves and Buds - Leaves and new buds are edible, cooked like spinach.

### Medicinal Uses:

Butterfly Weed is used internally in the treatment of diarrhea, dysentery, chronic rheumatism, and as an expectorant. It is useful in all chest complaints and in the treatment of many lung diseases.

A warm infusion of the root exerts a mild tonic effect on the system. Caution is advised, as large doses of Butterfly Weed are emetic and purgative. A poultice of the roots is used in the treatment of swellings, bruises, wounds, and skin ulcers.



Infusion - To 1 tsp. of the powdered or fresh smashed root add 1 cup of boiling water, steep 10 to 20 min. take warm at bedtime. In cases of lung congestion take this mixture in ½ cup doses 4 to 6 times a day.

#### Other Uses:

The bark is used to make a quality fiber and woven into twine or cloth. The seed floss is used for stuffing in pillows and life jackets, candle wicks, and fibers to make cloth.

#### (River) Cane

Also: American Bamboo



River cane resembles Asian bamboo, and occurs along river banks above high-water level. Among the distinctive features of the canes is a fan-like cluster of leaves at the top of new stems called a top knot.

#### Edible uses:

Food uses include flour, cereal, and even "asparagus" of young shoots; however, caution should be used whenever foraging for cane as, the extremely toxic fungus Ergot (*Claviceps* spp.) has been known to colonize the seeds.

Young river cane shoots can be steamed and used in stir-fries and other Asian-style dishes the same as bamboo shoots.

Nutritional Value: small amounts of carbohydrates, protein, and vitamin C

#### Other uses:

Prior to the European colonization of the Americas, cane was an extremely important resource for local Native Americans. The plant can be used to make shelters, jewelry, fishing poles, lattice structures, arrows, blow guns and medicines. It was used extensively as a fuel, and parts of the plant were eaten.

The canebreaks also provide ideal land for crops, habitat for wild game, and year-round forage for livestock.

**Caution:**

River cane is susceptible to ergot fungal infections. Closely examine any river cane for signs of a purple powdery substance before harvesting especially during rainy summers following very cold winters. Ergot poisoning can lead to hallucinations followed by death.

**Recipes:**

**Beef and Bamboo Stir Fry**



A stir-fry dish that is relatively low in calories and very good. If you like a less thick sauce, add a couple of tablespoons of water to the sauce mixture.

**Ingredients**

6 oz beef, sliced  
8 spring onions, 1/3 of the green part removed, sliced on the bias  
6 oz sliced bamboo shoots  
1 large clove of garlic, minced  
1 piece of ginger about the size of a tablespoon, minced  
1/2 Tbsp peanut oil

**Sauce:**

1.5 Tbsp Lee Kum Kee Premium oyster sauce  
1 Tbsp rice wine  
1 tsp dark soy sauce  
1/2 tsp sugar  
1 tsp cornstarch  
1 tsp sesame oil

Combine sauce ingredients and set aside.

Heat the wok over high heat until smoking hot, add the oil and a pinch of salt.

Add the beef and spread out in one layer. Let it lay in the pan for a minute to take on some color. Add the ginger, garlic and spring onions and stir fry for 2 minutes.

Add the bamboo shoots and stir-fry until they are hot.

Add the sauce mixture and stir-fry until it thickens. (If it is too thick add 2 Tbsp water to thin the sauce.)

Serve with Jasmin rice.

### Bamboo Salad



Bamboo Salad - usually eat with a sticky rice and a side of meat or even by itself as a appetizer.

#### Ingredients

- 1 bottle bamboo shoots already grated long pieces
- 2 teaspoon red & green chilies thinly sliced or dried crushed red pepper to taste
- 2 small red onions thinly sliced
- 1 tablespoon fish sauce
- 2 spring onions chopped
- 1/2 cup mint leaves
- 3/4 cup of cilantro leaves chopped
- 1 Teaspoon lemon juice
- 1 Tablespoon roasted sticky rice fine blended
- 1 teaspoon of sesame seed (optional)

In a small pan, add water and bamboo bring to boil for about 5 mintues.

Remove and drain.

Grate the bamboo finely if not already

Place the bamboo, in a mixing bowl, add fish sauce, lemon juice, roasted sticky rice, red onion, spring onion, and cilantro mix well together.

Add mint leaves and stir to coat.

Arrange the salad on a serving plate topped with the sesame seed.

Serve with cabbage

### Bamboo Spinach Dip

#### Ingredients

- 1 pkg frozen spinach (thawed & drained)
- 1 can bamboo shoots (drained and chopped finely)
- 1 pint sour cream
- 1 cup of mayo
- 1 pkg DRY vegetable soup mix
- 1 pkg dry onion soup mix

Mix all ingredients together in a large bowl.

Refrigerate

Serve with raw vegetables.

### Bamboo Shoots Sauté



In this very simple recipe, the method of “dry sauté” is applied. The seasoning is dissolved in liquid, and during the sautéing the water is evaporated away. The seasoning enters the bamboo without being obvious about it – this dish is served without sauce!

#### Ingredients

- 3 cups bamboo shoots, slivered
- 2 tbsp. oil
- 1½ tbsp. light soy sauce

#### Seasoning

- 5 tbsp. stock
- 2 tbsp. wine
- ½ tsp. salt
- ½ tsp. sugar

Sauté slivered bamboo in oil and soy sauce until all the liquid has evaporated.

Add seasoning to the bamboo and sauté until all the liquid has evaporated.

Reduce the heat to low, cover the pan, and serve after 2 or 3 minutes.

30 min to make

Serves 2-3

### Chicken and Bamboo Curry

#### Ingredients

2-3 chicken breasts Skin Off cut into bite size chunks

1-2 Tablespoons fish sauce

Tom Yum Red curry paste 1-2 Tablespoons

1 Tablespoon oil

1-2 Tablespoons of raw sugar

2 onions

1-2 cloves garlic

1 can coconut cream

1-2 small Red Chilies finely diced

2 cups jasmine rice

1 Cup coriander cut not too fine

1 Cup basil shredded

1 small can of bamboo shoots

Heat Oil in Saucepan, add diced onion and garlic, cook til lightly brown  
add Chili.

When cooked add the Chicken and cook til lightly browned but do not overcook.

Add the Bamboo shoots, Fish Sauce and Tom Yum Paste, and Raw Sugar stir  
and heat through.

Add Coconut Cream, and add the Coriander and Basil last.

Mix and heat through, let it cook for 10-15 mins on a low heat. Taste and adjust  
the flavor with more curry paste, sugar or fish sauce. Serve with Jasmine Rice.

#### Rice

In a microwave safe dish, cook 2 cups of Jasmine Rice and add 3 cups of boiling  
water, a little salt and oil added to the water and cook uncovered in the  
microwave for 20 mins.

### Chinese Bamboo Roll (serves 4)

#### Ingredients

4 egg roll wrappers or strudel sheets  
1 can bamboo shoots  
1/2 cup mushrooms  
3 tablespoons vegetable oil  
1/2 lb pork (minced)  
2 teaspoons soy sauce  
1/2 teaspoon monosodium glutamate  
1/4 cup parsley

Preheat oven to 400°

Drain and rinse bamboo shoots. Cut bamboo shoots into fine slices/slivers

Rinse mushrooms. Cut mushrooms into fine slices/slivers

Heat the oil in a stir fry or frying pan and add the pork

Sauté the pork for 5-8 minutes

Add the bamboo shoots and mushrooms

Season with the soy sauce

Stir fry on a moderate heat for 5 minutes

Add the parsley

Remove from the heat

Fill the roll wrappers with the mixture. Roll the wrappers up tightly. Brush the tops with vegetable oil.

Place on a greased baking tin/sheet and cook in the preheated oven for 30 minutes until they are golden brown.



Serve while hot

Bamboo Shoots Roll with Egg (serves 4)

Ingredients

1 lb of egg roll wrappers  
1 can of bamboo shoots  
1 beaten egg  
2 finely chopped onions  
1 cup diced cooked pork  
1/2 cup diced cooked shrimps  
1/4 cup water chestnuts  
2 cups fresh chopped bean sprouts  
4 chopped fresh mushrooms  
1/2 teaspoon sugar  
1 tablespoon sesame oil  
oil for deep frying  
salt and pepper

Heat sesame oil in a large pan.

Cook bean sprouts quickly over high heat (stir constantly).

Add bamboo shoots, mushrooms, and chestnuts. Cook for 2 minutes.

Add pork, onion, shrimps, soy sauce, sugar, and salt and pepper to taste.

Remove from heat and leave to cool.

Lay out the egg roll skins. Put 2 tablespoons of the mixture in the centre of each skin. Fold in two edges from the opposite ends.

Brush beaten egg on the other two edges and roll into a sausage shape.

Preheat oil in a deep pan for deep frying.

Fry the egg rolls until golden brown turning occasionally.

Remove from oil and drain.

Serve hot

#### Beef with Bamboo Shoots (serves 4)

##### Ingredients

400g beef steak (sirloin or rump)  
1 can sliced bamboo shoots  
6-8 spring onions  
3 cloves garlic  
2 tablespoons fish sauce  
1/4 cup toasted sesame seeds  
1/4 teaspoon salt  
1/4 cup oil

Cut beef steak into thin strips. Drain and rinse bamboo shoots.

Crush garlic and salt, mix the two together.

Heat stir fry or frying pan over high heat, add and spread oil.

Add beef and stir fry for 1 minute. Remove beef and put on one side.

Add 1/3 tablespoon of oil and stir fry bamboo shoots for 3 minutes.

Add garlic and fish sauce and stir-fry for 2-3 minutes. Add spring onions and stir fry for 1 minute.

Add the beef to the pan and stir fry quickly for 1 minute. Remove from heat and toss in the sesame seeds.

Serve hot.

#### Pork and Bamboo Shoots (serves 4)

##### Ingredients

1 pound cooked bamboo shoots  
1/2 pound minced pork  
3 tablespoons soy sauce  
2 tablespoons sugar  
1 tablespoon vegetable oil  
Basil or Parsley leaves for decoration

Cut the bamboo shoots into bite size pieces.

Preheat the oil in a pan.

Add the pork and cook until brown (stirring continuously). Add sugar and soy sauce. Add bamboo shoots. Add 1/2 cup of water.

Cook until the liquid has gone (stir as needed)

Serve hot and garnish with parsley or basil leaves.

#### Bamboo Shoots and Szechwan Beef

##### Ingredients

##### Cooking Sauce

8 medium-size dried shiitake mushrooms (each about 2 inches in diameter)

1 pound lean top round steak

1 tablespoon salad oil

16 small dried hot red chilies

3 large carrots, cut into about 3-inch-long julienne strips

4 cups bite-size pieces cauliflower

1 pound parboiled sliced bamboo shoots

2 cans (about 8 ounces each) sliced water chestnuts, drained

Fresh cilantro (coriander) leaves

Cover mushrooms with warm water and soak for 30 minutes, then drain. Cut off and discard stems; squeeze caps dry, thinly slice, and set aside. Cut steak with the grain into 1 1/2-inch-wide strips; then cut each strip across the grain into 1/8-inch-thick slanting slices. Set aside. Heat oil in a wok or 12- to 14-inch frying pan over medium-high heat. Add chilies and cook, stirring, until chilies just begin to char. Remove chilies from pan; set aside. Add meat to pan and stir-fry until browned (1 1/2 to 2 minutes); remove with a slotted spoon and set aside. Add carrots, cauliflower, and mushrooms; stir-fry for 1 minute, then cover and cook until carrots and cauliflower are tender-crisp to bite (about 3 minutes). Add bamboo shoots and water chestnuts and stir-fry for 1 more minute. Return meat and chilies to wok; stir cooking sauce and add 3 tablespoons soy sauce, 1 1/2 tablespoons dry sherry, 1 tablespoon sugar, and 3/4 teaspoon cornstarch. Stir until sauce boils and thickens. Garnish with cilantro.

Serves: 6

#### Bamboo Shoots with Beef

##### Ingredients

1 pound bamboo shoots, sliced

12 oz fillet steak

4 tablespoons peanut oil

6 spring onions, sliced

1/2 teaspoon salt

1 clove garlic, crushed

4 tablespoons sesame seed, toasted and crushed

Cut beef into very thin slices about 2 inches long. Heat 2 tbs peanut oil in wok, stir fry beef quickly for only about 1 minute. Remove from wok while meat is still pink. In same wok add remaining 2 tbs peanut oil and heat and fry well-drained sliced bamboo shoots and spring onions for about 2 minutes. Add salt and fry for a further 5 minutes. Add crushed garlic, stir and fry for a further minute, then return beef to wok and stir fry for a minute. Add sesame seeds and mix well. Serve hot with rice.

Serves: 4

### (Wild) Carrot

Also: Queen Anne's Lace, Bird's Nest Plant



The wild carrot is native to Europe, especially common in England; and is now widespread in the United States, being imported by early settlers.

The wild carrot is a widespread hairy-stemmed biennial, 2-3 feet tall. It has flat-topped lacy flower clusters; often with a single purple flower in the center. Old clusters resemble birds' nests. Bracts stiff, 3-forked. It has fine fuzzy hairs on leaf stalk. The root is white, and smells of carrot. Wild Carrot flowers May-October.

#### Edible Uses:

Use as a cooked vegetable. Beta-carotene is exceptionally high in wild carrots, as is niacin.



Roots - Carrot only edible from Fall to April. Then root becomes tough as wood. Prepare the first-year roots like garden carrots.

Stems - Stems may be cut into sections and used for flavoring in stews & soups.

Buds - Buds in the Spring may be sautéed in oil.

Seeds - In the plant's second year it has lacy flowers and is called Queen Anne's lace. You can then eat the seeds.

**Collection and Storage:** Leaves are gathered in early spring and young leaves all season. Gather roots as carrots in early spring or fall; may be dug under leaves or may even after winter snow. Gather flowers in summer. Collect seeds in fall.



**Medicinal Uses:** The wild carrot is an aromatic herb that acts as a diuretic, soothes the digestive tract and stimulates the uterus. A wonderfully cleansing medicine, it supports the liver, stimulates the flow of urine and the removal of waste by the kidneys. An infusion is used in the treatment of various complaints including digestive disorders, kidney and bladder diseases and in the treatment of dropsy.

An infusion of the leaves has been used to counter cystitis and kidney stone formation, and to diminish stones that have already formed. Carrot leaves contain significant amounts of porphyrins, which stimulate the pituitary gland and lead to the release of increased levels of sex hormones.

The plant is harvested in July and dried for later use. A warm water infusion of the flowers has been used in the treatment of diabetes. The grated raw root, especially of the cultivated forms, is used as a remedy for threadworms. The root is also used to encourage delayed menstruation.

The root of the wild plant can induce uterine contractions and so should not be used by pregnant women. A tea made from the roots is diuretic and has been used in the treatment of urinary stones.

An infusion is used in the treatment of oedema, flatulent indigestion and menstrual problems. The seed is a traditional 'morning after' contraceptive and there is some evidence to uphold this belief. Hence, Wild Carrot seeds should not be used by pregnant women.

Carrots possess strong antiseptic qualities; can be used as a laxative, vermicide (worm expelling agent), poultice and for the treatment of liver conditions. Carrots contain cholesterol-lowering pectin.



Ordinary carrot oil is particularly suitable for dry and chapped skin and helps make the skin noticeably softer, smoother, firmer, and has been used in Europe for decades in baby oil, lip care, night creams, vitamin creams, and body lotions. Mix 4 drops of oil into 2 teaspoons of a carrier oil such as almond or apricot kernel. Never rub neat oil directly onto your skin - any pure essential oil can burn.

The brown dried seeds are an excellent salt substitute.

Other uses:

A strong decoction of the seeds and root make a very good insecticide.

**Caution:** Seeds of the wild carrot have a high content of vitamin A and shouldn't be eaten in excess.

**CAUTION:** Wild Carrot is easily confused with Poison hemlock, resulting in severe burns of the fingers and hands as well as almost certain death if ingested.  
**Identifying the Wild Carrot**

Since there are poisonous look alikes for this plant, proper identification is important.

Check for the fuzz on the stem, as well as sandpaper-like feeling on dried stems from old dried fuzz. Then smell the roots and leaves. The Wild Carrot should smell like a carrot. Some say that the leaves of Poison Hemlock has a disagreeable, mouse-like odor.

Use the foraging rule and crush, roll, and smell first; do not ingest.

**Wild Carrot**





One absolute identification technique for the Wild Carrot is a small red or purple floret with often occurs, just off center, in the flower head. Poison Hemlock will have no such feature. Also, when the Wild Carrot flowerhead is done, it will curl up into a bird's nest shape.

**Cow Parsnip:**

Wild Carrot can also be confused with Cow Parsnip. The Cow Parsnip grows 4 – 10 feet tall. The flowers of the Cow Parsnip are very similar, but the leaves are easy to differentiate.

The Cow Parsnip is entirely edible – the young leaves, stem, roots, and seeds.

The leaves can be eaten either raw or cooked; the stem and roots are peeled then boiled; the seeds can be dried and then added to soups and stews.



**Cow Parsnip**  
**Wild**

### **Poison Hemlock**



### **Carrot (Queen Anne's Lace)**

Poison Hemlock is a biennial or a perennial. It grows 6 - 10 feet tall. The flowers are loosely arranged.



Poison Hemlock leaves are fern-like,



Wild Carrot is a biennial. It grows 2-3 feet tall. The flowers are tightly arranged in a bunch.



Wild Carrot leaves are parsley-like and

and are shiny.



The stem of the Poison Hemlock is smooth and often mottled with purple discolorations.

Recipes:

#### Queen Anne's Lace Jelly

18 large, fresh Queen Anne's lace heads  
4 Cups water  
1/4 Cup lemon juice (fresh or bottled)  
1 Package powdered pectin  
3 1/2 Cups + 2 Tbsp. sugar

Bring water to boil. Remove from heat. Add flower heads (push them down into the water). Cover and steep 30 mins. Strain.

Measure 3 Cups liquid into 4-6 quart pan. Add lemon juice and pectin. Bring to a rolling boil stirring constantly. Add sugar and stir constantly. Cook and stir until mixture comes to a rolling boil. Boil one minute longer, then remove from heat. Add color (pink) if desired. Skim.

Pour into jars leaving 1/4" head space.

Process in hot water bath for 5 mins.

Makes about 6 jars.

are matte.



The stem of the Wild Carrot is green and hairy.

### Wild Carrot Cake

Wild carrots are especially good in carrot cake because they provide more flavor than commercial carrots do, and they're still crunchy after cooking. Unlike the usual cakes, in this recipe you add the icing before you bake the cake.

#### Icing

Two 19-ounce packages silken tofu, drained

3/4 cup dates, chopped

1/4 cup fresh lemon or lime juice

2 tablespoons arrowroot or kudzu

2 tablespoons fresh bread crumbs

1 tablespoon almond oil

2 teaspoons vanilla extract

2 teaspoons ground cinnamon

1 teaspoon liquid stevia or 2 tablespoons honey, barley malt, or rice syrup

1/2 teaspoon orange extract

1/2 teaspoon salt

#### Cake

4 cups (19 ounces) sweet brown rice flour and 4 cups (1 pound) oat flour, or 35 ounces any whole-grain flour

1 cup arrowroot or kudzu

3/4 cup plus 3 tablespoons freshly ground flaxseeds (6 tablespoons seeds)

2 teaspoons freshly ground star anise

1 teaspoon freshly ground coriander seeds

1 1/2 teaspoons freshly grated nutmeg

2 teaspoons salt

1 teaspoon baking soda

2 1/4 cups plus 2 tablespoons apple juice

1 cup corn oil or other vegetable oil

1/4 cup fresh lime or lemon juice

1/2 cup lecithin granules

2 teaspoon liquid stevia (herbal sweetener)

1 1/2 cups raisins

1 1/2 cups wild carrot taproots, grated

1. Preheat the oven to 350 degrees.
2. To make the icing: In a food processor, combine the icing ingredients and process until smooth.
3. To make the cake: Mix together the flour, arrowroot, ground flaxseed, spices, salt, and baking soda in a large bowl.
4. In a blender, combine the apple juice, corn oil, lime juice, lecithin granules, and liquid stevia and process until smooth. Mix the wet ingredients into the dry ingredients, being careful not to over mix. Stir in the raisins and grated wild carrots.

5. Divide the batter evenly between 2 oiled 12-inch round cake pans. Pour the icing over the cake batter in each pan. Bake the cakes until the bottom of each one is lightly browned, about 40 minutes. Let the cakes cool on wire racks before serving.

MAKES 2 CAKES

#### Queen Anne's Lace Tea

Helps to stop the formation of kidney stones, used as a treatment for hangovers, stimulate the flow of urine and waste of kidneys and aid in the treatment of diabetes. Supports the liver and helps with bladder diseases.

Steep 1 teaspoon of dried Queen Anne's Lace leaves (not the stem) in 1 cup of boiling water for about 5 -10 minutes. Strain and drink.

It is said that pregnant women should not drink this.

Note that both of the above will also work with domesticated carrots, just less strong.

#### Wild Carrot Indian Pudding

##### Ingredients

3 cups soy milk  
2 cups wild carrots, grated  
1/2 cup coconut milk  
3 tbs. basmati brown rice  
1 tbs. arrowroot  
1 tbs. corn oil  
2 tsp. liquid stevia  
1/4 cup unsalted pistachio nuts  
1/2 tsp. tangerine extract (optional)  
1/4 tsp. cardamom  
1/4 tsp. salt  
1 tsp. rosewater or 1/4 tsp. violet extract

Bring all ingredients to a boil in a saucepan over medium heat, stirring constantly; reduce the heat to low, and simmer 10-15 minutes, or until the carrots are tender, stirring often.

Serves 6

#### Wild Carrot-Onion Soup

4 cups of wild carrots (substitute: regular carrots)  
3 vegetable bouillon cubes (for 3 cups of water)  
2 tbs. arrowroot or kudzu powder  
1/2 cup dried onions  
4 cloves of garlic chopped at home or in the field (or 1/2 tsp. garlic powder)

2 tbs. olive oil  
2 tbs. lemon  
2 tsp. dried parsley  
1/2 tsp. nutmeg

Slice carrots and reconstitute the bouillon. Simmer all ingredients together 15 minutes, or until the carrots tender.

Serves 4

### Wild Carrot and Beef Stew



Carrots scraped clean of side roots, then gently boiled for a few minutes.

Meanwhile, onion fried until softened, then removed from pan.

Diced beef added to pan along with a couple of cups of water.

Boiled gently until the water has evaporated and the meat browns a little. Remove from the pan.

Add onion, and carrot - plus some of the cooking water - and cook at a rolling simmer until tender [top up with more water as required - indeed with more water this could be served as a soup].

Meanwhile, roll the cooked beef in flour, and add to the pan.

Allow flour to thicken the liquid and simmer for a few more minutes until very tender.

Serve.



## Cattails



Cattails are grass-like plants with strap-shaped leaves 1 to 5 centimeters wide and growing up to 1.8 meters tall. The male flowers are borne in a dense mass above the female flowers. These last only a short time, leaving the female flowers that develop into the brown cattail. Pollen from the male flowers is often abundant and bright yellow.

### Edible Uses:

**Shoots:** In the early Spring, the new shoots can be collected as they emerge from the soil and eaten raw, or cooked like asparagus. If eaten raw, they should be well cleaned.

**Pollen and Flowerheads** - In the Spring the pollen can be collected by placing a plastic bag over the flower heads. This can be added to flour, using as much as 50% cattail pollen, and baked into bread. A little of the pollen can be added to other flour to make bright yellow bread or pancakes.



Spring is also the time to collect the green flower heads which can be cooked as a vegetable. These must be collected before they start turning brown.

#### Roots -



During any time of the year the roots can be dug up and eaten as a vegetable. They can be sliced and boiled or steamed as you would cook a potato.

Rootstalks can be collected late fall through, spring and used to make flour. Wash, peel, then crush in bucket of water, remove any fiber and floating debris, let the starch settle to the bottom, pour off the water and repeat a couple of times.

Can be used while still wet, or let dry for future use.

In survival situations, or just for a trail snack, you can rub the rhizome with the back of a knife and eat the starch off the knife. However, it's like eating plain flour.

You can also roast the root on coals then pull the cooked starch off the fibers with your teeth. It tastes like chestnut.

**Caution:** Cattail always grows in water, and that water can be polluted. It is always best to thoroughly wash cattail before consuming any part of it.

Medicinal Uses: Flower heads used in tea for diarrhea control.

Other Uses: The dried leaves are an excellent source of weaving material you can use to make floats and rafts. The cottony seeds make good pillow stuffing and insulation. The fluff makes excellent tinder. Dried cattails are effective insect repellents when burned.

#### Recipes:

##### Cattail Rice

- 1 tbsp. olive oil
- 1/2 cup peeled and chopped cattail shoots
- 1 cup chopped shallots
- 2 cloves chopped garlic
- 3 cups cooked brown rice

2 tbsps. Soy sauce

1/2 teaspoon cayenne pepper

Heat the olive oil in a large skillet. Add the cattails, shallots and garlic and sauté for 5 minutes. Add the remaining ingredients and cook until the rice is hot. Stir frequently to prevent sticking.

#### Cattail Fried Rice

1 tablespoon toasted sesame oil

1/2 cup peeled and chopped cattail shoots

1 cup shallots, chopped

2 cloves garlic, chopped

3 cups cooked brown rice

2 tablespoons soy sauce

1 tablespoon chili paste or 1/2 teaspoon cayenne pepper

Heat the sesame oil in a large skillet over a medium flame. Add the cattails, shallots and garlic and saute for 5 minutes. Add the remaining ingredients and cook until the rice is hot. Stir frequently to prevent sticking.

Serves 4

#### Pasta with Cat's Tail

24 oz. any homemade pasta or commercial pasta

1/2 cup olive oil

1-1/2 lb. peeled, sliced cattail shoots or cucumbers

4 cloves garlic, finely chopped

1/2 cup parsley, goutweed, or waterleaf, finely chopped

Salt and freshly ground pepper to taste

1. Cook the pasta in rapidly boiling, salted water along with 1 tbs. of the olive oil until al dente. Drain.

2. Meanwhile, sauté the cattail shoots in the remaining olive oil over medium heat 10 minutes, stirring often.

3. Add garlic and sauté another 2 minutes.

4. Add the pasta, parsley, and salt and pepper to taste.

5. Heat through and serve at once.

Serves 6-8

Time: 30 minutes

#### Raw Cattail Soup

2-1/2 cups almonds

10 cups water, or as needed

2 cups sliced cattail shoots, thinly sliced

1/4 cup fresh spearmint leaves or other mint leaves, finely chopped

The juice of half a lemon

1. Cover the almonds with water and soak, refrigerated, 6 hours to overnight.

2. Puree the soaked almonds, about 2 cups at a time, with about 3 cups of the water at a time in a blender until all the almonds have been pureed.
3. Pour the almond-water puree into a colander lined with cheesecloth or thin nylon fabric over a bowl. Twist the top of the cloth and squeeze the remaining water.
4. Discard the pulp and mix the remaining ingredients with the almond milk. Serve chilled.

Serves 6

Preparation Time: overnight + 20 min.

### (Black) Cherry

Also: (Wild) Cherry, (Choke) Cherry



A deciduous tree, growing up to 32 meters tall. The bark is smooth purplish-brown with prominent horizontal grey-brown lenticels on young trees, becoming thick dark blackish-brown and fissured on old trees.

The leaves are alternate, simple ovoid-acute, 7–14 cm long and 4–7 cm broad, glabrous matt or sub-shiny green above, variably finely downy beneath, with a serrated margin. In autumn, the leaves turn orange, pink or red before falling.

The flowers are produced in early spring at the same time as the new leaves, each flower with five pure white petals, and yellowish stamens.

The fruit is 1–2 cm in diameter, bright red to dark purple when mature in mid summer, edible, variably sweet to somewhat astringent and bitter to eat fresh; it contains a single hard-shelled stone.

The bark and shriveled leaves of the wild cherry are poisonous. They contain cyanide, but the fruit is safe to eat.

#### Edible Uses:

The wild cherry flavor is not evident until they are cooked. The seed makes up most of the fruit but it is still worth gathering. The small black berries make excellent jelly/syrup.

#### Medicinal Uses:

A layer of the cambium (under the bark) is used to make a cough syrup.

### Recipes:

#### Chocolate Cherry Pudding

The bittersweet/grapefruit flavor of black cherries blends beautifully with the additional boost it gets from chocolate.

8 cups black cherries

4 cups water

1/4 cup agar flakes

1/4 cup vegetable glycerin

2 tbs. arrowroot

2 tsp. liquid stevia

1 tsp. cherry extract

1 tsp. coriander

1/2 tsp. ginger powder

1/2 tsp. star anise, ground

1/4 tsp. nutmeg, ground

4 oz. unsweetened dark chocolate

1/3 cup toasted walnuts, chopped

2/3 cup cacao nibs

1. Simmer all ingredients except the chocolate, nuts, and nibs 10 minutes.
2. Remove the seeds with a food mill immediately and stir in the chocolate.
3. When cooled, stir in the nuts and nibs.

Serves 6 to 8

Preparation Time: 30 minutes

## Clover



Familiar weeds of field and wayside with dense compact heads of tiny pealike flowers and 3 leaflets.

Numerous species with white, pink, red, or yellow flowers.

**Edible Uses:**  
Although not among the choicest of wild foods, clovers are both abundant and rich in protein.

The flowerheads and tender young leaves are difficult to digest raw, but can be eaten in quantity if soaked for several hours in salty water or boiled for 5-10 minutes. The dried flowerheads make a delicate healthful tea when mixed with other teas. The dried flowerheads and seeds can also be ground into a nutritious flour.



### Medicinal Uses:

Historically, flower tea has been used as an antispasmodic, expectorant, mild sedative, “blood purifier”; for asthma, bronchitis, spasmodic coughs; externally, a wash has been used as a folk cancer remedy, athlete’s foot, sores, burns, and ulcers. Flowers formerly smoked in anti-asthma cigarettes. Red Clover contains many biologically active compounds, including phytoestrogenic isoflavones, such as genistein, diadzen, formononetin, and biochanin A, among others. Phytoestrogens activate estrogen receptors in mammals. A laboratory study found that biochanin A inhibits the activation of cancer.

White Clover – uses: American Indians adopted leaf tea for colds, coughs, fevers, and leucorrhea. In European folk medicine, flower tea is used for rheumatism and gout. Like Red Clover, and probably most clovers, White Clover contains the estrogenic isoflavone genistein, with a multitude of activities, including cancer preventative and antioxidant activity.

**Warning:** Fall or late cut hay in large doses can cause frothing, diarrhea, dermatitis, and decreased milk production in cattle. Diseased clover, externally showing no symptoms, may contain the indolizidine alkaloid slaframine, which is castanospermine, now being studied for anti-AIDS and antidiabetic activity.

### Daisy

Also: Oxeye Daisy, White Oxeye, Dog Daisy, Goldens, Marguerite, Moon Daisy, Maudlin Daisy, Field Daisy, Dun Daisy, Butter Daisy, Horse Daisy



The Daisy, *Bellis perennis*, was originally called the “English Daisy” but now it is just called Daisy, as it is the common flower of farm and field in North America, and South America.

Growing from 1 to 3 feet high, the Daisy has leaves which are small and coarsely toothed. White flower-heads bloom in May to June, yellow-centered, up to 3 inches across.

The flower opens in the day and closes at night. “Daisy” is from Day’s Eye, meaning open only during the

day. And, while it looks just a center blossom with a lot of rays around it, each ray is a separate flower, and every tiny yellow section in the middle is a separate flower.

Harvesting: Gather entire plant as flowers bloom, dry for later herb use. Gather young edible shoots as soon as they reach 3 to 4 inches.

**Edible Uses:** The Daisy should be generally considered as a survival food, because while it is edible, it is bitter. However, its leaves have been used as a cooked green, usually boiled or as a pot herb.

Flower petals are eaten in salads, but remember, they are bitter.

Flower buds are eaten in sandwiches, soups and stews, or pickled and used like capers.

#### **Medicinal Uses:**

The whole plant, and especially the flowers, is useful as a medicinal herb. The flowers are balsamic and make a medicinal infusion for relieving chronic coughs and for bronchial problems. The herb is used in the treatment of whooping cough, asthma and nervous excitability. The root is used successfully for stopping the night-sweats of pulmonary consumption. Externally, it is used as a medicinal lotion for wounds, bruises, and ulcers. A distilled water made from the flowers is an effective eye lotion in the treatment of conjunctivitis.

**Medicinal tea:** To 1 tsp. dried, crushed flowers add 1 cup boiling water, steep for 10 min. strain and sweeten to taste.

#### **Dandelion**



Dandelions, now one of the most despised of plants, were intentionally imported to America by the Pilgrims. Dandelion leaves have a jagged edge, grow close to the ground, and are seldom more than 20 centimeters long. Its flowers are bright yellow. There are several dandelion species.

#### **Edible Uses:**

Dandelions are high in vitamins A and C and in calcium.

All parts of the dandelion are edible.

**Leaves** - The leaves are best if picked in the cool seasons or if they grow in the shade. They are a richer source of vitamin A than carrots and contain some amounts of vitamins B, C and D. Young leaves are good raw but soon become very bitter. Boil in a couple of changes of water

Flowers - The flowers can be battered and fried. Dandelion flowers have been used to make dandelion wine, although they can be consumed raw as well.

Roots - The roots can be cooked and eaten as a vegetable, similar to carrots; or roasted, ground and brewed for a healthy coffee-like beverage. Dandelion root is a tonic, so "dandelion coffee" can provide a mild stimulating effect without the caffeine. It contains potassium, sodium, phosphorus and iron.

#### Medicinal Uses:

Herbalists value the herb mostly for its benefits for the urinary and glandular systems and as a liver and kidney tonic, due to its ability to enhance the efficiency of the body's eliminative and detoxifying functions. Fresh-root tea traditionally used for liver and gallbladder dysfunction—including liver conditions such as hepatitis and jaundice, kidney and bladder ailments, inflammatory skin conditions, joint pain, eczema and liver diuretic (not indicated when inflammation is present). It does not deplete the body of potassium like many diuretics. It is also used as a tonic for weak or impaired digestion, and constipation. Dried leaf tea is also used as a laxative. As a tonic dandelion may be helpful for conditions such as water retention and high blood pressure.

Other Uses: Use the white juice in the flower stems as glue.

#### Recipes:

##### Wilted Dandelion Salad

1 block firm tofu, cubed and marinated, then fried until crisp  
1 small red onion, diced  
2 tsp brown sugar  
2 Tbsp cider vinegar  
1 bunch dandelion greens, wash and dried, stems removed  
salt and freshly ground pepper to taste

Fry tofu in skillet until crisp. Add onion and stir in sugar and cider vinegar. Pour hot dressing over the greens, tossing greens so as to coat them with dressing. Add salt and pepper to taste.

##### Dandelion Salad with Fresh Goat Cheese and Apples

2 Tbsp cider vinegar  
3 Tbsp vegetable oil  
1 tsp dijon mustard  
1 tsp honey  
salt and freshly ground pepper to taste  
1 bunch dandelion greens, washed and dried, stems removed  
1/4 lb fresh white goat cheese, crumbled into pieces  
1/2 cup walnuts, coarsely chopped and dry roasted (if desired)  
1 apple, cored and chopped into 1/2 inch pieces

Whisk vinegar, oil, mustard, honey, salt and pepper together. Pour over greens and toss lightly. Top with goat cheese, nuts and apples.

### Dandelion & Mushroom Calzone

3 Tbsp olive oil  
1/4 lb mushrooms (shiitake is best), sliced  
2 large garlic cloves, minced  
1 bunch dandelion greens, washed and dried, stems removed  
salt and freshly ground pepper to taste  
1 lb whole wheat pizza dough  
1/2 lb mozzarella cheese, shredded

Preheat oven to 500F. In large skillet heat 2 Tbsp oil. Add mushrooms and garlic, and cook over moderately high heat, stirring occasionally until mushrooms begin to brown. Add dandelion greens and cook until wilted, stirring occasionally, about 2-3 minutes. Season with salt and pepper and set aside.

On lightly floured surface, roll or stretch out dough to form two 10 inch rounds. Transfer dough rounds to floured baking sheet or pizza pan. Sprinkle a layer of shredded cheese on half of each round, leaving 1 inch border. Add dandelion and mushroom mixture to the cheese layer, and top with remaining shredded cheese. Fold the dough over to enclose the filling, forming a half circle. Press and crimp the edges together to seal. Using a knife, poke a hole or two in the top. Brush calzones with 1 Tbsp olive oil. Bake for 11 minutes or until calzones are crisp and turning golden. Cut them in half and serve hot.

### Dandelion Fritters

4 cups of fresh picked (washed) dandelion flowers  
2 cups flour  
2 eggs  
2 cups milk  
Mix the milk, flour and eggs and beat until blended well.

Warm some olive oil in a skillet on the stove (keep at medium heat). Holding the underneath of the flowers, dip into the batter until totally covered in the fritter batter then place into skillet, flower side down.

Once they are brown, flip and brown the other side. If need be, continue flipping until the batter coating is light brown.

Remove from oil and allow excess oil to soak onto a towel or paper towel.

Eat plain or drizzle with maple syrup, honey, or even roll them in icing sugar while they are still warm.

Be creative – add your favorite spices or herbs to the fritter batter.

#### Dandelion Syrup

Dandelion flowers

Water

Organic cane sugar

Lemon juice

Weigh scale

Start by washing the flowers and cut their base to help detach the yellow petals from the green leaves.

In a saucepan, cover the dandelion petals with water. Mix well until all petals are covered. Bring to a boil, cover and let infuse in the fridge overnight.

The next day, filter the mixture using a fine sieve or cheesecloth – be sure to get as much of the liquid as possible. Weigh the liquid. For each gram or pound of liquid, use a 0.95 gram or pound of sugar. Too much sugar will prevent the syrup from diluting properly. Too little and it might become contaminated by bacteria.

Mix well and heat slowly until all sugar is dissolved. Filter once again then add lemon juice to taste and store in a bottle (glass is always preferable to plastic).

#### Dandelion Vinegar

Large jar with lid

As many dandelion leaves (and roots if desired) that will fit into the jar

Organic cider vinegar

Thoroughly wash and dry the dandelion leaves. If using roots as well then scrub the roots clean, then chop into medium-sized pieces.

Stuff the jar with as much dandelion as you can. Next, pour the organic cider vinegar into the jar until dandelions are covered. Poke with a skewer (or something similar) to ensure all air has escaped.

Put lid on. If you are using a mason jar or any other jar with a metal lid be sure to place a layer of thick plastic between the mixture in the jar and the lid. (The acid from the vinegar will cause a metal lid to rust.)

Store the jar in a cool, dark location for 6 weeks. It can be left longer for a stronger flavour if desired. Strain and return into jar.

#### Dandelion Root Tea

Once you've gathered your fill, wash and scrub them. Now you are almost ready to use them. At this point you have some options. You can cut them into 1/8 inch slices and use them as a stir fry or a root roast. But my usual route is to chop them into really small pieces and then roast them for tea.



To prepare dandelion for tea, heat the oven to 200 degrees and roast for up to two hours. There will be a lot of steam from the fresh roots. I like a medium roast, but the range can be from light to dark brown. Let cool, then store them in an airtight container. Use about a tablespoon of roasted root with each cup of tea. Let it steep for about 6-8 minutes. Add milk and honey to taste. Then sit back and enjoy this hearty beverage.

### Fried Dandelions

Fried dandelions are easy and tasty.

Ingredients:

2 cups of dandelions without any stem

1 egg

$\frac{3}{4}$  cup of milk

1 cup of seasoned flour

Directions:

Wash and dry dandelions.

Heat olive oil in a frying pan.

Beat together egg, milk and seasoned flour.

Dip each head into batter using tongs and drop into oil only after it is hot.

Fry to a golden brown and place on paper towels.

Add salt and pepper to taste.

### Curried Dandelions

tbs. corn oil, peanut oil, sesame oil, or olive oil

9 cups young common dandelion leaves or other bitter wild or commercial greens

4-1/2 tsp. garlic, chopped

1-1/2 cups water

$\frac{3}{4}$  cup silken (the softest variety) tofu

2 tbs. mellow (light-colored) miso

1-1/2 tbs. lime juice

1-1/2 tbs. curry powder, or to taste

1. Sauté the common dandelion leaves and garlic in the oil 10 minutes.

2. Meanwhile, puree the remaining ingredients in a blender.

3. Add the puree to the dandelions, bring to a boil, reduce the heat to low, cover, and simmer 10 minutes.

Serves 6

### Dandelion Fried Rice

5 tbs. peanut oil

1 tbs. dark (toasted) sesame oil

2 cups common dandelion leaves, coarsely-chopped

2 small hot chili peppers, seeds and ribs removed, chopped, or 1/4 tsp. cayenne hot pepper, or to taste

4 large cloves of garlic, chopped

1 tbs. fresh ginger, chopped

5 scallions, chopped

1/2 cup texturized vegetable protein (TVP)  
2 cups basmati brown rice or other brown rice  
2-3/4 cups water (or 2-2/3 cups water if you're using a rice cooker)  
2 tbs. tamari soy sauce, or to taste  
1 tsp. brown rice vinegar  
Assemble all ingredients beforehand.

1. Stir-fry the dandelion greens in 2 tbs. of the peanut oil over high heat in a wok or frying pan, stirring constantly, 90 seconds.
  2. Add the chili peppers, garlic, and ginger and continue stir-frying another 30 seconds. Remove from the wok and set aside.
  3. Stir-fry the scallions and texturized vegetable protein in another 2 tbs. of the peanut oil 2 minutes, then remove from the wok and set aside.
  4. Stir-fry the rice in the remaining peanut oil and the dark sesame oil 2 minutes.
  5. Place all cooked ingredients and all remaining ingredients into a saucepan, bring to a boil over medium heat, reduce the heat to low, cover, and cook 40 minutes, or until all the water is absorbed (or cook in a rice cooker until done.)
- Serves 6-8

Preparation Time: 40 minutes

#### Dandelion Columbo

2 tbs. peanut oil  
6 cups dandelion leaves, wild or commercial chicory leaves, or other bitter greens, chopped  
1 medium cauliflower, sliced  
6 cloves of garlic, chopped  
2 small hot chili peppers, seeds and ribs removed, or 1/4 tsp. cayenne hot pepper, or to taste  
1 tsp. coriander, ground  
1 tsp. turmeric  
1 tsp. yellow mustard seeds, ground  
1 cup coconut milk  
1/2 cup silken tofu, drained  
1/4 cup water  
1-1/2 tbs. mellow (light-colored) miso  
1/2 tsp. rum extract, or 2 tbs. rum or any wild wine or sherry (optional)

1. Sauté the dandelions, cauliflower, garlic, and chili peppers in the peanut oil 10 minutes.
2. Meanwhile, puree the remaining ingredients in a blender.
3. Mix the puree with the sautéed ingredients, bring to a boil, reduce the heat to low, cover, and cook another 10 minutes, or until the cauliflower is tender.

Serves 6

### Dandelion Sauté

4 cups chopped dandelion leaves  
3 cups chopped onions  
3 tablespoons olive oil  
2 cups grated wild or commercial carrots  
1 tablespoon tamari soy sauce  
1 tablespoon of wine.  
A few cloves of minced garlic  
Optional: Black pepper to taste

1. Sauté the onions in the olive oil.
2. When soft, add the carrots, dandelions, garlic, wine and soy sauce.
3. Cook for 10-20 minutes until all the flavors meld.

Serves 6

### Dandelion & Orange Curry



Dandelion leaves / roots  
1 small onion  
Cumin, turmeric, chilli powder -  
pinches  
Butter or oil  
1 orange  
Water or stock  
Yoghurt [or cream]  
Salt and pepper

They may be one of the commonest weeds available to the outdoor cook but dandelion leaves are bitter at the best of times, and the roots

sometimes even more so. This recipe came about as a way of neutralizing that bitterness.

### PREPARATION

Select two good handfuls of dandelion leaves per person. The younger the leaves are the less bitter. Remove the thickest bits of stalk material. If using the roots select thicker lateral ones rather than the nobbly taproots. The best way of removing the root rind is by rubbing with something like a clean pan scrubber,

though scraping with the edge of a knife will also do.

### VARIATIONS & ALTERNATIVES

In the absence of yoghurt try a spot of cream - as happened in the case with the original preparation of this recipe. The curry can be thickened through the addition of potato or some other flour based thickener.

### METHOD

- Place the dandelion leaves and stripped roots in a bowl and pour boiling water over. Allow to steep for about 5 minutes. Discard the water and repeat. Check taste and repeat one final time if still too bitter to taste. · Drain and set aside.
- Meanwhile... Slice the onion and lightly fry along with pinches of the spices. Set aside.
- Peel and segment the orange keeping back a few segments to be added in the latter stages of cooking. Squeeze any juice left in the pithy remains to add to the curry.
- Put the pan back on a medium heat and stir in the orange segments and juice. Add a little extra stock or water [about ½ cup]. · Simmer for a few minutes then add the dandelion, stirring the mixture gently. · Cook for another couple of minutes then stir in a good dollop of plain yoghurt and add the remaining orange segments. · Remove from the heat, season, and allow flavours to infuse. · Serve with rice or potatoes.

### Spicy Chicken & Dandelion



- 1 handful dandelion leaves
- ½ -1 cup diced chicken
- 1 lime
- 1 small onion
- 1 small green chili pepper
- Butter or oil
- Salt and pepper
- Cream – optional

The tastes and preparation methods detailed here can reduce the bitterness of the Dandelion leaf. Indeed, the slight bitterness left over compliments the overall spiciness of

the dish.

### VARIATIONS & ALTERNATIVES

Increase the amount of lime juice or chili pepper to taste.

- Remove excess stalk material from the dandelion leaves and with a knife make some small nicks in the remaining leaf ribs (this will assist in leaching out bitter

constituents).

- Place leaves in a bowl and cover in boiling water. Allow to steep for 5 minutes.
- Meanwhile... Place chicken pieces in a bowl and squeeze the juice of a lime over.
- Separately slice the onion and green chili and set aside.
- In a heavy bottomed pan fry the onions until they begin to soften then add the chili.
- Continue gently frying until cooked then remove from the pan and set aside.
- Discard the water steeping the leaves and replace with more boiling water.
- Add a little more oil to the pan and fry off the chicken until lightly browned and cooked through. · Stir in the cooked onion and chilli and continue cooking for another minute.
- Drain the water off the leaves and add these in batches to the contents of the pan, mixing thoroughly. · Add seasoning to taste. If you wish to add cream stir some in now, but the heat needs to be on low-medium to prevent it splitting. · Serve with rice.

### **Dock and Sorrel**



**Curly Dock, with unripe seeds**

Both Dock and Sorrel are in the genus *Rumex*, in the Buckwheat family. *Rumex* comes from *rumo*, which is Latin for “suck”, referring to the practice among Romans of sucking on the leaves to ease thirst.

Tall *Rumex*es are called “Dock” and short *Rumex*es are called “Sorrel.” There are some 200 varieties of *Rumex*, both Dock and Sorrel, of which 17 varieties grow in North America.

All Dock varieties growing in North America were imported, intentionally or accidentally, from Europe. Most Dock leaves have a coarse texture and wavy leaf margins with noticeably curled edges. Small veins curve out towards the



edge of the leaf and then back in towards the central vein. Older leaves have a red primary vein. At the base of the stalk there is a basal rosette of leaves. The leaves grow in a circular pattern and are long and narrow. The winged seeds are dark brown. Seed wings are described as triangular shaped or heart shaped.



**Rumex hymenosepalus, Canaigre**

Canaigre, also a Dock, is a large plant. Its stems and petioles were eaten by Native Americans like rhubarb (after much boiling.) They were made into pies and compotes. The boiled leaves are rated as an excellent green once rid of their bitterness.

The roots are not edible but are 35% tannin, a good source of that material. The root was also used for mustardy to brown dye.



**Sheep Sorrel Leaf**

**Sheep Sorrel putting on seeds**

**Edible Uses:**

All 17 varieties of Rumex which grow in North America are edible, though most are extremely bitter. Rumexes have long been used in salads, as a potherb, and as a stuffing for fish. All parts of the plant

are edible, and when compared to spinach, curly dock has "... 1/3 more protein,

iron, calcium, potassium, beta carotene and phosphorus." Plus, it has "... more than double the vitamin C.

Every book on wild foods warns us not to consume too much oxalic acid, but that's to keep the accursed lawyers happy. It is true that folks with kidney stones, gout and the like should not over-consume oxalic acid. Yet, when was the last time you read or heard of such a warning for tea, parsley, rhubarb, carambolas, spinach, chard, beets, cocoa, chocolate, nuts, berries, black pepper and beans? They all have oxalic acid as well, but no dire warnings are given with them.

#### Leaves and Stalks-

Dock leaves have a slightly sour flavor and are collected in the early spring. Leaves are served as a raw vegetable in salads, a cooked vegetable, or added to soups.

Wash the very young leaves before eating them because they contain an acid that can irritate and numb your tongue. The leaves become bitter by mid-spring which is when the flower stalk is collected. Peel off the tough outer layer and then eat the stalk raw or boil it for a few minutes to soften.

#### Seeds -

The seeds are collected when they are dry to the touch and then ground to create flour, which has a flavor similar to buckwheat. The seeds can also be roasted and used as a coffee substitute.

#### Medicinal Uses:

The plant has been used since 500 B.C. A poultice of the roots has been used to treat iron-deficiency. The poultice is also a blood purifier and liver decongestant because it stimulates the liver to produce bile.

It remedies constipation while strengthening the colon, has been employed to treat syphilis, and the powdered roots were used as a tooth powder.

Curly dock acts as an astringent to treat wounds and bleeding. Application of a dock compress helps with skin irritations and rubbing the leaves on your skin can relieve the itchy symptoms of a stinging nettle rash. A nettle sting is painful because the sting contains acid. Rubbing the sting with a dock or sorrel leaf can relieve the pain because they contain an alkali that will neutralize the acid and reduces the sting. The same leaves work well on bees and ants stings. They will not work against wasp stings though, because they contain an alkali. To neutralize those you need an acid such as vinegar, citric acid, pickle juice even tomato juice.

The leaves and/or seeds throughout the growing season can be used to make a medicinal vinegar, taken a tablespoon at a time, which is used to increase blood-

levels of iron, reduce menstrual flooding and cramping, and balance hormone levels.

If the chopped roots are soaked in oil for six weeks, the resulting ointment is beneficial for keeping the breasts healthy.

## Recipes:

### Turkish Imam, using Dock

1/3 cup olive oil, or as needed  
5 medium-size zucchini, sliced lengthwise  
1 medium-size eggplant, sliced into medium-thick rounds  
4 medium-size carrots, sliced  
1 large onion, chopped  
6 cloves garlic, chopped  
4 medium-size ripe tomatoes, chopped  
4 cups curly dock leaves, chopped  
1/4 cup fresh parsley leaves, chopped  
2 teaspoons Vege-Sal or 1 teaspoon salt, or to taste  
2-1/2 cups walnuts, chopped

1. Preheat the oven to 350 degrees.
2. Heat the olive oil in a large skillet over medium heat. Add the zucchini, eggplant, carrots, onion, and garlic and cook, stirring, for 10 minutes.
3. Transfer the vegetables to a food processor, add the remaining ingredients, except the walnuts, and process until smooth, or chop fine with a knife. Mix in the walnuts.
4. Transfer the vegetable and walnut mixture to a 14 X 9 X 2-inch oiled baking dish and bake it until bubbly, about 30 minutes. Serve hot as a dip. Imam will keep, tightly covered, in the refrigerator for 5 days.

Makes 2 cups

### Yellow Dock Crackers



1 cup crushed yellow dock seed  
1 cup flour of your choice  
1 tsp. sea salt  
Water

In a bowl mix together the crushed yellows dock seed,



flour and salt. Add in water very slowly until the dough is pliable (not sticky). On a well-floured surface roll dough thinly. Cut into desired shapes. Then transfer them onto a well-greased baking sheet.

Bake 10-12 minutes at 375°F or until crisp.

Note: When you harvest yellow dock seeds for this recipe they must be brown. (Usually late August into September.) Once you have collected the seeds, remove all leaves, stems, or anything else to ensure you have only the seeds. You can blend the seeds in a blender, a mortar and pestle or in a spice grinder. Once grounded, this can be stored in an air-tight jar. Whole seeds can be stored in a paper bag.

### Sorrel Soup

Wash (a handful of sorrel) and put in a saucepan with a little water (not covered.)

Cook slowly for about a half an hour.

Put four cups of milk with a small white onion (whole) in a double boiler. Add two teaspoons of butter, and two tablespoons of flower (blended to avoid lumps) to the hot milk. Let stand and add sorrel.

Strain, discard the sorrel, season the soup and enjoy. Serves six.

### Elderberry



Elderberry is a many-stemmed shrub with opposite, compound leaves.

It grows to a height of 6 meters. Its flowers are fragrant, white, and are borne in large flat-topped clusters up to 30 centimeters across. Its berrylike fruits are dark blue or black when ripe.

#### Edible Uses:

Flowers (June-July) –

The flowers may be used to make fritters, or they may be soaked for 8 hours to make a tea.

Berries (Aug-October) –

The Berries appear in late summer, and can be used to make jelly, juice, or may be eaten raw.

**CAUTION:** All other parts of the plant are poisonous and dangerous if eaten.

#### Sure-Jell Elderberry Jelly

6 quarts or 3 lbs elderberries

2 lemons

Remove stems and crush. Place in saucepan. Bring to boil slowly until juice starts to flow. Reduce heat; cover and simmer 15 minutes. Place 3 layers of damp cheesecloth or jelly bag in large bowl. Pour prepared fruit into cheesecloth. Tie cheesecloth closed, hang and let drip into bowl until dripping stops. Press gently. Measure juice. If necessary, add up to ½ cup water for exact measure.

Ingredients are now:

3 C juice

1/4 C fresh lemon juice

4 1/2 C sugar

Stir Sure-Jell into juice and add lemon juice. Bring mixture to full rolling boil. Add sugar quickly. Return to full boil and boil exactly one minute, stirring constantly.

Immediately fill jars and seal.

#### Elderberry Jam

2 quarts crushed elderberries

6 C sugar

1/4 C vinegar

Combine berries, sugar and vinegar. Bring slowly to boiling, stirring occasionally until sugar dissolves. Cook rapidly until thick. As mixture thickens, stir frequently to prevent sticking. Pour, boiling hot, into sterilized jars. Adjust caps.

Yield: about 3 pints.

#### Elderberry Pie

1 Plain Pastry or frozen pie crust

2 1/2 C stemmed elderberries

1/2 C sugar

1/8 t salt

2 T flour

3 T lemon juice

Line a piepan with pastry. Fill with elderberries. Mix sugar, salt and flour; sprinkle over berries. Add lemon juice. Cover with top crust. Bake in very hot oven (450 degrees) 10 minutes, reduce temperature to moderate (350 degrees) and bake 30 minutes longer.

#### Elderberry Wine

Makes 1 gal wine.

3 1/2 lbs. elderberries



3 lbs. sugar

7 pints water

Sherry or all-purpose wine yeast

Nutrient

Crush the fruit in a plastic pail and add one quart of boiled water that has cooled. Mix well.

Crush one Campden tablet and dissolve the powder in about 1/2 C warm water and mix with fruit pulp. Leave the mixture in a cool place for 24 hours, stirring twice during that time. Strain through fine muslin or other similar material and squeeze gently but not too hard. Discard fruit pulp.

Boil 1 lb of sugar in 2 quarts water for 1 minute and allow to cool. Mix this with the juice and return the lot to the plastic pail. Add yeast and ferment for 10 days.

Pour off the top wine into a gallon jar, leaving as much of the deposit behind as possible. Boil another 1 lb of sugar in 1 C water for 1 minute and when cool add to rest. Plug the neck of the jar with cotton or install a fermentation lock and ferment in a warm place for 14 days.

After this, boil the last 1 lb of sugar in the remaining cup of water for one minute; cool, add to rest. Refit lock or cotton and leave in warm place until all fermentation has ceased. Rack into sterilized wine bottles and cork. Try to wait at least six months to drink.

#### Elderberry Ice Cream

Put the berries into a saucepan with a little water, a sprinkling of sugar and the juice of half a lemon. Go steady on the sugar, you can always add more later if you need to.

With a lid on the saucepan, gently simmer for about 45 minutes, or until the berries have gone very soft. Leave to cool, and then push the berries through a sieve, discarding the pips that remain. This will leave a rich elderberry syrup. Taste it, and add more sugar if required. As a guide I had about a pint of syrup at the end.

Whip half a pint of double cream until it stands in peaks, and in a separate bowl whisk two eggwhites until they are stiff enough to tip the bowl upside down. Fold the cream, eggwhites and elderberry syrup together gently, until the whole mixture is a uniform lurid purple. Pour into a suitable freezer container. Then stick it into freezer."

#### Elderberry Ice Cream with a quick method for freezing

1 small bath towel

1 gallon-sized zipper seal bag

2 sandwich-sized zipper seal bags

1 1/2 cups rock salt

25-30 ice cubes

Desired amount of milk, half and half, or cream  
Desired amount of sugar

Elderberry syrup (from recipe above)

"Mix milk, half and half, or cream with desired amount of sugar and syrup. (I find that the best ice cream comes from half and half topped with a LITTLE BIT of whole milk. Skim milk turns out runny with small ice chunks, and both light and heavy whipping cream don't freeze well, and become more of a 'mush') A tall cup or medium bowl and a spoon works well.

Once well-blended, pour into sandwich-sized bag, and seal. Place this bag inside the other sandwich-sized bag, and seal.

Place ice cubes and rock salt into gallon-sized bag. The ice cubes should occupy about 1/3 of the bag.

Place sandwich bags inside bag containing rock salt and ice, and seal.

Wrap in towel and shake vigorously for 4-5 minutes.

When ice cream has thickened, remove sandwich bags, and scoop (or pour) into bowls.

#### Elderberry Crunch Bread

3 3/4 cups rye flour and 1 1/3 cups barley flour, or 1 1/3 any whole-grain flour

5 tablespoons freshly ground flaxseeds

1 teaspoon baking soda

1/2 teaspoon salt

3 1/4 cups apple juice or other unsweetened fruit juice

2 tablespoons corn oil

1 teaspoon coconut extract (optional)

1 teaspoon amaretto extract (optional)

2 cups elderberries

1 cup granola

1 cup shelled raw sunflower seeds

1 cup unsweetened shredded coconut

2 tablespoons lecithin granules

1 teaspoon ground cinnamon

1. Preheat the oven to 350 degrees.

2. Mix the flour, ground flaxseeds, baking soda, and salt in a large bowl. 3. In a medium-size bowl, mix together the apple juice, liquid stevia, if you are using it, lemon juice, corn oil, and extracts. Mix the wet ingredients into the dry ingredients, being careful not to over mix. Stir in the elderberries, granola, sunflower seeds, coconut, and lecithin.

4. Press the dough into 2 oiled 8 1/2 x 4 1/2 x 2 1/2- inch bread pans. Sprinkle the cinnamon on top. Set a pan of hot water on the bottom of the oven to keep the crust soft. Bake the loaves until a toothpick inserted in the center emerges clean, about 1 hour.

5. Remove the loaves from the oven and let them cool on a wire rack before slicing.

MAKES 2 LOAVES

### (Winged) Elm Tree



Winged elm takes its common name from the corky "wings" often present on its twigs. These corky wings may be as much as one-half inch wide. The name "alata" or "alatus" is fairly common as a species epithet in botanical names and always refers to some type of wing.

Winged elm leaves are 1½ to 2 inches long, narrow and thick-textured. On dry, difficult sites they can develop yellow or orange fall color. Its greenish to reddish flowers appear in late February with the round, wafer-shaped seeds following in May.

Edible Uses: Leaves - raw or cooked. Flowers can be eaten as fritters.

### Medicinal Uses:

For centuries Native Americans have used the bark of the elm for curing wounds, boils, ulcers and skin inflammations but it may also be able to help with coughs, sore throats, stomach problems and diarrhea.

### Other Uses:

The inner bark is very fibrous and can be used as a string. The wood is close-grained, heavy, hard, not strong, brittle, and difficult to split. It is not considered to be as strong as other elms, but is used for tool handles, wheel hubs.

## Fiddlehead Ferns



Fiddlehead fern is a general description of a number of species including the Lady Fern, Ostrich Fern and Bracken Fern. The Fiddlehead is the claw-like emerging coils of these ferns.

Fiddlehead ferns are best cooked and you can serve them as a main dish or a side dish or as an addition to salads and pasta dishes. The best time to gather them is in the spring. Once the leaves grow beyond 7.5 centimeters they become too bitter to eat.

### Harvesting and Preparing -

Collect the fiddleheads when they are still tight in a curl. As they begin to unfurl, they become inedible. Remove the dry, brown bracts from the fiddlehead by rubbing it with your hands or rinsing in cold

**Bracken Fern** water. Let them dry before cooking.

Sauté your fiddleheads for best results. Melt some butter in a sauté pan over medium heat, place the fiddleheads in the pan and sprinkle with some salt



and pepper, and, if you like, some bacon and garlic. Sauté them, covered, for 4 minutes, remove the cover and continue to sauté for another 4 minutes.

Coarsely chop leftover fiddleheads and use them in salads, omelets and quiche. Do not ingest large amounts of raw ferns, particularly Bracken Fern,

**Ostrich Fern**

as it contains an enzyme which destroys Vitamin B1 in the body. This enzyme is eliminated by cooking.



Freeze fiddleheads, in plastic freezer bags, for use when they are out of season.

#### **Emerging Fern Fiddleheads**

##### Marinated Fiddleheads

5 lbs fresh fiddleheads

1 lb fresh wild leeks, ramps or shallots

Fresh peppers - hot or mild to taste

Fresh herbs (cut fine)- basil, tarragon, thyme, rosemary and chives.

5 cups apple cider or wine vinegar

5 cups extra virgin olive oil

3 tbsp sugar salt to taste

Clean and rinse fiddleheads. Blanch fiddleheads in boiling water for 1 minute. Remove from heat, drain and rinse in cold water to cool them. Clean and cut up peppers, wild leeks and fresh herbs.

Pour vinegar over cooled fiddleheads in a non-reactive container. Add cut up peppers, wild leeks, herbs, sugar and salt. Stir to wet all ingredients. Add Olive Oil and stir again. Refrigerate for 24 hours before serving.

##### Steamed Fiddleheads with Wild Leeks

1 pound Fiddleheads cleaned

1/2 cup plain yogurt

1/2 cup mayonnaise

1 tablespoon fresh lemon juice, or to taste

3 teaspoons Dijon-style mustard

3 tablespoons finely chopped Wild Leek greens

Steam the fiddleheads over boiling water for 5 minutes, or until they are crisp-tender. Drain, then chill in a bowl of ice and cold water to stop the cooking. When they have cooled transfer to colander to drain.

In a small bowl whisk together the yogurt, mayonnaise, lemon juice, mustard, wild leek greens. Add salt and pepper to taste, whisking until the sauce is smooth. Serve the Fiddleheads topped with the sauce.

Serves 4 to 6

#### Fiddleheads and Tofu Soup

2 medium onions, diced  
4 cloves of garlic, chopped  
2 tbs. olive oil  
2 green peppers, diced  
3 stalks of celery, diced  
2 cups firm tofu, diced  
2 cups puréed tomatoes  
2 cups ostrich fern fiddleheads  
2 tbs. whole-grain flour  
° cup homemade or wine commercial red wine  
4 bayberry leaves or 2 commercial bay leaves, enclosed in a tea bag or a tea ball (so you can remove them and you won't swallow the sharp leaves)  
1-1/2 tbs. paprika  
2 tsp. marjoram, ground  
1 tsp. cumin, ground  
1 tsp. cayenne pepper  
1/2 tsp. black pepper, ground  
2 to 4 tbs. chili powder, or to taste  
1 tsp. salt, or to taste  
1-1/2 cups cooked kidney or other beans  
Garnishes  
‡ cup field garlic leaves or chives, chopped  
1/2 cup cooked mushrooms, sliced



1. Sauté the onions and garlic in the olive oil for 5 minutes.
2. Add the green peppers, celery, and tofu, and sauté another 5 minutes.
3. Add the tomato purée, fiddleheads, flour, wine, and seasonings. Bring to a boil over medium heat, stirring constantly. Reduce the heat to low, and simmer for 15 minutes, stirring often to avoid burning.
4. Adjust the seasonings, remove the bay leaves, add the beans, and serve with the garnishes.

Preparation time: 40 minutes Serves 6

#### Fiddleheads with Sesame Noodles

1 cup tahini (sesame butter)  
1/4 cup mellow (light-colored) miso  
1/4 cup cilantro or parsley  
1/4 cup lemon juice  
8 cloves of garlic  
2 tsp. cumin, ground  
2 tsp. chili paste or 1/4 tsp. cayenne hot pepper, or to taste  
1-1/4 cups water, 8 cups ostrich fern fiddleheads, chopped  
4 cups home-made or commercial noodles

1. Purée the tahini, miso, cilantro, lemon juice, garlic, cumin, and chili paste with the water in a blender.
2. Simmer the fiddleheads in this sauce 5-10 minutes or until tender.
3. Meanwhile, cook the noodles as directed in boiling, salted water, drain, and toss with the olive oil.
4. Serve the fiddleheads and sauce over the noodles.

Serves 6

## Forsythia



The Forsythia genus is named for the Scottish botanist William Forsyth. He was the royal head gardener and a founding member of the Royal Horticultural Society.

Forsythias have narrow, dark green leaves with a lighter underside, in opposite pairs, the margin is serrated. There are also a large number of variegated and golden leaved varieties.

Yellow flowers (early spring), four narrow petals at right angles form a short tube. One to three flowers per node.

Most of the dozen or so species of Forsythia are native to eastern Asia, but there is one which is native to southeastern Europe.

All Forsythia in this country was either cultivated or escaped a cultivated area.

Edible Uses:

Blossoms –

Blossoms can be eaten raw, or cooked. They have a slightly bitter taste.

Leaves –

Very young, small leaves can be eaten raw or cooked, in moderation.

Very young leaves can be added to soups.

Other Uses:

Forsythia extracts are used in commercial products treating dandruff, acne, and athlete's foot ... Sticking with just the blossoms in a seasonal salad seems wise.

**Caution:**

The leaves of the Forsythia contain a mild toxin, and should be eaten in extreme moderation.

## Goldenrod



Goldenrod has long wood like stems with spiky tooth like parts which are widely-spaced, yellow flowers that grow in thick clusters. The leaves are about 10 cm long and 2 cm wide, tapering to a point at the tip and narrowing at the base, with no leaf stem and small teeth around the edges. Three veins run parallel from near the base of the leaf. The underside of the leaf is hairy, especially along the veins and the

upper side has a rough texture. Most Goldenrod plants average 1 meter in height and reproduces through its roots, bulbs, stems and by its seed.

Goldenrod does not cause seasonal allergies as many tend to believe. No one is, no one can be, allergic to Goldenrod pollen, because it has virtually none, and it is pollinated by insects, not wind. Only wind-pollinated plants such as Ragweed (which blooms at the same time as Goldenrod) can cause allergic reactions.

Edible Uses:

All varieties of Goldenrod all are equally nutritious and boast many health benefits. Consider adding goldenrod seed, dried flowers or leaves (crushed or

ground) to batter when making French toast, or mix into one cup of beer and add to vegetable soups for a little extra zing.

#### Leaves -

Leaves can be cooked like spinach or added to soups, stews or casseroles; or be blanched and frozen for later use in soups, stews throughout the winter or spring.

#### Flowers -

The flowers (Jul-Oct) are edible and are used make attractive garnishes on salads. Flowers and leaves (fresh or dried) are used to make tea.

#### Medicinal Uses:

Traditionally, goldenrod has also been used to treat tuberculosis, diabetes, enlargement of the liver, gout, hemorrhoids, internal bleeding, asthma, and arthritis. Topically, goldenrod is used in folk medicine to treat inflammation of the mouth and throat, as well as slow healing wounds. It has also been used as a diuretic. It may help reduce inflammation, relieve muscle spasms, fight infections, and lower blood pressure.

Other Uses: Shampoo, astringent with diaphoretic qualities; aromatic and stimulating.

#### Goldenrod eggs Benedict

2 cups Macaroni

1 can asparagus soup

$\frac{3}{4}$  c milk

$\frac{3}{4}$  c grated cheddar cheese

1 tbsp onion, finely chopped

2 tbsp goldenrod leaves or flowers

1 tbsp parsley leaves, fresh

2 tbsp prepared yellow mustard

4 hard boiled eggs, chopped

Mix the ingredients together and serve over English muffins

#### Golden Rose Honey

(This recipe is a great tasting gout treatment)

1  $\frac{1}{2}$  oz. rose hips

$\frac{1}{4}$  oz ground ginger

$\frac{3}{4}$  oz. nettle leaves

$\frac{3}{4}$  oz. goldenrod leaves

$\frac{3}{4}$  oz. horsetail leaves

2  $\frac{1}{2}$  oz. honey

Blend all ingredients in a blender, and serve on whole wheat bread. It has a somewhat perfumey taste and a scent like new hay.

#### Goldenrod Oil Recipe

(Goldenrod oil is used topically for muscle cramps, including uterine cramps.)

Fresh picked goldenrod flowers  
Extra virgin olive oil

Stuff as many fresh-picked goldenrod flowers as possible into a sterilized mason jar. Slowly pour enough extra virgin olive oil into the mason jar to thoroughly cover the flowers. Make sure you get all the air bubbles out by poking a skewer into the mixture several times. Seal tight.

Allow the mixture to sit for about six weeks so that all the healing properties from the flowers can be absorbed into the oil. After minimum six weeks, strain it through a cheesecloth.

### Goldenrod Vinegar

(Helps to prevent kidney stones, eliminate flatulence, and improve immune functioning.)

Fresh Goldenrod leaves and flowers  
Pasteurized apple cider vinegar

Fill a jar with chopped Goldenrod flowers and leaves; then fill to the top with apple cider vinegar. Cap tightly, using plastic to cover up the metal lid.

Let the mixture sit in a cool dark location for one month. Then, strain the contents and squeeze extra vinegar out of the plant matter and return vinegar to the jar.

### (Wild) Grapes



The wild grape vine climbs with the aid of tendrils. Most grape vines produce deeply lobed leaves similar to the cultivated grape. Wild grapes grow in pyramidal, hanging bunches and are black-blue to amber, or white when ripe.

#### Edible Uses:

Fruit – Wild Grapes can be used in the same ways as domesticated grapes. Grapes are rich in natural sugars and, for this

reason, are much sought after as a source of energy-giving wild food. No wild grapes are poisonous. Before they are ripe, green grapes are an excellent source of pectin.

Leaves - The young leaves and growing tips can also be boiled for 10 to 15 minutes and served with butter. Grape leaves can also be boiled and used to roll food up in for baking or for use in stuffed grape leaves.

Other Uses:

Survival Water - You can obtain water from severed grape vine stems. Cut off the vine at the bottom and place the cut end in a container. Make a slant-wise cut into the vine about 1.8 meters upon the hanging part. This cut will allow water to flow from the bottom end. As water diminishes in volume, make additional cuts further down the vine.

**CAUTION:** To avoid poisoning, do not eat grapelike fruits with only a single seed (moonseed). Moon seed has smooth edges on the leaves and doesn't have tendrils. True wild grapes have tendrils and a saw toothed edge along the entire leaf.

### Recipes:

#### Stuffed Wild Grape Leaves

10 large wild harvested grape leaves

1/8 cup olive oil

1/2 cup cooked rice (or other grain)

1 green onion, chopped finely

1/4 cup red onion, minced

1 Tbsp fresh mint, minced

1 tsp lemon juice

Salt to taste

1/8 cup pine nuts, minced

1) Place grape leaves in large heat-proof bowl, pour enough boiling water over to cover. Let them soak about 20 min. Drain.

2) In the meantime, heat oil in skillet. Add the onions and cook until tender, about 5 minutes. Remove the skillet from the heat and add the rice, mint, lemon, salt and pine nuts. Mix well.

3) To stuff the grape leaves, spread out one grape leaf in front of you, vein side up and stem end toward you. Place about 2 teaspoons of the rice mixture in the center, fold stem end over the filling, bring the sides of the leaf toward the center and roll tightly, forming a cylinder.

4) Dolmas can be eaten at this stage, or cooked as follows: Place the dolmas close together seam side down in a large skillet, in a single layer OR separate layers with extra grape leaves.

5) Drizzle a little extra lemon juice and olive oil over the dolmas, add boiling water to cover. Cover pan tightly, simmer 1 hour. Let dolmas cool in the liquid, then transfer to a serving platter. Serve cooled with tzatziki sauce.

#### Tzatziki Cucumber Dip

1 cups thick, plain yogurt

1 small cucumber, peeled and diced

4 green onions, finely chopped



1 clove garlic, minced  
1/8 cup fresh chopped mint, & extra for garnish  
Salt and pepper to taste

- 1) In a small bowl, beat the yogurt until smooth.
- 2) Fold in the onion & garlic, salt and pepper.
- 3) Fold in the mint, then add the cucumber.
- 4) Garnish with fresh chopped mint, if desired. Chill well before serving.
- 5) Serve with crusty bread, raw vegetables or dolmas. Makes about 1 1/2 cups dip.

#### Stuffed Wild Grape Leaves

30 grape leaves, at least 6 inches across, stems cut off (or substitute store-bought brined grape leaves)

1-1/2 cups of water

For Stuffing:

2 cups brown rice

1 cup chopped tofu

1/2 cup raisins

1/4 cup sprouts or leftover vegetables

2 tablespoons chopped wild onions or scallions

2 tablespoons fresh parsley, chopped

2 tablespoons sunflower seeds or chopped walnuts

1 teaspoon rosemary

1-1/2 teaspoons chopped fresh dill or 1/2 teaspoon dried

1/2 teaspoon paprika

1/2 teaspoon sage

1/2 teaspoon salt

Pinch of cayenne pepper

For Sauce:

6 cloves garlic, peeled

1-1/2 teaspoons fresh ginger

2 cups stock

1/4 cup almonds

1/4 cup tahini (sesame paste)  
Sea salt to taste

1. Boil leaves in 2 quarts salted water for a few minutes until pliable. Drain and rinse leaves under cold running water. Set aside. (If using store-bought grape leaves, simply rinse them; don't blanch.)
2. Mix together stuffing ingredients.
3. Place a heaping tablespoon on underside of each leaf near stem end. Fold left and right sides of leaf over part of stuffing. Roll up leaf from base to tip. Repeat with all leaves.
4. Place leaves on steamer rack in large pot. In the bottom of the pot put the stock, garlic, and ginger from list of sauce ingredients. Steam 40 minutes or until leaves are tender. (Or you can pressure cook 15 minutes.)
5. To make sauce, put the liquid from the steaming pot into a saucepan and add rest of sauce ingredients. Simmer 10 minutes.
6. Transfer to blender, blend until smooth, and add more salt if needed.

Makes 30 Stuffed Grape Leaves

Prep. Time: 1 hour

## Grass



There is no part of the world in which there are not many species of grasses. Some kinds are widely scattered over the earth, for example, the common reed grass. In the temperate regions man finds grasses wherever he goes.

Surprising to many is the fact that you can eat grass. Despite there being hundreds of varieties of bladed grass found in the Americas, almost all (99% of them) can be eaten. This ranges from wheat, oats, and bamboo to the wild meadow varieties, including common crab grass, pictured

below.

## Crabgrass



Stone Age dwellers in Switzerland cultivated crabgrass and it was important food crop in China by 2700 B.C. It's a traditional food in India and Africa. It was

first introduced into the U.S. in 1849 by the United States Patent Office as forage for cattle, sheep, hogs and horses.

Crabgrass seed can be used as a flour, couscous or as a grain, such as in porridge or fermented for use in beer making. Crabgrass is not only nutritious but one of the world's fastest growing cereals, producing edible seeds in six to eight weeks. It grows well in dry areas with poor soils, and fantastically in watered lawns



Husking the small grains can be time-consuming, however. Traditional methods include pounding in a mortar with sand then separating the grain and sand. Another method is "popping" seeds over a flame and then pounding them, which produces a toasted grain.

Stripped off seeds can be toasted and ground into flour, use as couscous, porridge or for making beer. Un-toasted it can

be used like rice.  
**Barnyard Grass**



A summer annual to five feet. Seedlings hairless, leaf sheaths often tinted red or maroon at the base, often growing outward before turning up. Stems thick, often branched at the lower nodes, may be tinged red to maroon at the base. Leaves four to 20 inches, up to 1.25 inches wide.

Flowers knot-like. Seed head a terminal panicle, four to 16 inches long, green to purple, may have individual spikelets with a long terminal awn. Lower branches of flower spread farther apart than the upper branches. The head can be erect or drooping, sometimes purplish.

Flowers June to October, seeds in fall, germinates from late winter to early spring. In warm areas the process can be continuous throughout the year.



**Signal Grass**  
**Goosegrass**



**Bahiagrass**



**Little Barley**



**Italian Rye Grass**



**Broomsedge**

#### Edible uses:

**Leaves and Shoots** - The leaves of almost any grass can be dried and ground to flour, used raw, steamed, boiled, sautéed, and cooking liquid drunk. The young shoots, up to 6 inches tall, of most grasses can be eaten raw, and the starchy base (usually white and at the bottom when you pluck it) can be eaten as a trail nibble. The more mature the grass plant gets, the more fibrous the plant becomes. For older plants the base can be chewed and spit out — extracting the beneficial juices in the process. Young shoots are eaten as a vegetable, raw or cooked. Roots are boiled to temper indigestion in the Philippines

Or a tea can be made from the fresh or dried leaves.

**Seeds and Pollen** - The best part of the grass plant to eat is the seed heads, which can be gathered to make millet or flour for breads or filler for soups & stews. The seeds can be sautéed; stir-fried, or ground and used as flour. The pollen can also be used as flour. Of the 99% of grasses that can be eaten raw, about 1% have toxic seeds and require that you roast or cook the seeds first. As a word of caution, stay away from blackish or purple colored grass seeds. This is a good indication of toxic fungus. Just make sure they are green or brown.

Seeds can be popped like popcorn. Seeds are roasted and used as a caffeine-less coffee substitute.







**Fall Panicum  
Vaseygrass**

**Dallisgrass**

**Medicinal Uses:** Grass is rich in iron, and works as a digestive cleanser. Grass has also been used as a poultice for aches and pains.

**Collection and Storage:** Like any vegetable plant such as lettuce, kale or leafy herbs, grass tastes best when it's young and tender and hasn't yet gone to seed. Some grass is quite sweet, especially in spring. Shear bracts and leaves, as if mowing lawn. Dry thoroughly, store whole in glass. Grind to flour when needed.



**Johnson Grass**



**Nutsedge**



**Blue Grass**



**Sandspur**



**Foxtail**

### **Caution:**

Avoid grass seeds that have purple or black discoloration, and avoid crushed or wilted Johnson Grass, as it will contain cyanide.

### **Recipes:**

Crabgrass Muffins

1 cup flour  
1 cup crabgrass flour  
2 teaspoons baking soda  
2 teaspoons ginger (optional)  
3/4 cup water  
2 eggs  
1 teaspoon vanilla  
1/4 cup oil  
1/2 cup raisins

Preheat oven to 350 degrees F. Place flours and baking soda in bowl, mix in water, eggs, vanilla and oil. Fold in raisins thoroughly. Fill muffin tins 1/2 full or pour in 8 inch square baking pan.

Bake 20 to 25 minutes

Let cool and remove from pan. Makes 6 muffins

### Greenbriers



Greenbrier is one of the best wild foods available as it can be found in immense quantities all year-round, tastes good, is very nutritious, and is a good source of calories. Greenbriers are the only vines that have both tendrils and thorns making them easy to identify.

#### Edible Uses:

You can eat any soft, tender portion of the plant (stem, leaves, and tendrils).

#### Leaves and Shoots –

Greenbrier leaves and tendrils can be cooked like spinach. The shoots can be pinched off of the vine, just above the first thorn. They, along with vines and tendrils, can be eaten raw, steamed or baked like asparagus. They have a flavor kind of like green beans.

#### Berries –

Berries appear in January. They have a slight sweet taste and contain 1-2 inedible seeds. The berries can be eaten raw or made into jams or jelly

#### Roots -

The roots provide a starch, collected by slicing the tubers into 1/4" disks, letting them dry in the sun for a few days, then



crumbing the disks in a large bowl of water. The granules of starch fall to the bottom of the bowl and the fibers float to the top. The water and fibers are discarded and the starch is dried and then ground up for use as flour. It still has a bitter taste but it is high in calories. This starch is exceptionally good at thickening stews.

Native Americans would slow roast the tubers under a fire for several days, then chew the cooked starch out of the tubers and spit out the fibers.

### (Mockernut) Hickory



Leaves are deciduous, alternate and pinnately compound growing 6" to 12" in length with 5 to 7 leaflets, each growing up to 8" long. The lowermost pair of the leaflet is ovate and much smaller than the others. The remaining leaves are ovate or broadly elliptical with the uppermost pair almost the same size as the terminal leaflet. Leaves are shiny yellowish-

green on top, and pale green below. The leaves and twigs have a rusty-brown, fuzzy appearance due to pubescence. The top of the leaf is sparsely pubescent, with the underside densely pubescent. The leaves turn bright yellow in the Fall.

#### Edible Uses:

Mockernut hickory have edible nuts in early autumn. Fruits are 1 1/2" to 2" long, thick shelled, and round or pear-shaped. They are green at first, turning brown as they get older. At maturity, the sides split apart so that there are four pieces of thick husk surrounding the seed.

The nut meats can be used as one would use pecans or walnuts – raw or cooked.

Pounded nut meats were boiled slowly and the resulting oil was skimmed from the surface of the water and used as butter by American Indians.

Other uses:

The wood is heavy, hard, tough and strong; it is white except for its comparatively small, dark brown heart. The wood is used for tool handles, skis, baseball bats, furniture, fuelwood, lumber, charcoal and smoking meats. Also known as Bow Wood for the use in making archery bows. The wood was also used by Iroquois for frames in birch bark canoe making. Splints of hickory were used to reinforce the rims of bark containers. The stripped inner bark of hickory was used for lashing.

## Hyacinth



There are dozens of edible species of Hyacinth. Most Hyacinth growing wild in North America has escaped cultivation.

The bulbs of the edible Hyacinth species are slightly bitter because of saponins, basically plant soap, which is why cooking the bulbs is necessary, if not changing the water once or more.

**Blue Star Hyacinth**

The Tassel Hyacinth is native to Turkey and Iran but was in the British Isles by the 1600s. It is found in the U.S. in Pennsylvania, Maryland, Virginia, both Carolinas, Georgia, Tennessee, Kentucky, Ohio, Illinois, Missouri, Oregon and Washington State.

The Tassel Hyacinth is used extensive in Italian and Greek cooking. The bulbs are boiled then pickled or preserved in oil. They are thought to stimulate the appetite and are also diuretic.

**Tassel Hyacinth**



The Musk Hyacinth is found throughout the eastern U.S. and is used in similar manner as the Tassel Hyacinth. The blossoms of the Musk Hyacinth are used as a flavoring in Europe. The bulbs are also boiled then eaten.

More so it was planted as a source of starch for ironing clothes.

**Musk Hyacinth**



Blossoms of the Grape Hyacinth, as well as the buds, are pickled. It is naturalized throughout North America.

### Grape Hyacinth

### (Japanese) Honeysuckle



Japanese Honeysuckle was introduced to the United States about 200 years ago. It is a vine up to 80 feet long, twining, trailing, thin, sometimes rooting at nodes, reddish to brownish or purplish, younger parts hairy, often with thin woody bark on the lower stems. Leaves are opposite, with stems or without, leaves

variously hairy above and below but typically densely hairy, ovate-oblong, pointed tip, rounded to heart-shaped at base. Flowers white, drying to yellow, a tube, upper lip 4-lobed, bottom lip single-lobed, Stamens 4, filaments hairless, white, style white, stigma green. Fruits are black, fleshy globes, not edible.

#### Edible Uses:

Nectar – The nectar can be sucked off the ends of the flowers

Flowers – The blossoms can be eaten raw in salads. They have a sweet, honey flavor. The blossoms can also be used to flavor wine and to make a tea.

Leaves - The young leaves can be boiled and eaten, in moderation.

#### Caution:

Some varieties of Honeysuckle are mildly poisonous. Therefore honeysuckle should be eaten in moderation.

## Jewelweed

Also: Spotted Touch-Me-Not



Jewelweed is an annual which grows to a height of 3-5 feet, in shady and wet places.

Jewelweed is also called a "Touch-Me-Not" because, upon touching the ripe seed pods, they explode. The leaves are simple and have teeth that are not sharp or no teeth. A bit trumpet shaped, the flowers hang from the plant much as a jewel from a necklace, Pale Jewelweed has yellow flowers, Spotted Touch-Me-Nots have orange flowers with dark red

dots.

Jewelweed blooms May through October in the eastern part of North America.

### Edible Uses:

The young shoots (up to 15 cm tall) are good as cooked greens (boil 10-15 min).

### Medicinal Uses:

Jewelweed is best known for its skin healing properties. The leaves and the juice from the stem of Jewelweed are used by herbalists as a treatment for poison ivy, oak and other plant induced rashes, as well as many other types of dermatitis. Jewelweed works by counter-reacting with the chemicals in other plants that cause irritation.

Poultices and salves from Jewelweed are a folk remedy for bruises, burns, cuts, eczema, insect bites, sores, sprains, warts, and ringworm.

When you are out in the field and find you have been exposed to poison ivy, oak, or stinging nettle you can reach for the jewelweed plant and slice the stem, then



rub its juicy inside on exposed parts. This will promptly ease irritation and usually prevents breakout for most people.

Jewelweed does not dry well due to its high moisture and oil content.

To make an infusion from Jewelweed, boil leaves until you get a dark orange liquid.

Do not make alcoholic tinctures from Jewelweed because some people have had a bad reaction using jewelweed with alcohol.

## Juniper

Also: Eastern Red Cedar, Southern Cedar



**Juniperus virginiana, aka: Red Cedar**



**Juniperus silicicola, aka: Southern Cedar**

Juniperus comes from the Dead Latin iuniperus. Juniperus was translated into Le genevrier in French, from whence we get the word “gin.”

The berries from J. communis, the most common juniper in northern latitudes around the world, are used to flavor gin.

Two of the most common Junipers in the Eastern United States are misnamed the Red Cedar, and the Southern Cedar.

Neither tree is actually a cedar; both are Junipers.

One can use the “berries” of those two “cedars” like juniper berries because they are in fact junipers. The berries, however, are not berries at all. They are modified cones.

### Edible Uses:

Juniper berries are employed for flavoring, most notably in gin. It takes the “berries” two to three years to ripen. Mature but still green berries are used to flavor gin.

Mature blue juniper berries are used to flavor game. They are also used to flavor stuffing, marinades and stews.

As with many herbs, used medicinally or as a spice, juniper berries should be used sparingly. Think flavoring, not food. They irritate the kidneys and are diuretic.

Of the 13 species of Juniper in North America, the following were used by native Americans: *J. californica*, *J. communis*, *J. communis* var. *montana*, *J. deppeana*, *J. horizontalis*, *J. monosperma*, *J. occidentalis*, *J. osterosperma*, *J. scopulorum*, *J. tetragona*, *J. virginiana* and *Juniperus silicicola*.

How the berries were used varied from tribe to tribe and species to species. The Acoma mixed the berries of the *J. monosperma* with chopped meat, put it into a clean deer stomach, and then roasted it all. The Yavapai pulverized the berries of the *J. deppeana*, soaked them in water, put them in the mouth, sucked all the juice out, then spat out the solid matter. The Cahuilla dried the berries of the *J. californica* in the sun or ate them fresh. They also ground the berries into flour and used them to make mush or bread. The Diegueno considered the previous species berries as famine food only. But the Kawaiisu Indians deseeded the same berries, pounded the berries into a meal, moistened, molded the meal into cakes, dried them then ate them. The Paiute took the berries from the *J. occidentalis* and mixed them with mashed deer liver for food. Or, they stored them in grass-lined holes in the ground for winter use. The Apache boiled the berries of the *J. osteosperma* and ate them plain. But the Mescalero took *J. monosperma* berries, roasted them, added water, and made the mixture into a gravy.

#### Medicinal Uses:

Junipers contain the potent antiviral compound deoxypodophyllotoxin (DPT) which has been shown to be effective against viruses that cause the flu and herpes. The DPT is found berries and the leaves, aka needles.

Florida's Seminole Indians had many medical uses for the Eastern Red Cedar. They used it to treat cold symptoms, swollen joints, stiff neck or back, swollen legs, eye diseases, fever, headache, dizziness and diarrhea.

#### Caution:

Juniper extracts should be avoided. They may be fatal.

While the foliage of many junipers can be used, the foliage of the *J. virginiana* and the *J. silicicola* cannot be used.





Also to be avoided entirely are *J. sabina* and *J. oxycedrus*, both from southern Europe.

*J. sabina* is often planted as an ornamental in the United States.

#### **Juniperus Sabina**

#### **Kudzu**



Kudzu was introduced to the United States in 1876 at the Centennial Exposition in Philadelphia, Pennsylvania. Countries were invited to build exhibits to celebrate the 100th birthday of the U.S. The Japanese government constructed a beautiful garden filled with plants from their country. The large leaves and sweet-smelling blooms of kudzu captured the imagination of American gardeners who used the plant for ornamental purposes.

During the Great Depression of the 1930s, the Soil Conservation Service promoted kudzu for erosion control. Hundreds of young men were given work planting kudzu through the Civilian Conservation Corps. Farmers were paid as much as eight dollars an acre as incentive to plant fields of the vines in the 1940s.

The climate of the Southeastern U.S. is perfect for kudzu, and it quickly got out of control. In 1972, the Government officially declared Kudzu to be a weed to be controlled. The vines grow as much as a foot per day during summer months, climbing trees, power poles, and anything else they contact. Under ideal conditions kudzu vines can grow sixty feet each year.

Edible Uses:

**Leaves and Shoots** – The leaves, vine tips, flowers, and roots are edible; the vines are not. The leaves are high in vitamins C and A, and can be used like spinach and eaten raw, chopped up and baked in quiches, cooked like collards, deep fried, or pickled. Young kudzu shoots are tender and taste similar to snow peas.

**Flowers** – Kudzu blooms from late July through September, depending on the climate and location. The most common species in the United States has magenta and reddish purple flowers that resemble a wisteria. A less common variety has white blossoms.

Kudzu flowers smell like ripe grapes. However, the blossoms do NOT taste like grapes. They have a unique flavor that is just a little bit sweet.

The flowers are sometimes hidden behind the green leaves. Pick the flowers when they are dry. You may just pick the flowers, but it is usually easier to cut the entire flower raceme of blossoms and then remove the individual flowers later. Wash the flowers gently but thoroughly in cool water and then drain. They will remain fresh for one day, or freeze them for future consumption.

The flowers of the kudzu vine are an excellent honey source and can be infused to concoct a subtly flavorful tea.



**Roots** – In a survival situation, any kudzu root between 1/2 to 3/4 inches in diameter can be washed, cut at both ends to a length of about 6 inches, and then all the exterior bark should be scrapped off. The raw root can then be sucked on to gradually remove all its internal nutrients. Only suck the nutrients out of the root. The root is wood. Do NOT eat the wood.

The starch from Kudzu roots is used commonly in Japan in soups, jelled foods, deep fried foods, grains and confections.

Roots no smaller than 1 1/2" in diameter should be harvested during the winter months - December through March.

The roots should be washed, cut into approximate one-inch thick slices and pureed with enough cold water to blend the root well.

The puree should be strained and the solid fibers squeezed to extract all the liquid to be used for further processing. The remaining fibers should then be

saturated with water, stirred, and strained again, collecting the liquid into the container with the other extract.

The brown kudzu liquid should be filtered through muslin or lower grade cotton fabric and left undisturbed in a cool location for 24 hours. Discard the water. The clay like substance remaining in the container should be broken up and mixed well, until thoroughly dissolved with clean water once again, and allowed to rest for 24 hours in a cool environment. The liquid should again be discarded and the starch re-dissolved into a second batch of clean water, this time leaving the mixture for 48 hours in a cool place.

The liquid should then be discarded and the layer of gray impurities removed from the starch. The starch is then ready to be used immediately or can be dried to preserve it indefinitely.

To dry the kudzu starch, place kudzu chunks on a tray or on layers of paper and set it in a cool, well ventilated place for 10 to 40 days.

#### Medicinal Uses:

The root is rich in a valuable starch that can be eaten steamed or boiled, or turned into a powder or cream for medicinal purposes. Kudzu powder or kudzu root tea is used to treat a wide array of ailments such as inflammation, hangovers, sexual apathy, indigestion, respiratory disorders, headaches, sinus troubles, muscle stiffness, kidney trouble, breast-feeding complications, and skin rashes.

#### Other Uses:

Kudzu vines can be woven into baskets and furniture.

Fibers derived from the vine can be used to make both paper and cloth.

The leaves and shoots make an excellent animal fodder.

#### Recipies:

##### Kudzu Quiche

1 cup heavy cream

3 eggs, beaten

1 cup chopped, young, tender Kudzu leaves and stems

1/2 teaspoon salt

Ground pepper to taste

1 cup grated mozzarella cheese

1 nine-inch unbaked pie shell

Preheat oven to 350 degrees. Mix cream, eggs, kudzu, salt, pepper, and cheese. Place in pie shell. Bake for 35 to 45 minutes until center is set. 4-6 servings.

### Kudzu Fried Chicken

Dredge chicken breast strips in kudzu powder; dip in lightly beaten egg, and dredge in dry Italian seasoned bread crumbs.

Deep-fry in hot oil (350) for 3 to 5 minutes or until golden brown.

Drain on paper towels.

Serve immediately.

### Kudzu Blossom Jelly



Spoon over cream cheese or melt and serve over waffles or ice cream

4 cups Kudzu blossoms  
4 cups boiling water  
1 tablespoon lemon juice  
1 (1 3/4-ounce) package powered pectin  
5 cups sugar

WASH kudzu blossoms with cold water, and place them in a large bowl. Pour 4 cups boiling water over blossoms, and refrigerate 8 hours or overnight.

POUR blossoms and liquid through a colander into a Dutch oven, discarding blossoms.

ADD lemon juice and pectin; bring to a full rolling boil over high heat, stirring constantly.

Stir in sugar; return to a full rolling boil, and boil, stirring constantly, 1 minute. Remove from heat; skim off foam with a spoon.

QUICKLY pour jelly into hot, sterilized jars, filling to 1/4 inch from top. Wipe jar rims. Cover at once with metal lids, and screw on bands.

PROCESS in boiling water bath 5 minutes. Cool on wire racks. YIELD: 6 half pints

NOTE : Blossom liquid is gray until lemon juice is added.

### Deep Fried Kudzu Leaves

Pick light green leaves, 2-inch size.

Thin batter made with iced water and flour

Heat oil.

Rinse and dry kudzu leaves, then dip in batter (chilled).

Fry in oil quickly on both sides until brown.

Drain on paper toweling.

Eat while warm.

### Rolled Kudzu Leaves



#### Kudzu Leaves

1 can diced tomatoes  
2 teaspoons salt  
3 cloves garlic, cut in half  
Juice of 3 lemons  
Soup bones (optional)

Gather about 30 medium size young kudzu leaves. (The very big ones have tough center and radiating stem veins ). Make sure area has

not been sprayed with chemicals to kill the kudzu.

Wash leaves. Drop into salted boiling water. Boil a 2-3 minutes, separating leaves. Remove to a plate to cool. Remove heavy center stems from the leaves by using a knife and cutting down each side of the stem to about the middle of the leaf. Push cut together and fill with 1 teaspoon stuffing and roll in the shape of a cigar. Place something in bottom of a large pan so that rolled leaves will not sit directly on the bottom of the pan.

Arrange kudzu rolls alternately in opposite directions. When all are in the pot, pour in a can diced tomatoes, 2 teaspoons of salt, and 3 cloves of garlic, cut in half. Press down with an inverted dish and add water to reach dish. Cover pot and cook on medium for 30 mins. Add lemon juice and cook 10 mins. more.

#### Stuffing

1 cup rice, rinsed in water  
1 pound ground lamb or lean beef.  
1 cup canned diced tomatoes  
1/2 teaspoon of allspice  
Salt and Pepper to taste  
Combine all ingredients and mix well.

### Kudzu Flower Salad

Kudzu flowers may be eaten plain or as part of a salad or other dish.

### Kudzu Wine

#### Kudzu Wine (1)

3 qts Kudzu flowers  
1 lb golden raisins  
1 gallon water  
3 lbs granulated sugar  
2 lemons  
1 orange  
yeast and nutrient

Pick the flowers just before starting, so they're fresh. You do not need to pick the petals off the flower heads, but the heads should be trimmed of any stalk. Put the flowers in a large bowl.

Set aside 1 pint of water and bring the remainder to a boil.

Pour the boiling water over the Kudzu flowers and cover tightly with cloth or plastic wrap.

Leave for two days, stirring twice daily. Do not exceed this time.

Pour flowers and water in large pot and bring to a low boil.

Add the sugar and the peels (peel thinly and avoid any of the white pith) of the lemons and orange.

Boil for one hour, then pour into a crock or plastic pail.  
Add the juice and pulp of the lemons and orange.

Allow to stand until cool (70-75 degrees F.).

Add yeast and yeast nutrient, cover, and put in a warm place for three days.

Strain and pour into a secondary fermentation vessel (bottle or jug).



Add the raisins and fit a fermentation trap to the vessel.

Strain and rack after wine clears, adding reserved pint of water and any additional required to top up. Leave until fermentation ceases completely, then rack again.

Set aside 2 months and rack and bottle. This wine must age six months in the bottle before tasting, but will improve remarkably if allowed a year.

### Kudzu Wine (2)

2 qts Kudzu flowers  
3 lbs granulated sugar  
4 oranges  
1 gallon water  
yeast and nutrient

This is the traditional "Midday Kudzu Wine" of old, named because the flowers must be picked at midday when they are fully open.

Pick the flowers and bring into the kitchen.

Set one gallon of water to boil. While it heats up to a boil, remove as much of the green material from the flower heads as possible (the original recipe calls for two quarts of petals only, but this will work as long as you end up with two quarts of prepared flowers).

Pour the boiling water over the flowers, cover with cloth, and leave to steep for two days.

Do not exceed two days. Pour the mixture back into a pot and bring to a boil. Add the peelings from the four oranges (again, no white pith) and boil for ten minutes.

Strain through a muslin cloth or bag onto a crock or plastic pail containing the sugar, stirring to dissolve. When cool, add the juice of the oranges, the yeast and yeast nutrient.

Pour into secondary fermentation vessel, fit fermentation trap, and allow to ferment completely.

Rack and bottle when wine clears and again when no more lees form for 60 days.

Allow it to age six months in the bottle before tasting, but a year will improve it vastly.

This wine has less body than the first recipe produces, but every bit as much flavor.

#### Kudzu flower petal Wine (3)

2 qts Kudzu flower petals

1 11.5 oz can of Welch's 100% White Grape frozen concentrate

6-3/4 pts water

2-1/2 lbs granulated sugar

2 lemons

1 orange

1 tsp yeast nutrient

Champagne wine yeast

Pick and remove petals from the flowers ahead of time and freeze petals until you have enough.

Put the petals in a nylon straining bag, tie closed, and bring the water to a boil in large pot.

When water boils, place nylon bag in water, reduce to a simmer, and cover pot with lid.

Simmer for 20 minutes and remove from heat.

When cool, drain petals (squeeze lightly) and return water to a low boil.

Add the sugar and the peels (peel thinly and avoid any of the white pith) of the lemons and orange. Reduce heat and simmer for one hour, then pour into a crock or plastic pail.

Add the juice and pulp of the lemons and orange and the white grape concentrate.

Allow to stand until cool (70-75 degrees F.). Add yeast and yeast nutrient, cover, and put in a warm place for three days. Strain and pour into a secondary fermentation vessel (bottle or jug) and fit airlock. When wine clears, rack into

clean secondary, top up and refit airlock. Rack, top up and refit airlock every 60 days as long as even a fine dusting of lees form. When wine stops throwing sediment for 60 days, rack into bottles and age six months before tasting.

It will improve remarkably if allowed to age a full year.

### Apple Cider

The kudzu powder gives a silky smooth texture without a starchy taste.

1 1/2 teaspoons kudzu powder

6 1/4 cups apple cider, divided

4 (3-inch) sticks cinnamon

12 whole cloves

1 teaspoon grated orange rind

COMBINE kudzu powder and 1/4 cup apple cider, stirring well; set kudzu powder aside.

COMBINE remaining 6 cups apple cider and next 3 ingredients in a Dutch oven, and bring apple cider mixture to a boil. Reduce heat, and simmer 15 minutes.

POUR apple cider mixture through a wire-mesh strainer into a bowl, discarding spices. Return liquid to Dutch oven, and bring to a boil. Add kudzu powder mixture, stirring constantly. Reduce heat, and simmer, stirring constantly, 1 minute or until mixture is translucent. Serve hot.

Yield: 6 cups.

### Kudzu Tea

Kudzu leaves

Mint

Honey

Simmer 1 cup of finely chopped Kudzu leaves in a quart of water for 30 minutes.

Drain and serve with honey and a sprig of mint.

If you prefer a sweeter taste use honey to sweeten the tea.

## Lambs Quarter

Also: Goosefoot



Lambs quarter grows to about four feet in height with multiple branches forming off of a main squarish looking central stem. Lambs quarter leaves often have a white, pollen-like substance coating their undersides.

### Edible Uses:

All parts of Lamb's quarters - leaves, shoots, seeds, and flowers – can be eaten.

### Leaves and Shoots –

The leaves and stems are edible, with a flavor that can be compared to spinach or chard, with an earthy, rich taste. The young leaves and smaller stems can also be eaten raw in salads. Lamb's quarters do, however, contain some oxalic acid, and therefore when eating this raw, small quantities are recommended. Cooking removes this acid.

When cooking lambs quarter the easiest preparation is to simply steam the leaves and stems in a small amount of water until tender. The greens will cook very quickly and turn a dark green color as they shrink down during cooking. The cooked greens are delicious just as they are with no additional seasoning or flavoring necessary.

Lamb's Quarters can be dried and added to meals throughout the winter. You can blanch and freeze the leaves.

### Seeds -

The seeds can be ground into flour and used as an additive. Saponins in the seeds are potentially toxic and should not be consumed in excess.

### Recipes:

### Salt and Vinegar Lambs Quarters

5 cups washed chopped lamb's quarter leaves

2 tbsps. raw apple cider vinegar

2 tbsp. olive oil

1/4 tsp. sea salt

Optional: 2 tbsps. of any finely chopped fresh garden herb of your choice (rosemary, basil, thyme, mint, etc.)

Wash and chop greens and place into a bowl. Add all other ingredients and mix well. Eat fresh or you can bake this for 20 minutes at 325°F.

### Lamb's Quarters Seed Bread

3 1/2 cup flour

1/2 cup lamb's quarters seed (put in blender or grinder to make fine flour)

3 T honey or sugar

1 1/4 t salt

1 package quick rise yeast

3/4 cup milk, substitute or water

1/4 cup water

2 T oil or margarine

Combine 3 1/2 cups flour and salt in large bowl, set aside.

Combine milk, 1/4 cup water and oil in sauce pan. Bring milk mixture to 125-130 F degrees over low heat. Cool to lukewarm. Add sugar and yeast.

Stir in lambs quarters flour and other dry ingredients adding to wet ingredients slowly, mixing in enough remaining 1 cup flour to make soft dough.

On lightly floured surface knead 4 minutes. Let rise 1 hour in covered bowl in a warm place. Push down and knead.

Make loaves or rolls. Let rise until double in bulk and bake at 325F for 30-45 minutes.

### Lambs Quarters Soup Recipe

1 tomato, cut in half

1 1/2 cups of water

2-3 cloves of garlic

1/2 of a juiced lime

1 tbsp. of olive oil

1 tsp. of honey or agave syrup

1/2 tsp. sea salt

Blend the above ingredients in blender until smooth. Pour in to a pot on the stove.

Then add:

2 cups freshly picked lamb's quarters (washed and chopped)  
1/2 an avocado (chopped)  
1 thinly sliced sautéed red pepper  
1 chopped sautéed onion  
2 celery stalks chopped thin and sautéed

Simmer (do not boil) until warm.

Decorate with marigold petals and serve. (Marigolds are edible flowers.)

#### Sesame and Wilted Green Sauté

2 cloves of garlic, peeled and finely chopped  
2tbsp. sesame oil  
2 litres (8 cups) wild greens (plantain, dandelion, lamb's quarters, or mustard)  
1 tbsp. tamari or soy sauce  
2 tbsp. orange juice  
2tbsp. toasted almonds  
toasted sesame seeds for garnish

In a heated skillet, sauté wild greens for two minutes in sesame oil. Add tamari (or soy sauce), orange juice and toasted almonds. Blend well. Remove from heat. Sprinkle toasted sesame seeds on top as a garnish and serve.

#### Lamb's-quarters Spread

2 cloves garlic, peeled  
1 small red onion, peeled  
2 cups lamb's-quarters leaves  
1 ripe avocado, peeled and pitted  
1 cup walnuts  
One 6-ounce jar low-sodium pitted olives, drained  
3 tablespoons hedge mustard leaves or seed pods  
2 tablespoons mellow (light-colored) miso  
1 tablespoon chili paste or 1 teaspoon cayenne pepper, or to taste

1. Chop the garlic in a food processor or by hand.

2. Add the onion and chop.

3. Add the remaining ingredients and process or chop until finely chopped.  
Lamb's-quarters Spread will keep, tightly covered, in the refrigerator for 5 to 7 days.

#### Lambs Quarters Herbal Salt Recipe

1 part dried lamb's quarter leaves  
1 part dried thyme or rosemary



- 1 part dried dill
- 1 part dried marjoram or oregano
- 2 parts dried dulce (or any available seaweed that is safe to eat)

Gently toast the dulce in a skillet until very crisp.

Grind the lamb's quarters and herbs in a blender or a coffee mill while seaweed cools. Then grind the dulce and combine with ground herbs.

Store in a shaker

## (Wild) Lettuce

Also: Milk Lettuce, Chicory Lettuce, Horse Weed, Opium Lettuce



Wild Lettuce is native to North America and Europe. It is a biennial herb, with deeply serrated leaves, coming off a central stalk.

The flowers look similar to dandelion and chicory, which are both close relatives to Wild Lettuce. Wild Lettuce has no poisonous look alikes.

The leaves are light green, heavily lobed, or toothed, and hairless. The stem is powdered with a blue-green, waxy bloom.

In late spring to early summer, the basal rosette sprouts a tall, branched, scraggly flower stalk. The flower stalk has yellow ray-like flowers similar to that of dandelion. At this stage, wild lettuce resembles a dandelion gone wild.



The scientific name for Wild Lettuce, *Lactuca virosa* (from the Latin word for Milk) refers to the milky white latex, which occurs in the stem and leaves. At various times in history, the plant was purposefully wounded, and its milk was collected, dried, and molded into balls, and taken like opium.

**Edible Uses:** Wild Lettuce is high in beta-carotene, and ascorbic acid, (vitamin C).

**Leaves –** The leaves can be eaten raw in salads, or used as a cooked vegetable similar to spinach. Leaves can also be dried and ground for use as a seasoning.

Flowers, Seeds, and Buds - The flowers can be dipped in batter and fried like fritters. Flowers and buds can be stir fried. Flowers and seeds can be eaten raw or cooked, sautéed in oil and garlic.

Stems - Stems (young) cut to bean size and cooked.

Roots - Roots have been used as a gum.

#### Medicinal Uses:

Wild Lettuce can be used to slow down the nervous system. For this reason, it is very effective in cases of insomnia, nervousness, hysteria, muscle spasms, colic pains, painful menstruation, bothersome coughs, and painful digestion.

Among its multiple therapeutic benefits, wild lettuce is used as a tranquilizer and may be given to adults and children alike to ensure sound sleep at night.

It is also useful for cooling down anxiety or strong emotions. Many physicians extensively recommend the herb to treat nervousness and excitement in kids.

Because the derivative drug from Wild Lettuce is a little on the strong side, its primary use is for pain. As with any painkiller, caution should be used when taking this drug.

#### Leaves -

Tea from milky leaves is sedative.

Many herbal medicine practitioners also recommended the use of wild lettuce as a diuretic as also a lotion to treat chapped skin.

#### Sap -

Sap induces sweating and is used as a fever reducer. Decoctions of sap are known to ease irritability and insomnia.

Incidentally, similar to the opium the milk like sap or latex of the prickly lettuce hardens and transforms into a brownish color when kept in the open.

#### Preparation:

The wild lettuce may be taken both as an infusion and tincture.

Infusion: To prepare an infusion with wild lettuce, add one or two teaspoonfuls of the herb's leaves in a cup of boiling water and allow it to permeate for 10 to 15 minutes. For effective use, this drink may be taken thrice daily.

Tincture: For best actions, two to four ml of the tincture prepared with the leaves of wild lettuce may be taken thrice every day.

## Lichen



**Reindeer Moss** (which is actually a lichen)

Lichen is a well-known famine food. The Continental Army ate a Lichen (Rock Tripe) extensively during their stay at Valley Forge.

Lichens grow very slowly, one or two centimeters a year, and can live to be three thousand years old, and can stay intact another 10,000 years. The lichen you may be thinking of partaking could be older than you are or was alive when the ancient Greeks were.

### Edible Uses:

Most lichen are about 94% carbohydrates. That's 14% more carbs than a potato.

All edible Lichens have to be thoroughly soaked in water to remove stomach-upsetting acids. Then, when dried, they can be turned into an edible "flour" that is usually used to thicken soups and stews or to extend bread.

Preparation - To make the lichen edible, they are soaked in several changes of water, better, several changes of water with baking soda added to each soaking.

Another method is to soak them with hardwood ashes. The modern version of that is to soak them in a 1% solution of potash.

A method used in China is to boil lichen for 30 minutes and then soak for two days in several changes of water. After discarding the soaking water they are boiled and that water discarded, or they are steamed. They are then ready to eat, plain or mixed with other things, or dried and added to flour or as a thickener to soups. Lichen is often cooked until it turns into a gelatinous mass.

Yet another way is to take about three cups of lichen, cover with water, add about a quarter cup of baking soda in a pot on the stove and bring to a boil for about 15 minutes. Drain, replace the water, replace the baking soda, again bring to a boil and boil for about 15 minutes. Drain, rinse, barely cover the lichen with water and bring to a simmer can cook until it is gelatinous. It is then edible, but not greatly palatable.

Unprepared lichen taste like aspirin, and will painfully attack your digestive track. Never eat unprepared and raw lichen.

#### Medicinal Uses:



Many Lichen, including Wolf Lichen and Sunshine Lichen - though internally toxic from vulpinic acid - can be used to treat external wounds and sores. It is estimated that 50% of all lichen have medical applications

Usnea Lichen, for example, is not only edible, but it is a good antiseptic.

Usnea lichens have an elastic white chord running through the center of the main stem. Lichen that resemble Usnea do not have this white cord. They also appear grey-green throughout. Also Usnea lichens do not change color during the growing season whereas lichen which closely resemble Usnea do. If you're in the southern US and you think you've found Usnea and it has a black hair through the middle you've found Spanish Moss. Spanish Moss is not edible but does have some medicinal applications.

#### Caution:

There are around 20,000 lichen of which only two, or two families, are near toxic; Wolf Lichen — which looks like a lime green beard — and Sunshine Powder lichen that is yellow like a school bus. In general, stay away from yellowish colored Lichen.



**Wolf Lichen**





## Sunshine lichen

### Other Uses:

Fifty species of birds use lichen for their nests, and it also makes good stuffing for an expedient mattress.

Lichen burns readily and makes great kindling, or a small hot fire.

People in Sweden made an alcohol from Lichen, at least up through the 1800s. Lichen brandy was popular, and Lichen was also used in the making of Akvavit, a traditional caraway-flavored spirit. Akvavit comes from the Latin phrase Aqua Vite, which means “water of life.” The Irish word “whisky” is from the same Latin phrase and means the same thing: “water of life.”

People in Russia made a sort of molasses out of Lichen.

### Recipes:

#### Icelandic Lichen Flatbread

1 packed cup Icelandic moss (*C. islandica* after soaking)

1 1/2 c rye flour

1/2 c stoneground whole wheat flour

a pinch of salt

Boiling water as needed

One cup soaked Iceland moss is about two cups dried.

The Icelandic moss is soaked for a few minutes in lukewarm water to soften it, then drained and chopped. Mix it with rye flour, wheat flour and salt, then gradually add boiling water and stir well, until you have a stiff but pliable dough. Divide it into 12 equal pieces, roll them out thinly and cut out a round cake, 7-8 inches in diameter. Prick them with a fork. Cook on a griddle or bake at high heat until black spots appear, then turn over and cook the other side. Store in a damp cloth or plastic bag because they dry out quickly.

#### Lichen Milk

##### Soup

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a large fistful of prepared Icelandic moss (after soaking)

4 cups milk



1 tbsp sugar or brown sugar  
salt

Prepared the lichen then dry it. Pour the milk into a saucepan and heat to the boiling point. Add the Iceland moss and the sugar and simmer for 10 minutes. Add salt to taste and serve. In another version, the soup is simmered for 2 hours, until somewhat gluey. Some versions add far more sugar but that is not traditional.

### (Day) Lily, (Canada) Lily, and (Tiger) Lily



**Day Lily**

#### Day Lily

The original Daylily has tawny unspotted, blossoms that open for 1 day only (many other colors have now been created through selective growing). It has long, sword-like, green basal leaves. Its root is a mass of swollen and elongated tubers. Considered as a delicacy by wild food gatherers and chefs, the daylily has a long history in Chinese Medicine and cuisine. It was originally brought to America by early settlers, who revered it not only for its ease of transport across the seas and its success in alien soil but also for its nourishing food as well. It can be dined on for months.



**Canada Lily**

#### Canada Lily

Wild Canada Lilies have lemon yellow (sometimes orange) blooms; and are otherwise similar to Day Lilies.

#### Tiger Lily

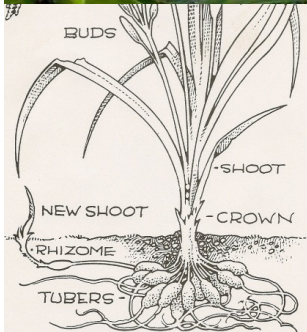
Many lilies are called “Tiger Lily” but botanists argue there is only one – *Lilium landifolium* (seen here). The Tiger Lily is a native of Asia and Japan but naturalized in North America. One way to identify this lily from others is the small black bulbils on the stem. While it is naturalized, it is usually found near to urban areas.



#### Edible Uses:

Almost all of the Day Lily, Canada Lily, or the Tiger Lily, bulb to flower, including the young green leaves, and pollen, is edible raw or cooked (better cooked). In fact, the Lily is a cultivated crop in Asia and Japan.

There are warnings on the Internet that the Tiger Lily is poisonous for humans, but that is because other lilies, which are poisonous, are erroneously called “Tiger



Lilies.”

#### Leaves -

**Harvesting:** The first harvest takes place in early spring, when the tasty and tender young foliage appears. At this time, you can cut the 3 to 5 inch outer leaves from their grassy clump, taking care not to damage the flowering stalks. They are similar in taste to creamed onions when simmered or stir-fried in oil or butter.

#### Flowers -

The second harvest is during the summer when the daylily flower buds and blossoms appear. These are the sweetest, most delectable parts of the plant. They can be eaten at all stages of their growth, raw or cooked. The tightly closed flower buds and the edible pods add interest to salads but also can be boiled, stir-fried or steamed with other vegetables. Half opened, fully opened and even day-old daylily blossoms may be dipped in a light batter of flour and water and fried in a wok, tempura style. Most sources say to sauté the unopened flower buds with a little butter or oil and call it a day. The taste? Green, with a whiff of radish and a dash of green bean.



#### Roots -



At almost any time of growth you can harvest the thick, fleshy, tuber- like roots. You will find them quite crisp, with a nutty flavor. They can be eaten raw on the spot, or added to salads and all kinds of soups and stews. You can also boil, stir-fry or cream them, serving them as a side dish in place of potatoes. They are at their best in late fall or winter after they have stored nutrients from summer growth. Think

really young fingerling potatoes, only with a sweetness to them. White ones are sweeter than the yellow ones. Yellow ones seem more substantial.

#### Medicinal Uses:

The roots are sometimes used in China for their mild diuretic and laxative properties. The leaves are used as a painkiller.

**CAUTION:** Fresh Daylilies may act as a diuretic or laxative; eat in moderation. All lilies are poisonous to cats.

**CAUTION:** Not all Lilies are edible. The Atamasco Lily, pictured here, and the Easter Lily, are not edible, and all parts are extremely poisonous to humans and animals. Calla lilies and Peace Lilies are not lilies at all. Both are poisonous.

To be safe when eating lilies, stay away from white blossoms, and multicolored blossoms. Also, avoid lilies which have a single stalk, from which all leaves sprout.



Recipes:

#### Steamed Daylily Tubers

Collect only firm, whole tubers. Replant the roots. Scrub clean and cut off any stringy roots still attached to the tubers. Don't bother to peel. Steam whole until tender when pierced with a fork. Toss with butter, salt and pepper.

#### Daylily Shoot Stir-Fry

Pick daylily shoots when they first come up in the Spring and are only a few inches high (Be sure of your ID! The best way to positively identify the shoots is to make note of where they are growing when the plant is blooming in the Summer, and then come back the following year). Boil briefly, 2-3 minutes and drain. Place in skillet or wok with other thinly sliced veggies, garlic, grated fresh ginger, soy sauce, vegetable oil and a dash of toasted sesame oil. Cook

Daylilies at any point in their growth can be dipped in a creamy batter and then quickly fried in very hot oil. Batter recipes can vary dramatically, but my favorite for daylilies is a combination of whole-wheat flour and a little corn starch. Sugar and/or salt can be added, as well.

#### Frittered Daylilies



It is best to cook the fritters by deep-frying them, or frying them in enough oil that the flowers float. However, they also taste wonderful when they are simply pan-seared in pre-heated oil.

Sunflower oil, corn oil, and coconut oil are all excellent choices for cooking daylilies. Daylily fritters can be served hot with butter, preserves, apple butter, or cinnamon, or they can be used

as a savory side-dish.

1 egg  
1C milk

1C flour  
½ tsp salt  
1/8 tsp cayenne pepper  
Crystallized Daylily Blossoms  
Heat oil to 375 degrees; coat daylilies quickly in batter and deep-fry 3 minutes

#### Daylilies as an Ingredient

Edible daylilies work wonders as a substitute for run-of-the-mill fruits and vegetables, and taste delicious in soups, salads, and stir-fries. Raw daylilies are sweet with an exotic bite and add interest and variety to everyday salads, and daylilies have the a texture and flavor similar to sautéed onions or mushrooms when they are fully cooked.

#### Daylily Pickles

Collect daylily buds when they are not quite full sized. Fill sterilized jar with buds. Make a brine of cider vinegar, sugar and pickling spices and bring it to a boil (proportions according to your taste buds). Pour over daylily buds and seal. Wait a month before tasting. These will keep in the refrigerator for a couple of months. For longer storage, process in a boiling water bath for 5 minutes.

#### Daylily Soup

Early on summer evenings when the daylily flowers are just starting to close, go out and collect as many as you can (they won't reopen anyway). Strip the petals away from the center of the flower. Dry the petals in a dehydrator or by stringing them with a needle and thread, leaving a little air space between each petal. Crumble into a jar. Midwinter, add these to your soups after you turn off the heat, think of summer, and smile.

#### Stuffed Daylilies

Stuffed daylilies are beautiful as a centerpiece or hors d'oeuvres. Select the colors you wish to work with first thing in the morning. Trim and wash the bloom and place in the refrigerator until ready to use. Mix the following recipe. Fill each blossom and set them upright in a beautiful serving dish. Very delicious:

1 cup diced cooked chicken\*  
1/4 cup mayonnaise  
1 -3 oz pkg. cream cheese (softened)  
1/4 cup diced celery  
1/2 teaspoon lemon zest  
2 teaspoons Hidden Valley Ranch Dressing  
Mix well. Fills approximately 8 large or 12 small daylily blossoms.  
Or use your favorite chicken salad-chopping all ingredients small.

#### Oriental Daylily Buds

2 cups daylily buds  
1 tablespoon peanut oil  
1/3 cup almond slivers  
1 tsp. freshly grated ginger

1 Tbs. Rice wine vinegar  
1 Tbs. Tamari or soy sauce  
1 Tbs. Water

2 cups cooked brown rice

Steam daylily buds for 10-15 minutes, until tender. In a wok or heavy skillet, heat the oil over a high heat until very hot. Add the almond slivers, sauté until browned. Quickly remove the almonds from the pan, set aside. Turn heat down to medium. Add grated ginger and cook 1 to 2 minutes. Add vinegar, tamari, and water.

Stir to mix. Toss in daylily buds. Serve over hot rice, topped with sautéed almonds.

Serves 4

#### Daylilies Stuffed with Oriental Crab Salad

1 cup fresh bean sprouts  
2 medium cucumbers, peeled, seeded and sliced into matchstick-sized pieces  
1/2 pound crab meat or crab substitute\*  
1 tablespoon sesame oil  
2 tablespoon light soy sauce  
1/2 teaspoon sugar

\* Blanche the bean sprouts by dropping them in boiling water for about a minute. Then cool under cold running water. They should still have a crunch.

\* Combine all ingredients thoroughly and refrigerate. You can even make the crab salad a day in advance. \*When you are ready to serve, spoon several tablespoons of the salad into the center of each daylily flower. You may also top each filled daylily with a scattering of toasted sesame seeds or finely chopped scallions for a more colorful presentation.

\* Smaller daylily flowers require less crab salad, so this recipe makes enough to stuff two dozen large daylily flowers or 30 smaller flowers.

#### A Salad of Flowers and Herbs

One head red leaf lettuce, cleaned and torn  
1 cup mixed herbs, picked over and cleaned  
1 cup petals, daylilies, roses and nasturtiums

Dressing:

1/2 cup verjus (tart juice from an early pressing of grapes)  
1/4 teaspoon salt  
5 turns freshly ground black pepper  
Grated zest of one orange  
1/2 cup canola oil

\* Toss together in a large bowl the lettuce, herbs and flowers.

\* Combine all the dressing ingredients but the oil in a 12-ounce jar with a lid. Cover and shake. Allow to sit for about 15 minutes then pour in the oil. Shake well again. Store chilled.

\* Stream 1/4 cup dressing around the edge of the bowl and toss to coat.



### Daylily Fritters with Strawberries

#### \* Batter:

1 cup all-purpose flour  
1/2 teaspoon baking powder  
1 tablespoon cornstarch  
1 teaspoons salt  
1/4 teaspoon turmeric  
White pepper to taste  
18 ounces water  
4 ounces oil  
12 daylily flowers

#### \* Sauce:

8 ounces demi-glace  
4 ounces strawberry jam  
8 strawberries, quartered

\* Prepare the batter: Combine all dry ingredients, then whisk in water.

\* In a sauté pan, add oil and heat until it just starts to simmer.

\* Dip the flowers into the batter and quickly fry on both sides, no more than 20 seconds. Place flowers on a towel to drain.

\* Prepare the sauce: Heat demi-glace, add jam and simmer until jam is incorporated into the sauce. Add strawberries, toss and remove from heat.

\* Place sauce on plate and decorate. Arrange flowers on top. Garnish with strawberries.

\* Serves four.

### Daylily Cheesecake

#### Ingredients:

1 lb. cream cheese, softened  
3/4 cup granulated sugar  
4 eggs, room temperature  
1 cup half and half  
2 cups daylily petals, thinly sliced  
Preheat oven to 325 degrees.

\*Coat a nine-inch cake pan with non- stick spray.

\*Beat the cream cheese with an electric mixer on high speed until fluffy.

\*Stream in the sugar and beat until dissolved.

\*Beat the eggs in one at a time on medium speed. Reduce the speed to low and stream in the half and half until completely incorporated.

\*Fold the daylily petals in by hand.

\*Pour the batter into the prepared pan.

\*Set into a shallow roasting pan and fill with warm water at least halfway up the outside of the cake pan.

\*Bake for one hour or until the center is just set. Chill until completely cooled.

\*Remove by setting the pan in a shallow bowl of warm water for about ten seconds and turning out onto a plate.

\*Serve with fresh berries in a daylily.

### Daylily Dessert

For an elegant dessert, try filling a daylily flower with fresh fruit, ice cream or sherbet. Pick several medium-sized daylily flowers in the morning, wash them, remove the stamen and put them in a covered bowl in the refrigerator. When you are ready for dessert, place each daylily flower in a goblet. Fill the flowers with raspberries and cream, orange or lemon sherbet or your favorite ice cream. Top with a sprig of mint or a few Johnny-jump-up flowers.

### Fried Rice with "Golden Needles"

"Golden Needles," a traditional ingredient in Chinese dishes, such as Hot and Sour Soup and Moo Shu, are actually sun-dried daylilies! Vast fields of daylilies, probably a species, are grown for harvest in Asian countries including China and Thailand. The buds are picked when colored, but unopened, and dried in the sun for about a week. You can harvest your own (use the milder yellow varieties) and either sun-dry them or use a dehydrator. They may also be found in oriental markets. To use them, soak the dried flowers in hot water about ten minutes. Then pinch off the stem end, and cut in half if large. They add a chewy texture and are rich in carotene.

#### Ingredients:

4 eggs

4 scallions, sliced

20 golden needles

1 small can bamboo shoots

1/2 pound snow pea pods, cut in half the long way

1 medium carrot, cut into match-stick (julienne) pieces

Substitutes: water chestnuts, bell peppers or broccoli, all cut in comparable sized pieces, can be used in place of any of the vegetables.

2 cloves minced garlic

2 Tablespoons grated or minced garlic

4 cups cooked rice

2-4 Tablespoons soy sauce

2 Tablespoons canola oil

1 Tablespoon sesame oil

Heat the sesame oil in a 10-12 inch non-stick skillet or wok. Add eggs, spread over pan as thinly as possible. When done, but not brown, remove and slice into thin strips. Set aside.

Heat canola oil until smoking. Add ginger and stir. After one minute add garlic, the vegetables, scallions and golden needles. Mix and stir-fry rice about three

minutes. Lower heat and cook until vegetables are done but crisp. Add rice, egg and soy sauce to taste, and mix until heated through.

Serves 4 as a side dish or 2 as an entree.

### (Black) Locust Tree



Black locust (*Robinia pseudoacacia*), otherwise known as yellow locust or false acacia, belongs to the genus *Robinia*, that has around ten species and several hybrids.

Black locust is a fast growing, large-sized tree, native to the south-eastern parts of the United States. It grows up to 80 feet tall. The tree develops a dark and furrowed bark, as it ages.

The leaves are pinnate with a length of around 25 centimeters. Each leaf possesses nine to nineteen leaflets that are roughly oval in shape. One of the characteristic features of this tree is the short prickly thorns that are located at the base of the leaves.

The Black Locust produces white flowers in May and June that are intensely fragrant and arranged on axillary, pendulous racemes.

The tree produces bean pods which are dark brown and are approximately 4 inches long. They stay attached to the tree during winter. Each pod has up to 14 seeds. The pods, and the seeds, are poisonous.

#### Edible Uses:

The flowers are the only confirmed edible portion of this plant; they make very good fritters.

Although the bark and leaves are toxic, various reports suggest that the seeds and the young pods of the black locust can be edible when cooked, since the poisons that are contained in this plant are decomposed by heat.

#### Other Uses:

The pale yellowish brown wood is heavy, hard, strong, close-grained and very durable in contact with the ground. It is resistant to rot, making it prized for furniture, flooring, panelling, fence posts and small watercraft. The wood may last over 100 years in contact with the soil.

Black Locust is also highly valued as firewood, as it burns slowly, with little visible flame or smoke, and has a high heat content.

In some parts of the world, black locust tree is cultivated as a honey plant.

#### (Honey) Locust Tree

Also: Sweet Bean, Sweet Locust and Honey Shuck



Honey locust tree is native to the eastern regions of North America. These fast growing trees can grow to a height of up to 80 feet.

The Honey locust has bright green leaflets that can be both pinnately compound and bipinnately compound. Bipinnately compound basically means that there is a branching off of the main rachis with a smaller rachis and smaller leaflets. The leaflets are oval and come to a point at the end. Leaves are oblong in shape. During early autumn, the leaves of honey locust tree turn bright yellow in color, just before falling.

The strong-scented cream-colored flowers develop in clusters and the fruits (seed pods) develop in female trees. Its pods are flat and shaped like a strap. Lime color in the summer and reddish-brown in the fall, the pods are 12 to 18 inches long and contain 12 to 14 seeds. The pulp of the flat pods are edible. The pods are eaten by many animals, including deer, cattle, squirrels, rabbits and birds.

The honey locust can be either with thorns or without. If you have a thorny tree, the thorns should branch off in groups of three or in factors of three. Honey locust thorns are around 3 to 10 cm. As they emerge, the thorns are found to be green and soft. With age, it turns harder and reddish brown in color.

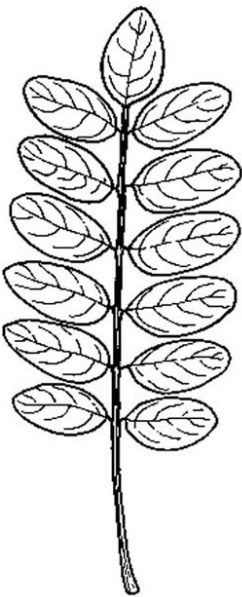


The seed pods of the honey locust are very large, sometimes a foot or more long. They can curl up and are leathery and reddish. Inside the pod are the dark seeds about as big as your pinkie finger nail.

#### Edible Uses:

The fruit of the Honey locust is a flat legume (pod) that matures between September and October. The pulp on the insides of the pods is edible, unlike the Black locust, which is toxic.

### Differentiating Between a Black Locust and a Honey Locust



Black Locust



Honey Locust

#### Leaves:

Black locust leaves are pinnately compound. Honey Locust leaves are bipinnately compound. Also, the leaves of the Black Locust are more round than the Honey Locust and do not come to a point at the end. New leaves are usually produced earlier in the Honey Locust, than the Black Locust.

#### Thorns:

A Black locust should have a pair of thorns at the base of each branch. Honey Locust thorns usually come in groups of three.



### Bark:

The black locust's bark is dark in color with grooves that resemble an intertwining rope. The honey locust's bark is brown or grey in color and the thorned variety has bunches of thorns.

### Seed Pods:

Both the black and honey locust have smooth, thin, shiny seedpods. But the black locust's seedpods grow to a length of two to four inches, whereas the seedpods of the honey locust grow to a length of about 12 to 14 inches. The pod of the Black Locust is not as red, nor is it as leathery as the pods of the Honey Locust. Inside, the seeds of the Black Locust are very tiny and dark in color.

## Magnolia



Magnolias are one of the iconic trees of not only the South but exported to many non-hard freeze areas of the world.

### Edible Uses:

Few people know the blossoms of the Magnolia Grandiflora are edible. Their flavor though is intense, and they taste similar to how they smell.

The blossoms are not eaten raw per se. They are pickled.

Oddly the practice started in England and you only use the petals, not the entire blossom.

What works best is to pickle the petals in a sweet/sour pickle recipe. Then take out one petal, dice it, and use it sparingly as a flavoring in salads.

The flavor is strong so go easy. Also, the Magnolia's leaf can be used just like a bay leaf, that is to flavor soups and the like.



However, don't use the entire leaf because it is way too big. Cut it into smaller pieces when used like a bay leaf.

**Medicinal Uses:** American Indians used a wash of the bark to treat prickly-heat itching and a wash for sores. Crushed bark used in steam baths to treat water retention. In nineteenth-century America, bark used to treat malaria, and for rheumatism.

Fruits used as a digestive tonic, for dyspepsia, and general debility. Seeds used in Mexican traditions for antispasmodic activity. Also used for high blood pressure, heart problems, abdominal discomfort, muscles spasms, infertility, and epilepsy.

**Caution:** Leaves have caused severe contact dermatitis.

## Maple Tree



There are well over 200 various trees in the family of trees that is known as maple. They are widely distributed around the world, usually in further northern climates, and are wide spreading trees, which have very thick leaves, which they lose in the autumn, otherwise known as deciduous. The Maple is a very slow growing tree, and can live to be well over 100 years old. It will grow to be more than 100 feet tall in many areas, and can be more

than a yard in diameter when fully grown. The leaves to a maple can vary in size from just over two inches up to five inches, depending on the variety of maple.

**Edible Uses:** The leaves, seeds and sap of the maple are edible.

**Leaves –** The leaves can be eaten raw, or cooked like other greens.

**Seeds -** When cooked, green maple seeds taste like a cross between peas and hominy. They can also be eaten raw or dried, and thrown in a salad.



The seeds should be gathered when they're full but still green in the spring. All maple seeds are good to eat, but some are more bitter than others (a good rule of thumb is: small and sweet, big and bitter). Later, when their shells are brown, they are a little more bitter, but still good.

Hull the seeds. Peel off the outer skin (the "whirlygig" part). Cut the end with your thumbnail. Squeeze out the seed; it looks like a pea or bean.

Rinse out the tannins. Taste a few seeds raw. If they are bitter, you'll need to boil them in water, dump out the water, and repeat until the bitterness is gone.

Cook the seeds. If you boiled them already, just season with butter, salt, and pepper and enjoy. The seeds can also be roasted or dried.

Roasting - Place the seeds on a cookie sheet and sprinkle with salt. Bake in a 350 degree oven for 8 - 10 minutes.

Drying - Put them in a dry, sunny spot or in a food dehydrator until they are crunchy. They can then be pounded or ground into a flour.

Sap -

The sap of a maple tree contains a far higher amount of sugar than any other tree, and of these, the sugar maple contains the highest amount. A tree cannot be tapped for its sap until it is over a foot in diameter because doing so is damaging to the tree.

Maple sap can provide fresh, safe, survival water. To get the water, or sap, you simply tap the tree by boring a half-inch or quarter-inch hole into the trunk with a knife or sharp rock, inserting a hollow reed, and collecting the thin sap in any container

Alternatively, you can cut through the bark with diagonal slashes. Make sure that you cut into the sap wood, or cambium, that lies just under the bark and that you don't kill the tree by cutting all the way around it.

Since water gathered by this method contains a high concentration of sugar, drinking large amounts of it can cause an upset stomach or cramps. For the same reason, the liquid tends to spoil when it's not drunk soon.

Recipes:

Maple Syrup

Tapping, which involves drilling a two to three inch deep hole in the trunk for sap collection, does not harm the maple tree. Maple season lasts about eight to ten weeks in February, March and April. Yield is highest when the daytime temperature is 40 degrees F or higher and well below freezing at night. Early in the season, maple sap has a higher concentration of sugar and less is required to produce the same amount of maple syrup. Maple syrup is a good source of potassium, calcium and other minerals. It also contains trace amounts of vitamins and important amino acids and is low in sodium. Maple syrup and maple sugar

are also considered natural foods, since the only processing they undergo is heating and filtration.

For best results, tap trees when the days are warm and the nights are cold.

Choosing the right trees to tap can make a major difference in the amount of syrup you end up with.

To avoid damaging trees, never tap one that is less than 10 inches in diameter.

A clean gallon jug can be used as a disposable container to collect maple sap.

Don't try to boil down maple sap indoors, unless you have very good ventilation and a dehumidifier running.

Filtering maple syrup prior to storage will prevent a cloudy appearance.

### Pure Maple Candy

#### Ingredients

2 cups pure maple syrup

1/2 cup chopped walnuts (optional)

In a large heavy-bottomed saucepan, bring the maple syrup to a boil over medium-high heat stirring occasionally. Boil until syrup reaches 235 degrees F (110 degrees C) on a candy thermometer.

Remove from heat and cool to 175 degrees F (80 degrees C) without stirring, about 10 minutes.

Stir mixture rapidly with a wooden spoon for about 5 minutes until the color turns lighter and mixture becomes thick and creamy. Stir in chopped nuts, if desired. Pour into molds. Set aside to cool. Once cool, unmold candy. Store in airtight containers up to 1 month.

### Maple Espresso Cake



1 cup maple syrup

1/2 cups sugar

4 cups white or wheat flour

1/4 cup finely ground coffee

1 tablespoon baking powder

1/2 teaspoon salt

1 cup butter, room temperature

1/2 cup sour cream

6 eggs

1 tablespoon vanilla extract

1/2 cup milk or yogurt

Preheat oven to 350 degrees. Grease a 12 cup Bundt pan or large spring pan.

In a medium bowl combine all dry ingredients.

In a large bowl mix sugar, syrup and butter until light and fluffy. Add sour cream, eggs, vanilla and milk until well blended.

Beat in on low speed the dry ingredients.

Bake for 1 hour

### Maple Oatmeal Chocolate Chip Cookies



- ½ cup butter
- 1 cup maple syrup
- 1 large egg
- 1 teaspoon vanilla extract
- 1 ¾ cup white and/or wheat flour
- 2 cups rolled oats
- ½ teaspoon baking soda
- 1/8 teaspoon salt
- 1 cup miniature chocolate chips
- ½ cup walnuts (optional)

Preheat oven to 350 degrees and grease cookie sheets.

Cream butter and maple syrup, then beat in egg and vanilla. Stir in the remaining ingredients.

Drop in teaspoonfuls on the cookie sheet and bake for 12 to 15 min.

### Maple Walnut Sweet Rolls

- ¾ Cup Milk
- ¼ Cup Butter or Margarine
- 1 Egg
- ¼ Cup Sugar
- 1 tsp. Salt
- 3 Cups All-Purpose Flour
- 2 tsp. Dry Yeast



Put ingredients in your bread machine on the “dough” cycle:  
Remove dough from bread machine – pat out into a rectangle.

Brush dough with 2 Tbsp. melted butter or margarine

Sprinkle with ½ cup pure granulated maple sugar and then sprinkle ½ Cup chopped Walnuts.

Roll dough jelly roll-style and cut into 1½” wide pieces and place on side in greased pan.

Cover and let rise for about 40 minutes. Bake at 350° for 15 to 20 minutes.

When rolls come out of oven, spread Pure Maple Cream on top for frosting.

#### Maple Cheesecake

8 oz. Cream Cheese, softened

8 oz. Whipped Topping

½ cup Granulated Maple Sugar

1 pre-made Graham Cracker Pie Crust

Mix all ingredients together and pour into pie crust.

Chill overnight.

Sprinkle top with granulated maple sugar before serving.

#### Bacon Wrapped Scallops with Mango Maple Glaze

8 scallops

4 strips bacon

½ cup Maple Syrup

1 cup mango sauce

Preheat oven to 400°. Wrap each scallop with 1/2 strip of bacon. Place in a small baking dish. Mix the maple syrup and mango sauce well. Baste and bake the scallops for 20 minutes until nearly cooked. Re-baste well and then place under broiler for an additional 10 minutes or until bacon begins to crisp.

Yield: 2 servings

#### Maple Vinaigrette Salad Dressing

½ cup Granulated Maple Sugar

½ cup white vinegar

½ cup canola oil  
½ teaspoon paprika  
¼ teaspoon garlic powder  
½ teaspoon dry mustard  
¼ teaspoon pepper  
½ teaspoon Mrs. Dash's Table Blend  
½ teaspoon Worcestershire sauce

Combine all ingredients in a bottle that will seal tightly. Shake vigorously prior to use. Store in refrigerator.

(Note: This salad dressing is almost salt free! There is a negligible amount of salt in the Worcestershire sauce.)

Yield: Approximately 1½ cups

#### Chicken Teriyaki Maple Stir Fry

4 teaspoons canola oil  
1 tablespoon fresh minced garlic  
1 pound boneless chicken breasts cut into bite size strips  
¼ cup teriyaki sauce  
1 cup red pepper cut into bite size strips  
2 cups zucchini cut into bite size strips  
2 cups sliced mushrooms  
1 cup snow peas  
1 tablespoon soy sauce  
1½ tablespoons Maple Cream  
1 – 2 dashes of hot sauce to taste (optional)

Heat oil until hot in wok.

Add fresh minced garlic and sauté till just starting to turn golden 1 – 2 minutes.

Add chicken strips. Toss while cooking.

After chicken is partially cooked (about 4 minutes) add Teriyaki sauce and continue to toss to blend.

Cook chicken until done.

Remove chicken from pan with a slotted spoon. Set aside.

Add red pepper strips and toss with spoon while cooking for about 1 minute.

Continue to add vegetables in order listed letting each addition heat and cook a little before adding the next (about a minute or so).

Sprinkle soy sauce over vegetables and a little more Teriyaki sauce if needed.

When vegetables are the desired doneness of your choice, add maple cream and toss to coat hot vegetables.

Return chicken to pan and toss together with the vegetables until chicken is hot.

If needed, add a little additional Teriyaki sauce and a dash or two of hot sauce if you choose.

Serve over rice.

### Spicy Maple Glazed Pork Chops

4 – 8 pork chops

1½ cups Maple Syrup

½ cup white vinegar

¼ cup horseradish

2 tablespoons ancho chile powder

Preheat oven to 400° F. Mix the maple syrup, horseradish and chile powder well. Sear the pork chops on both sides then place in a baking dish. Set aside half of the glaze for finishing. Baste the glaze over the chops and continue basting while the chops finish cooking. Pour the reserved glaze over the chops just before serving.

Yield: 4 - 8 servings

### Maple Baked Pears

2 ripe but firm Bartlett pears

4 tablespoons lemon juice

1 tablespoon unsalted butter

2 tablespoons Maple Granulated Sugar

2 tablespoons Maple Syrup

Water

½ teaspoon pure vanilla extract

Preheat oven to 375° F. Peel the pears and cut them in half lengthwise. Using a melon baller or a spoon, scoop out the cores. Brush the pears with lemon juice to prevent browning.

Melt the butter in an ovenproof skillet just large enough to hold the pears in a single layer. Add the Maple Granulated Sugar and cook over moderately low

heat, stirring, until the sugar is dissolved. Add the pears and turn them several times to coat with the syrup. Arrange the pears, cut side down, in a single layer and bake for about 30 minutes, basting occasionally with pan juices, until just softened and golden.

Transfer the pears to a platter and keep warm. If necessary, add a little water to the skillet to thin the syrup. Remove from the heat and stir in the vanilla. Pour the syrup over the pears and serve warm or at room temperature.

Yield: Serves 4

### Maple Custards with Sugared Pecans



3¼ cups Maple Syrup  
16 large egg yolks  
4 whole eggs  
4 tbsp unsalted butter  
2 cups pecan halves (½ pound)  
¼ cup Granulated Maple Sugar  
salt  
boiling water  
whipped cream, for serving

Preheat oven to 325° F. Spoon teaspoon of maple syrup into each of twelve ½ cup ramekins, swirling to coat the bottoms. Arrange the ramekins in a large roasting pan.

In a large stainless steel bowl, whisk the yolks with the whole eggs until blended. Whisk in the remaining 3 cups of maple syrup. Pour the mixture into the ramekins.

Carefully pour enough very hot water into the roasting pan to reach halfway up the sides of the ramekins. Cover the pan with foil and bake for 55 minutes, or until the custards are just set.

Using tongs, immediately remove the ramekins from the hot water and let cool to room temperature.

Refrigerate the custards for at least 6 hours or overnight.

Meanwhile, in large skillet, melt the butter. Add the pecans and stir to coat with butter. Cook over moderate heat until lightly browned, about 5 minutes.

Put the granulated maple sugar in a large bowl.

With a slotted spoon, transfer the pecans to the bowl with the granulated maple sugar and toss to coat. Transfer the nuts to a baking sheet, shaking off any excess sugar. Sprinkle lightly with salt. Let cool.

Carefully run a thin knife around each custard. Dip each ramekin in a bowl of boiling water, and then quickly invert the custard onto a plate.

Spoon whipped cream over the custards, garnish with the sugared pecans and serve.

Make ahead, the custards can be refrigerated for up to 2 days. The sugared pecans can be stored overnight in an airtight container.

### (Tagetes) Marigold

Also: Mexican Marigolds, African Marigolds, French Marigolds



Marigolds are North American native flowers that were revered by the Aztecs in Mexico, who introduced them to the Spanish, who spread them about the world.

The Marigold represents a genus of about 52 species of annual and perennial plants in the daisy family. The different species vary in size from 0.05-2.2 m tall. They have pinnate green leaves, and white, golden, orange, yellow, to an almost red floral

heads typically (0.1-) to 4-6 cm diameter, generally with both ray florets and disc florets. Most marigolds we grow are a cross between tall African and dwarf French varieties.

#### Edible Uses:

The petals of all varieties of Marigolds are edible. The fresh flowers may be added to salads; they provide a bitter taste, which can be helpful to balance out an overly sweet dish. The Tangerine Gem and the Lemon Gem varieties are the best-tasting. Also enjoy marigold petals as citrus-flavored garnish. Marigold petals are also used as a saffron substitute though they have a different flavor.

Harvest marigolds as they open in late morning for use in salads, cakes, and teas. Marigolds are easy to dry and store for later use. Spread the flowers on a screen to dry in a well-ventilated, shady location and store in glass jars. You can remove the seeds and store them, too, for later sowing.



#### Medicinal Uses:

The Tagetes marigolds, or the common decorative type, do not possess medicinal properties. Medicinal properties reside only in the "Pot Marigold" (Calendula) which is not actually a Marigold at all.

**Calendula**



#### Other Uses:

The foliage has a musky, pungent scent which is said to deter some common insect pests and thus marigolds are commonly used as companion plants for tomato, aubergine, pepper, tobacco and potato.

The only actually proven pest, that marigolds repel, are soil dwelling nematodes. French marigolds are thought to be the best at repelling some types of nematodes. The most effective way to grow them as nematode repellents is to plant a thick stand of marigolds, grow them for 3 to 4 months and then till them under. They are not as effective if simply interplanted around other crops.

#### May Pop

Also: Passion Flower



A weak, trailing or climbing vine with tendrils. Leaves finely toothed, 3 (or 5) lobed. The long stalked showy flowers (May-Jul) in the upper leaf axils consist of 3-5 white sepals alternating with 3-5 white petals and overlaid by a sunburst structure (corona) of purple or pink threads. Fruit (Jul-Oct) is a large, yellow, hen's egg size berry.

The vine will grow 10 to 20 feet long, and particularly likes to grow up trees or along fences. It dies back entirely in winter, but by the following May, it reappears and grows so fast that it appears it has just popped out of the ground (thus the name "May Pop.") It is so aggressive and hardy that some consider it a weed. It can grow from seed or by spreading its roots.

Edible Uses:

Fresh fruit, cold drink, jelly. Although not very nutritious, the ripe fruit can be eaten fresh, or made into a cold drink (simmer 5 minutes, strain, add lemon and sugar, chill) or jelly (simmer, strain, add as much sugar as juice, add pectin).

The pulp inside the fruit is edible, and sweet; but the seeds themselves are inedible. The fruit is ripe for picking when the skin turns from green to yellow and the skin starts to shrivel a bit.

#### Medicinal Uses:

American Indians poulticed root for boils, cuts, earaches, and inflammation. Traditionally used as an anti-spasmodic, and as a sedative for neuralgia, epilepsy, restlessness, painful menses, insomnia, and tension headaches. Research shows extracts are mildly sedative, slightly reduce blood pressure, increase respiratory rate, and decrease motor activity.

**Caution:** Fruits potentially harmful in large amounts.

#### Recipes:

##### Maypops Squash

4 cups maypops, halved  
3/4 cup sugar  
1 cinnamon stick, halved  
1 whole clove  
2-1/2 cups water  
1/4 cup lemon juice

Combine the maypops, sugar, cinnamon stick, clove, and water and bring to a boil. Simmer gently for 5 minutes. Put through a strainer, pressing fruit to extract all the juice. Add the lemon juice, and chill well before serving.  
Makes 4 servings.

##### Maypops Jelly

2 cups ripe maypops, sliced  
1 cup water  
2-1/2 cups sugar  
1-3/4 ounces pectin

Combine the Maypops and water, and boil gently for 5 minutes. Then strain, discarding the pulp. Combine the liquid and sugar and bring to full rolling boil. Add pectin, and again bring to rolling boil. Remove from heat, pour into hot, sterilized jars, and seal.  
Makes 2-1/2 pints.

##### Maypop Ice Milk

3/4 cup non-instant milk powder

3/4 cup ice water  
1 teaspoon vanilla extract  
1 and 1/4 pounds maypop  
3/4 cup honey (Or sweeten to taste. Taste the mixture and if it is too tart add more honey, but keep in mind that everything is going to be diluted when you add it to the whipped cream.)

Put the beaters and bowl in the freezer to chill for 15 minutes.  
In the chilled bowl make up the ice water and milk powder, beating until stiff, about 20 minutes.

When almost stiff add the extract. In a blender, process the maypops and honey until thick puree. Scrape this into the beaten cream and beat in well.

Pour into ice cream maker and crank until set.  
Makes a 1/2 gallon

### (Common) Milk Weed

Also: Butterfly flower, Silkweed, and Silky Swallow-wort



Common milkweed is a herbaceous perennial plant growing to 1–2 m tall from a rhizome. The stem and all parts of the plants produce a white latex when broken. The leaves grow in opposite pairs on short stems, and are generally 4-9 inches long ovate shaped, usually with an a red-colored main vein. They have a very short petiole and a velvety underside.

The stem and leaves are covered in fine hairs seen through a magnifier, a second characteristic that can help differentiate it from dogbane, which is smooth.

One of the more obvious characteristics of Milkweed is its seedpod and its seeds. The seedpod is teardrop shaped and has pointy parts sticking out of it. The seeds have feathery extensions that help them travel farther away.

Milkweed also has an unusual flower structure that has many small flowers all sprouting from one location and drooping in a dome. The individual flower structures seem to have two sets of petals, one set aiming up and the other pointing down. If the stem is broken, a milky sap will be visible that flowed up the

stem.

#### Edible Uses:

The boiled young shoots, leaves, unopened flower buds, flowers, and young pods are said to be good as asparagus, cooked greens, cooked vegetables, and fritters.

#### Shoots and Tops



Shoots emerge in late May in most locations. Milkweed shoots appear asparagus-like, except they have a few pairs of small leaves clasping their sides. The smaller they are, the better they taste - but as long as they bend easily and break off when pinched they are good to eat.

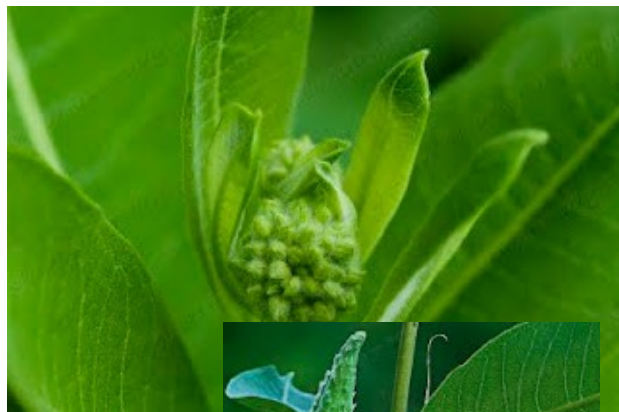
Normal size is three to six inches but the shoots can be picked until they are about 14 inches high. At this stage,

most of the leaves are not unfurled or fully formed and the stem is tender enough to break off. The flavor is similar to green beans.

Boil the shoots in salted water until they are tender, which is usually twenty minutes or so. As the plants grow taller, you can still eat them, using only the top few inches and removing all but the smallest leaves. At this stage they are never quite as good as the younger shoots.

#### Flowers and Fruit

In late spring to midsummer, the unopened flower buds can be gathered. They look like miniature heads of broccoli. Dice up a small handful of these and toss them into a soup, casserole, pasta dish, stuffing, or stir-fry to excellent effect. They taste like buttered green beans.



The flowers bloom in summer and are sometimes pink, white,





purple, or a combination of the colors. They can be boiled or steamed for 3 minutes, then dipped in batter and fried like tempura. The five petals of the flowers bend sharply backwards, and in front of each one there is a lobe pointing forward to form the showy looking part of the flower. Each plant produces several clusters of flowers, but each flower will not form a pod, only 2-5 per flower cluster will mature to a milkweed seed pod.

### Pods

As the flowers wither away, in late summer, seed pods will form in their place along the upper parts of the stem. Even though a cluster contains dozens of flowers, it rarely ends up producing more than four or five seed pods. In a season, an average milkweed stalk produces only four to eight pods.

Milkweed pods are excellent in stew, stir-fry, or eaten as a vegetable side dish. They are delicious with cheese and bread crumbs. The pods can also be made into pickles, but they become soft after boiling.

The pods first appear about the size and shape of a teardrop. When fully grown they will be three to five inches long. Until they are about two-thirds grown the immature pods make a superb vegetable. The smallest pods, under an inch long and still firm, are most desirable. When the pods are fully formed they become tough and unpalatable and should not be eaten.

The best time to gather milkweed pods is late summer. When they are about an inch long, gather the pods and cook them whole. As they grow bigger but before they are fully grown, they can be gathered and the insides can be removed and the pod can be stuffed like a pasta shell. In a milkweed pod that is good for consumption, all of the seeds inside the pod will be completely white. The pods are best cooked and eaten soon after gathering so they do not get tough.

The pods that are too old tend to be rougher on the outside than the young pods. They also tend to have more pointed, curved tips. There is a line running the length of each pod, along which it will split open to release its seeds when mature. If you pull apart on both sides of this line and it splits open easily, the pod is probably too old to use. The silk should be soft and juicy, not fibrous. It should be easy to pinch through the bundle of silk or to pull it in half. Immature pods are also plumper and harder than mature ones. Any sign of browning indicates that the seed pod is too old to eat.

### Other uses:



Milkweed is a primary food source for Monarch Butterflies.



In World War II,  
stuff life preservers.  
insulation value than



milkweed fluff was used to  
Milkweed fluff has a higher  
goose down.

Milkweed stalks produce a coarse fiber that can be used for twine.

### Caution:



Both Horsetail and Dogbane can resemble Milkweed at different times of the plant's development. Neither Horsetail nor Dogbane are edible. When the shoots are just emerging, they could be confused with Horsetail.

These sprouts are of horsetail—Equisetums—ancient forms of plants that thrive in wet areas. Once they're large and green you can pick off a stem and see that they're completely hollow except for a membrane at the nodes.

Once the Milkweed plant has put on leaves, it could be confused with Dogbane.

Dogbane shoots tend to come up a little earlier than Milkweed, so where the two plants grow side by side they are usually taller. Dogbane shoots are always much thinner than those of milkweed, and they are usually reddish-purple on the upper part of the stem. Milkweed stems and leaves are minutely fuzzy, while dogbane stems are smooth. As the plants get older, the differences become more obvious, as dogbane tends to form several spreading stems, while milkweed shoots remain unbranched.



Recipes:

### Milkweed Pickles



Ingredients  
milkweed buds  
cider vinegar  
pickling spices of choice

Use small milkweed pods 1-1 1/2 inches long. Make pickling brine of your choosing. I do some as dill pickles and some in a sweet bread & butter type brine. Put pods in jars (I use pint and 1/2 pint) cover with hot brine,

work out air bubbles and process in water bath canner at a rolling boil for 15 minutes.

### Sautéed Milkweed Pods and Mushrooms

Remove the immature seeds – the inner white part of the milkweed pod. Look for young pods, which tend to be small, rough textured, and do not split open easily.

Ingredients

12-18 milkweed pods  
1/4 cup cooking oil or butter  
1/2 cup chopped onion  
2-3 cloves chopped garlic  
1/4 cup vegetable stock or water  
1/2 cup chopped mushrooms

1. Peel outer shell from milkweed pod and remove white center.
2. Discard any brown or discolored centers.
3. Bring 2 cups of water to a boil, add pod cores and boil for 2-3 minutes.
4. Remove pod cores from water, drain and set aside.
5. Coat skillet or cast iron pan with oil or butter.
6. Add onions and garlic, cook over medium high heat until golden.
7. Chop cooked pod cores.
8. Stir milkweed pod cores and mushrooms into mix.
9. Add liquid as needed until vegetables are cooked and pods are stringy.

### Roasted Milkweed Shoots



1 lb of milkweed shoots  
2 tbsp of olive oil  
2 gloves of garlic, minced  
Prosciutto ham  
1 lemon  
Kosher salt and pepper to taste

Preheat oven to 400°F. Rinse clean the shoots, and put the shoots and oil in a

plastic bag and rub the bag so that the oil gets evenly distributed. Sprinkle with minced garlic, salt, and pepper.

Lay the asparagus spears out in a single layer in a baking dish or a foil-covered roasting pan.

Cut a small portion of prosciutto into ¼ inch pieces and scatter pieces over the shoots

Place pan in oven and cook for approximately 8-10 minutes until the shoots are lightly browned and tender when pierced with a fork. Drizzle with a little fresh lemon juice before serving.

### Cream of Milkweed Flowerbud Soup



For this recipe, pick the younger, tighter buds. Each milkweed stalk will usually have 2-5 clusters at the top, and maybe 3-6 more clusters along the stalks where the stalk meets the leaf stems. The clusters will ooze white "milk" when picked, and sometimes there will be beetles, ants, or Monarch butterfly caterpillars in the tight clusters. Give the clusters a quick shake and wash

to clean them before cooking.

- 1 T oil
- 2 T butter
- 1/2 small onion, diced
- 3 T flour
- 2 c. milk
- 1/2 c. vegetable broth
- 1 medium russet potato, diced
- 3 c. milkweed flowerbuds
- 1 c. shredded sharp cheddar
- 1 c. boiled milkweed flowerbuds for garnish

1. Heat the oil and butter together and sauté the onion until translucent.
2. Add the flour and whisk to cook the roux for 30 seconds over medium-high heat.

3. Slowly pour in the vegetable broth, milk, and diced potato, whisking constantly to prevent lumps. Bring the thickened soup to a boil, then reduce to medium heat and cook 8 minutes, stirring often.

4. Add 3 c. washed milkweed flowerbuds and cook 8 minutes longer, stirring often.

5. Purée the soup in a blender, or with a hand blender until smooth. Stir in the shredded cheddar, stir until the cheddar is melted. Serve garnished with the boiled milkweed flowerbuds.

makes 4-6 servings

### Milkweed Pods and Chickpea Salad



2 c. small milkweed pods, about  
1-1 1/2" long  
1 16 oz can chickpeas, drained  
1/4 red onion, sliced thinly  
1/4 c. crumbled feta cheese

#### Dressing:

3 T red wine vinegar  
1 T fresh basil, chopped  
1/4 tsp salt  
1/4 tsp pepper  
1/2 tsp sugar

1 clove garlic, minced  
2 T olive oil

1. Scrub the milkweed pods, and boil them for 5 minutes. Shock them in ice water. Slice the stem ends off the pods and slice them in half, removing the seeds and silk.

2. Toss the milkweed pods with the chickpeas, onions, and feta cheese.

3. To make the dressing, whisk the vinegar, chopped basil, salt, pepper, sugar and garlic together in a bowl. While whisking, drizzle in the olive oil slowly, making an emulsion. Toss the salad with the dressing, and allow it to refrigerate for at least an hour before serving.

makes about 3 c.



### Caramelized Milkweed Pods



2 T coconut oil  
3 cups fresh milkweed pods, cut in half horizontally

1. Add coconut oil to a large skillet over high heat.
2. Add pods, cut side down, and sear for about 1-2 minutes or until nicely browned.
3. Flip pods carefully with tongs and cook on second side about 30 seconds to 1 minute.
4. Season lightly with sea salt and pepper add to pot with meatballs.

### Crustless Milkweed Flower Quiche



5 eggs  
4 Tbsp flour  
1/2 tsp baking powder  
salt and pepper  
1 C. cottage cheese  
2 C. shredded cheddar cheese  
4 Tbsp. olive oil  
8 oz. cooked milkweed flower buds

1. Heat oven to 350° and grease a 9" x 9" pan.
2. Whip eggs until frothy.
3. Add remaining ingredients and stir. Pour the mixture into the prepared pan. Bake for 30-40 minutes, until the eggs are set and the top is browned.

Makes 1-9" x 9" pan, about 9 servings

### Stuffed Milkweed Pods



8oz. block of cream cheese, softened  
2 T diced red onion  
1 jalapeno, diced  
salt and pepper  
36-40 milkweed pods, boiled and split  
panko bread crumbs  
3 T diced, cooked bacon



1. Heat oven to 375°F.
2. Place the softened cream cheese in a bowl and with a heavy wooden spoon, mix in the diced onion, jalapeno, optional bacon, and salt and pepper.
3. Remove the immature seeds and silk from the boiled milkweed pods, and spoon in about 2 tsp. of cream cheese filling, until the pod is full.
4. Roll the exposed seam of cream cheese in panko bread crumbs and place seam side up on a parchment lined sheetpan.
5. Bake the stuffed pods for 15-20 minutes, until the crumbs are browned. Serve warm. Makes 36-40

## Mimosa

Also: Silk Tree



The Mimosa Silk Tree, *Albizia julibrissin*, is a small deciduous tree, growing to 40 feet, broad crown, level or arching branches. Bark is dark green/gray striped vertically as it ages. Leaves are tripinnate, flowers densely throughout summer, no petals, a cluster of stamens, white, pink with a white base, looking like silky threads.

Usually very picturesque, it has graceful, lacy leaves and delicate, pink pompom-like flowers. Those are followed by a flat paper brown seed pods with the seeds perpendicular to the sides of the pod.

The Mimosa is native to southern and eastern Asia. From there, it was carried to Europe in the mid-1700s. Soon afterwards, it was introduced to North Carolina by the French botanist Andre Michaux.

From its start in North Carolina, Mimosa spread north to New England, and south to the southern states. From there, it moved west, skirting the dry Southwest to California, and from there, up the west coast, eventually establishing itself everywhere in the continental United States, except the northern plain states.

#### Edible Uses:

The young leaves are edible cooked, or they may be dried to make a tea. The blossoms are edible like a vegetable or crystallized. The seeds and seed pods are not edible.

#### Medical Uses:

Compounds extracted from the stem bark have shown positive results against certain types of cancer cells.

### Mulberry



The leaves of the Mulberry tree are alternately arranged, simple, often lobed, more often lobed on juvenile shoots than on mature trees, and they are serrated on the margin.

The fruit is a multiple fruit, 2–3 cm long. The fruits when immature are white or green to pale yellow with pink edges. In most species the fruits are red when they are ripening, turning dark purple to black and they have a sweet flavor.

#### Edible Uses:

##### Fruit -

The ripe fruit is edible and is widely used in pies, tarts, wines, cordials and tea. Use mulberries immediately. They won't last more than a couple of days in the refrigerator.

##### Leaves -

You can also use the young, unopened leaves in the spring. Boil them for twenty minutes and discard the water, for mild, tasty vegetable.

#### Medicinal Uses:

In traditional European medicine, the mulberry root is a remedy for tapeworms.

The tree's inner bark (cambium) has been used as a laxative, and used to treat urinary tract infections.

The fruit, eaten in very large quantity, may also act as a mild laxative.

**Caution:**

The unripe berries, uncooked young leaves, and mature leaves are toxic and mildly hallucinogenic. While they won't kill you, they'll give you a terrific headache and an upset stomach.

**Recipes:**

Sattoo Crumble

1/2 cup (3.2 ounces) yellow cornmeal, 1/2 cup (2.95 ounces) barley flour, and 1/2 cup (3 ounces) millet flour, or 9.15 ounces any combination of whole-grain flours

1/2 cup corn oil

4 cups water

1/4 teaspoon liquid stevia or 2 tablespoons honey, maple syrup, barley malt, or rice syrup

1/4 cup raisins or cultivated currants

1/4 cup black walnuts or other nuts, chopped

1/2 cup mulberries of your choice

1/2 cup blackberries or other berries

1/2 cup pitted and sliced apricots or other fruit

1/2 cup cored and sliced apples or other fruit

1. Cook the flour with the corn oil for 10 minutes over medium-low heat, stirring often.

2. Slowly incorporate the water and liquid stevia, stirring constantly. Bring the pot to a boil over medium heat, reduce the heat to low, and simmer, covered, for 20 minutes, stirring often. Pour the mixture into an oiled 9-inch pie tin and chill.

3. Top the grain layer with the fruit and nuts, cut the porridge into 6 wedges, and serve.

Serves 6

Mulberry Jam

Here's a quick, simple way to preserve mulberries, in the form of a great spread.

4 cups mulberries, red, white, or pink

1 cup freshly squeezed orange juice, or apple juice

1/2 tbs. agar flakes

1 tbs. liquid stevia  
1/2 tsp. cinnamon, ground  
1/4 tsp. coriander, ground  
A pinch of cardamom, ground  
1/8 tsp. salt

1. Combine all ingredients in a saucepan, bring to a boil over medium heat, stirring often, reduce the heat to low, partially crush with a potato masher if desired, and simmer, covered, 5 minutes, or until the agar is dissolved.
2. Test for thickness by placing a spoonful in the freezer 2 minutes. If too thick, add some fruit juice and test again. If too thin, add more agar and test again.
3. After adjusting the thickness, refrigerate until gelled.

Makes 3 cups Prep. time: 15 minutes

#### Mulberry-Cherry Scones

1 1/4 cups flour, plus a little more for rolling out dough  
1/2 cup whole wheat flour  
1 Tbsp maple syrup  
1 Tbsp baking powder  
3/4 tsp salt  
1 cup milk or cream  
1 cup (or more) Mulberries

- 1) Preheat oven to 375F. Lightly grease a baking sheet.
- 2) In large bowl sift together dry ingredients.
- 3) Using a fork, gradually stir in syrup and milk until soft dough forms.
- 4) Add fruit pieces and then knead dough on floured surface about 10 times.
- 5) Pat into a circle or rectangle about 1/2 inch thick, and using a knife cut into rounds, squares or triangles. Make sure fruit is distributed fairly evenly between scones, or press a few extra fruit pieces into the scones. Dust with additional flour.
- 6) Bake about 15 minutes, until golden brown. Do not overbake.

Makes 12-14 scones.

#### Mulberry Crumble

Fruit Layer

6 cups mulberries (any species)  
1/2 cup fresh orange juice  
2 tablespoons kudzu or arrowroot  
1 1/2 tablespoons chopped fresh wild spearmint or other mint  
2 teaspoons vanilla extract  
1/2 teaspoon almond extract  
1/2 teaspoon liquid stevia or 2 tablespoons honey, barley malt, or rice syrup

### Crumble topping

2 1/2 cups fresh bread crumbs

1/4 cup corn oil or flaxseed oil

1 cup shelled raw pistachio nuts or other nuts, chopped

1/2 teaspoon salt

1 teaspoon ground cinnamon

1. Preheat the oven to 350 degrees.

2. To make the fruit layer: combine the fruit layer ingredients in a bowl and then pour the mixture into a 3-quart casserole dish.

3. To make the crumble topping: combine the crumble topping ingredients except the cinnamon. Press the crumble mixture on top of the fruit layer. Sprinkle the cinnamon on top.

4. Bake for 40 minutes.

Serve hot or cold.

### Mullein

Also: Adam's flannel, Old Man's Flannel, Woolen, Rag Paper, Candlewick Plant, Wild Ice Leaf, Jupiter's Staff, Jacob's Staff, Flannel Plant, Hag's Taper, Torches, Candlewick plant, and Beggar's Blanket.



The common name, mullein, comes from the German language, meaning king's candle because of its scepter-like, candle-straight growth.

This Eurasian immigrant is a common biennial herb which produces a basal rosette of large, stalked, thick, fuzzy, oval leaves in the first year. These leaves often survive through the winter, under the snow.

In the second year, mullein sends up a stoutly erect, sometimes branched, flower stalk, up to eight feet tall, which is also fuzzy, and has smaller, fuzzy, oval, alternate leaves.



The flowers bloom from late spring to early fall in a long tight spike. The flowers are yellow with 5 symmetrical petals about 1-1/2 inches across. Flowers give way to globular fruits in 5 parted woody capsules opening toward the tips. The seed stalk is persistent and stands out easily in winter.

The yellow flowers appear in densely packed spikes, and bloom pretty much at random, a few at a time, from spring until fall. The flowers are small, an inch or less across, and cup-shaped, with five petals.

#### Edible Uses:

Leaves and flowers can be used in a salad.

#### Flowers -

The flowers taste sweet, and may be eaten raw.

#### Leaves -



The leaves taste slightly bitter, but may be battered in flour and milk, and deep fried until golden brown. You may then coat it in powdered sugar, or dip it in maple syrup mixed with a bit of rum.

The fresh or dried leaves do make a pleasant, soothing tea. This tea can be consumed as a regular beverage, and it's good for you, providing vitamins B2, B5, B12, and D, but mullein tea is primarily valued as an effective treatment for coughs and lung disorders.

#### Medical Uses:

Properties: Expectorant, Demulcent, Anti-viral, Mild diuretic, Relaxing Expectorant, Mild Laxative, Emollient, Vulnerary, Mild Sedative.

Uses: Analgesic, Antihistaminic, Antiinflammatory, Antioxidant, Antiviral, and Fungicide.

Besides using mullein leaf and flower teas to treat respiratory problems, some Native Americans also used the plant's roots. The Creek Indians drank a decoction of the roots for coughs; other tribes smoked the roots or dried leaves to treat asthma.

The Cherokee rubbed mullein leaves in their armpits to treat "prickly rash." Leaf

poultices were used to treat bruises, tumors, rheumatic pains and hemorrhoids. Mullein flower oil (made by steeping the flowers in warm olive oil) also has been used for treating hemorrhoids, as well as earaches.

Infusions can be used to soothe colds, emphysema, asthma, hay fever, and whooping cough. Strain the infusion through a cloth as the hairs may become stuck in the throat and cause more discomfort.

Laboratory tests have shown that Mullein is an anti-inflammatory with antibiotic capabilities and it will inhibit the tuberculosis bacillus.

The tea is also an astringent and demulcent, good for diarrhea and it has been used in compresses to treat hemorrhoids.

The leaves can be heated in a poultice to treat arthritis.

A tincture of the flowers will soothe migraine headaches and oil extract from the flowers can be used to treat ear infections but use cautiously.

#### Garlic Mullein Oil, for Ear Ache Relief

The oil should be at room temperature when you use it. To warm it put the drops in a glass eyedropper, or spoon, and hold a match to it for about 2 seconds.

1 bulb finely chopped fresh garlic  
1 ounce mullein flowers  
1 pint olive oil

Place the ingredients in a saucepan. Simmer on low for 30 minutes. Strain, cool, and store in refrigerator for up to 2 years.  
Place 3 to 7 drops of the oil into the affected ear.

#### Mullein Cough Drops

½ cup mullein leaves, packed  
1 cup boiling water  
1 1/3 cup brown sugar

Steep the leaves in the boiled water, covered, for one hour. Strain.

Add brown sugar. Boil until the mixture reaches the soft candy stage, then pour onto a greased cookie sheet. With a butter knife, score out squares while the mixture is still soft.

Allow to cool completely, then break into individual squares. Wrap each drop in waxed paper.

#### Horehound, Mullein and Thyme tea

Horehound has a gentle, stimulating, expectorant action in the lungs, which encourages the clearance of phlegm. Mullein soothes itchy and irritating coughs. Thyme is a strong antimicrobial, antispasmodic and relaxant for the bronchi.

2 teaspoons dried horehound flowers and/or leaves  
2 teaspoons dried mullein flowers and/or leaves  
2 teaspoons dried thyme  
2 cups boiling water

Combine the horehound, mullein and thyme in a warmed ceramic or glass teapot. Add boiling water, cover and let steep for 10 minutes. Strain. Drink hot.

Drink 2 to 3 cups a day of this tea for five to six days, or until your chest has cleared.

Makes 2 cups

Caution: Avoid thyme during pregnancy, as it is a uterine stimulant.



#### Mullein Vodka Tincture

Harvest healthy mullein leaves and flowers while in full bloom. Tear them into pieces and put into a quart mason jar. Do not pack the pieces down.

Next, pour vodka over the plant material until completely covered (a few ounces of water may be added to dilute the alcohol). Keep in a dark cabinet and gently shake every day for 2 weeks.

Keep the plant material pushed down into the liquid. (If you forget to shake it and mold appears, throw it all away and start over.)

After two weeks have passed, strain the liquid into another quart jar. Add more fresh plant material and repeat the process for two more weeks.

This time, double strain the tincture (cheesecloth or a jelly bag works well). Pour strained tincture into a bottle or clean jar, cap tightly, and store in a cool dark place. (Dried mullein can be substituted for fresh leaves if necessary.)

This extra -strength mullein tincture is good for winter lung conditions such as coughs and colds and will keep up to two years in the refrigerator.

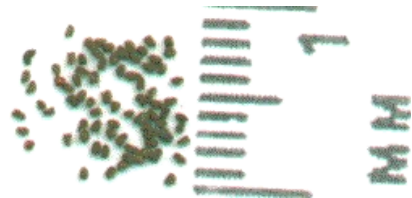
Mullein tincture may be combined with monarda tincture and sweetened with honey for use as a soothing cough syrup. An average adult dose is one tablespoon 3 or 4 times a day with a double dose given at bedtime.

**Caution:** Mullein is generally considered safe for consumption in reasonable quantities, but it does contain tannin as well as rotenone and coumarin which are classified by the US food and drug administration as potentially dangerous.

Mullein seeds are toxic, and the leaf fuzz may irritate sensitive skin and throat membranes.

#### Other Uses:

Mullein seeds were used as a paralytic fish poison by Native Americans.



The leaves are a rubefacient, which means that if you rub them against your skin it will become red and irritated. It also means that when you've been handling it, your hands get a warm, fuzzy feeling. Some people have used this property to their supposed advantage as a natural sort of makeup, which is how mullein acquired the name 'Quaker rouge'.

The flowers make a bright yellow dye, which can be used to dye hair or cloth. The addition of sulfuric acid will produce a color-fast green. If you then add an alkali, to raise the Ph, the dye becomes brown.

The leaves, dried and rolled, have been used as lamp wicks. It's also helpful both as tinder for starting your campfire and as a quick burning fuel. If you're still not warm enough, the leaves also make pretty good insulation when placed inside shoes or clothing. From these uses, mullein is also called torches, candlewick plant, and beggar's blanket.

Mullein seeds have been used as a narcotic to stun fish.

Mullein seeds can be used as a Pesticide.

## Recipes

### Mullein Tea



1-2 tsps of dried mullein leaves and/or flowers

1 cup boiling water

Honey (If desired)

Pour 1 cup of boiling water over the dried mullein flowers and leaves. Steep for 10 - 15 minutes.

Pour the liquid through a cheesecloth or a coffee filter to strain out the plant's tiny hairs as they may irritate the throat.

Mullein leaf tea has a soothing effect on the urinary tract and facilitates urination. It also eases a nervous, irritable bladder and incontinence.

Prepare mullein tea as directed above (minus the mullein flowers) and drink 3 - 4 cups daily.

## Muscadine



A vine plant climbing trees and spreading on ground, which produces a very sweet, juicy fruit, abundant in late summer in wet lowlands and banks.

### Edible Uses:

The fruit can be eaten raw, cooked, dried, or used in preserves, and wine. The leaves and tendrils can be eaten cooked. Muscadines aren't very high in vitamins and minerals, but they do provide calories, and antioxidants.

The fruit occurs in clusters and is ripe when a deep purple color. The tough skin is usually bitten or punctured to reach the pulp. A delicious trail snack and good source of fluids and nutrition

When ripe the fruit is very sweet and flavorful but, unlike store-bought grapes, the skins of muscadines are very thick and chewy; and the inner pulp is quite gelatinous. The seeds can be eaten with the grape or saved to be crushed for grape oil. The white, powder coating on the skin is a naturally-occurring yeast which can be used to ferment the crushed grapes into wine.



Cultivating Tip: it is best started from seed, as many non tuberous vines are difficult to transplant. It is very picky about what is growing around it, so try to keep the soil near it as weeded as possible

Survival water: Muscadine grape vines can be used as an emergency water source in the woods. Cut through a thick grape vine as high up as you can reach, followed by cutting through it again at the very bottom. To collect the water which drips out support the top end up in the air and place the bottom end below it in a container. Once the water flow stops cut two feet off the top and more water will drip out of the vine. Repeat the cutting off of the top two feet every time the water stops flowing until no vine is left.

## Recipes:

### Muscadine Wine

8 qts. fruit

8 lbs. sugar

4 qts. warm water (non-chlorinated)

1 pkg. dry yeast

Dissolve yeast in sugar water. Pour mix over mashed fruit. Stir. Slice one potato and put on top then add a good handful of old fashioned steel cut oatmeal or potato meal over the top of that. Transfer to a large crock with a heavy lid to stand for 28 days, stirring every few days. Strain and bottle, but do not seal. This recipe is a sure fire, no fail one.

### Muscadine Sauce



#### Ingredients

5 pounds muscadine grapes, halved

9 cups sugar

2 cups cider vinegar

1 tablespoon ground cinnamon

1 tablespoon ground allspice

1 teaspoon ground cloves

Squeeze pulp from grape halves into a bowl, reserving skins.

Bring skins to a boil in a large sauce-pan over medium-high heat. Cover, reduce heat to medium, and cook, stirring occasionally, 15 minutes or until tender.

Bring pulp to a boil in a saucepan; reduce heat to medium, and cook 20 minutes or until seeds separate from pulp. Pour mixture through a wire-mesh strainer into saucepan containing skins, discarding solids. Add sugar, and cook, stirring occasionally, over medium heat, 2 hours or until thickened. Stir in vinegar and next 3 ingredients. Cook 10 to 15 minutes or until a candy thermometer registers 225° to 230°.

Ladle hot mixture into hot, sterilized pint-size jars, filling to 1/2 inch from top. Remove air bubbles; wipe jar rims. Cover at once with metal lids, and screw on bands.

Process in boiling-water bath 20 minutes. Serve with turkey, biscuits, or toast. \*5 pounds of seedless red grapes may be substituted. Crush whole grapes slightly. Bring to a boil; reduce heat, and simmer 20 minutes. Strain mixture into a saucepan, discarding solids. Stir in sugar, and proceed as directed.

This is a sauce, not a jelly. It will have some run to it. Don't overcook it, or it won't come out of the jar.

Yield: Makes 5 (1-pint) jars

#### Muscadine Jelly



4 quarts ripe Muscadine grapes  
2 2/3 cups sugar  
2 pkg. of pectin

Take off the stems and wash Muscadines in a large pot. Rinse several times. Then mash the Muscadines and fill pot with water just about 2 inches covering over them.

Simmer for 25 minutes. Pour the juice into another pot through a colander to catch the seeds and skins. Strain through cheesecloth back into the

original pot. Heat to boiling. Boil juice for 5 minutes and then add the sugar.

Turn down heat to a simmer and cook until it reaches 220 degrees F on a candy thermometer. Takes around 30 minutes. The directions on the pectin will tell you how to test it.

Skim off the foam. You should sterilize jelly containers in boiling water for 10 minutes before using them. Then keep the containers hot in hot water until you use them. This will keep them from breaking when you fill them with hot jelly. In another small pot, put the lids and seals in hot water. Pour the juice into the jars with a funnel. Put the seals and then the lids on. Wipe the edges of the jar tops with a damp, hot paper towel.

Process your jelly for 15 minutes in boiling water. Allow 2 to 4 inches of water above jar tops for brisk boiling - just enough for the water to cover the tops of jars and have space to boil freely. Then carefully remove the jars and place them on a towel out of a draft.

60 minutes to make

Makes 8-10 pints

### (Morel) Mushroom



Sponge, pinecone and honeycomb mushroom-the nicknames of the morel-are all appropriate. Morels are easy to recognize and delicious to eat, making them the most popular wild mushroom. The surface of a morel is covered with definite pits and ridges, and the bottom edge of the cap is attached directly to the stem. Size: 2" to 12"; tall.

There are three common species of morels: The common morel (*Morchella esculenta*): When young, this species has white ridges and dark brown pits and is known as the "white morel"; As it ages, both the ridges and the pits turn yellowish brown, and it becomes a "yellow morel". If conditions are right the "yellow morel" can grow into a "giant morel" which may be up to a foot tall.

The black morel or smoky morel (*Morchella elata*): The ridges are gray or tan when young, but darken with age until nearly black. The pits are brown and elongated. These morels are best when picked young; discard any that are shrunk or have completely black heads.

The half-free morel (*Morchella semilibera*): This is the exception to the rule that morels have the bottom of the cap attached directly to the stem. The cap of the

half-free morel is attached at about the middle. These morels have small caps and long bulbous stems.

When and Where: From spring to early summer. Morels are found on the ground in a variety of habitats, including moist woodlands and in river bottoms.

Cooking Hints: Cut morels in half to check for insects. Wash carefully. Morels can be breaded and fried, stewed, baked, creamed or stuffed with dressing. Their delicate flavor is brought out best by sautéing them in butter for about five minutes on each side.

**Cautions:** Morels are quite distinctive, but there is a small chance they could be confused with false morels.

Half-free morels may be confused with a mushroom called the wrinkled thimble cap (*Verpa bohemica*). Fortunately, this mushroom is also edible in moderation. The cap of the wrinkled thimble cap is free from the stem except at the top.

## Recipes:

### Morel Sauce

#### Ingredients:

1/4 cup water

1/4 cup sugar

1/4 cup red-wine vinegar

1 tablespoon Balsamic Vinegar plus additional to taste

3 tablespoons unsalted butter

24 fresh morels (about 1 pound), cleaned and trimmed (or 1 ounce dried morels, soaked, reserving 1/2 cup soaking liquid) 1/3 cup finely chopped shallots

2 cups dry red wine

2 cups chicken stock fresh lemon juice to taste

In a small heavy saucepan boil water with sugar, without stirring, until a golden caramel. Remove pan from heat and carefully add red-wine vinegar and 1 tablespoon balsamic vinegar down side of pan.

Stir mixture over moderate heat until caramel is dissolved, about 3 minutes. Remove pan from heat.

In a heavy saucepan cook morels in butter, stirring, over moderate heat until liquid from morels is evaporated, about 5 minutes.

Transfer morels with a slotted spoon to a bowl and reserve.

Add shallots to pan and cook, stirring, until golden. Stir in wine and boil until reduced to about 1 cup, about 15 minutes.

Add stock and reserved morel soaking liquid (if using dried morels) and reduce to about 1 1/4 cups, about 15 minutes. Remove pan from heat and stir in caramel mixture.

Add morels to sauce with salt and pepper to taste. If desired stir in additional Balsamic Vinegar, 1 teaspoon at a time, and lemon juice.

### Morel Mushroom Soup

The stock recipe yields 8 cups; there will be about 1 1/2 cups left over after you make the mushroom soup. To prepare the mushrooms for this soup, wipe them clean with a damp paper towel. You may need to rinse quickly to dislodge any dirt from crevices.

For chicken stock

- 2 medium leeks, ends trimmed
- 4 pounds chicken wings, rinsed
- 3 quarts plus 3 cups cold water
- 2 carrots, cut into 1-inch pieces
- 1 large onion, cut into 1-inch pieces
- 6 fresh thyme sprigs
- 12 whole black peppercorns
- 2 bay leaves

For wild mushroom soup:

- 1/2 teaspoon saffron threads
- 2 tablespoons vegetable oil
- 6 tablespoons minced shallots
- 2 tablespoons finely chopped garlic
- 15 ounces morels, cleaned, trimmed and sliced
- 6 ounces white mushrooms, sliced
- 1/8 teaspoon curry powder
- 1/3 cup finely diced peeled carrot



1/3 cup finely diced peeled turnip  
2 tablespoons (1/4 stick) butter

Preparation of chicken stock:

Cut off dark green tops from leeks and reserve for soup. Cut white and pale green sections lengthwise in half. Rinse any dirt from leeks with cold water. Cut halves into 1-inch pieces. Place in 8- to 10-quart pot. Add chicken wings. Add water, carrots, onion, thyme, peppercorns and bay leaves. Bring to boil. Reduce heat to medium. Simmer for 2 hours 15 minutes, occasionally skimming foam from surface.

Strain stock through fine sieve into large bowl. Chill stock until fat hardens on surface, about 2 hours. Spoon off fat and discard. Measure stock. If necessary, simmer in large saucepan until reduced to 8 cups.

Preparation of Morel Mushroom soup:

Bring 1/2 cup stock to simmer in saucepan. Add saffron; set aside to steep. Heat oil in heavy large saucepan over medium-low heat. Add shallots and garlic; stir 1 minute. Add 1/3 of wild mushrooms and all of white mushrooms. Sauté until mushrooms release liquid, about 8 minutes. Add curry powder; sauté until mushrooms are tender, about 4 minutes. Add saffron mixture and 6 cups stock. Simmer until mushrooms are tender, about 15 minutes. Remove from heat. Puree cooked mushrooms and 1 cup mushroom broth in processor until almost smooth. Return mushroom puree to saucepan with broth. Simmer soup 15 minutes. Season to taste with salt and pepper.

Sauté remaining Morels in butter over medium-high heat until tender, about 8 minutes. Season with salt and pepper. Ladle soup into 4 shallow bowls. Top with sautéed Morels and serve.

4 servings

### Spring Wild Harvest Ragout With Fiddlehead Greens & Morels

Ingredients:

1/2 pound fiddleheads, cleaned (link)  
1/2 pound "baby" pattypan squash, trimmed  
1/2 pound baby carrots, trimmed  
3/4 cup shelled fresh peas  
1/2 stick (1/4 cup) unsalted butter  
1/2 pound pearl onions, blanched in boiling water for 1 minute, peeled, and trimmed  
2 thyme sprigs  
1 bay leaf  
1 cup chicken broth  
1/4 pound fresh morels, cleaned and trimmed and sliced  
3 tablespoons minced fresh parsley leaves  
1 large garlic clove, minced

Boil the fiddleheads in salted water for 4 minutes, or until they are crisp-tender. Drain and plunge in ice water to stop the cooking. When cool, drain in a colander. Repeat the process of boiling and cooling with the squash and the carrots. Boil the peas for 2 to 3 minutes, or until they are just tender, and drain them.

In a large heavy skillet combine 2 tablespoons of the butter, the onions, the thyme, the bay leaf and 1/4 cup of the broth and simmer the mixture, covered, for 5 minutes. Add the morels and 1/2 cup of the remaining broth and simmer the mixture, covered, for 10 minutes, or until the morels are tender.

Add the fiddleheads, the squash, the carrots, and the remaining 1/4 cup broth and simmer the mixture, covered, for 1 minute. Add the peas, the parsley, the mint, and the garlic and simmer, covered, for 1 minute.

Stir in the remaining 2 tablespoons butter, stirring until the butter is just melted. Discard the bay leaf and season with salt and pepper.

Serves 6

### (Puffball) Mushroom



The giant ball-shaped fungus is filled with spores that "puff" out when the outer wall disintegrates.

The giant puffball is among the most readily recognizable of all the fungi due not only to its gargantuan size, but to its globular shape. Specimens as large as 5 feet in diameter and weighing up to 50 pounds have been reported.

These round or pear-shaped mushrooms are almost always whitish, tan or gray and may or may not have a stalk-like base. The interior of a puffball is solid white at first, gradually turning yellow, then brown as the mushroom ages. Finally, the interior changes to a mass of dark, powdery spores, Size: 1 to 12 inches in diameter, sometimes larger.

The Puffball is harvested in late summer and fall; in lawns, open woods, pastures, barren areas. It is found on soil or decaying wood.

#### Edible Uses:

As long as the gleba inside is completely white with a marshmallow-like consistency, they are safe to eat;



there are no poisonous giant puffball look-alikes. However, like all fungi, they can have purgative effects on certain individuals and should accordingly be consumed with some moderation.



An excellent recipe for giant puffball is to cut it into slices like loaf of bread and to make a batter with an egg beaten into a froth with a fork.

The sliced puffball sections are then dipped in the batter, in the manner of French Toast. The moist surface is then covered with bread crumbs, which can be mixed with spices such as garlic and thyme for added flavoring.



The coated fungus is then lightly fried in oil until golden brown

#### Medicinal Uses:

Native Americans used Puffballs as a means to stanch a wound; the puffball spores have an anticoagulant effect.

The emanations from a burning puffball were also used to smoke out beehives in order to retrieve the honey, it having been noted that the fumes had an anesthetic effect.

**Cautions:** Each puffball should be sliced from top to bottom and the interior examined. It should be completely white and featureless inside, like a slice of white bread. There should be no trace of yellow or brown (which will spoil the flavor) and especially no sign of a developing mushroom with a stalk, gills and cap (see Poisonous Mushrooms). Amanitas, when young, can resemble small puffballs, but cutting them open will quickly resolve the question.

#### Recipes:

Cooking Hint: Remove outer skin if it is tough, then slice, dip in batter and fry.

##### Fried Puffball Mushrooms

1/2 cup milk  
1 egg, beaten  
1 cup acorn flour  
salt and pepper to taste  
10-12 puffball mushrooms, sliced  
butter or olive oil for frying

Mix milk and egg together.

Mix flour, salt, pepper together in separate container.

Put butter or olive oil in skillet and turn on medium heat.

When butter is hot, dip mushroom in egg mixture, then in flour mixture and place in skillet. Fry until brown, turning once.

### (Wild) Mustard



Mustard is an annual herb, native to Europe and North America. It is found in fields, roadsides in cooler regions.

Grows to height of 10 feet or more. Leaves are rounded, with extra protuberances of tiny leaves below main part of leaf. Crushed leaf yields herby pungent smell. Four-petaled yellow flower; petals in form of cross. Black seeds in pod.



Edible Uses: High in beta-carotene, minerals, vegetable protein.

Mustard was used as a pot herb throughout English history.

#### **Black Mustard**

Stems and Leaves - Stems can be used raw as pungent spice. Leaves can be eaten raw, or can be used as pungent spice; or steamed, boiled in soups, stews.

Flowers - Flowers are eaten raw; steamed.

Seeds - Seeds dried and used as spice; ground for mustard.

Collection and Storage: Collect young leaves by snipping off stalk with fingers. Collect pods separately in season when seeds are mature, pods almost dry.

### **Yellow Mustard**

#### **Medicinal Uses:**

Mustard seed is used as a poultice. The seed is ground and made into a paste then applied to the skin in the treatment of rheumatism, and for head afflictions, neuralgia and spasms. Care must be taken not to overdo it, since poultices can sometimes cause quite severe irritation to the skin.

Hot water poured on bruised seeds makes a stimulant foot bath, and can also be used as an inhaler where it acts to throw off a cold or dispel a headache.

The seed is also used internally, as an appetizer, digestive, diuretic, emetic and tonic. Swallowed whole when mixed with molasses, it acts as a laxative.

A decoction of the seeds is used in the treatment of indurations of the liver and spleen. It is also used to treat carcinoma, and throat tumors.

A liquid prepared from the seed, when gargled, is said to help tumors of the "sinax".

Mustard Oil is said to stimulate hair growth. Mustard is also recommended as an aperients ingredient of tea, useful in hiccup. Mustard flour is considered antiseptic.

#### **Other Uses:**

A semi-drying oil is obtained from the seed, as well as being edible it is also used as a lubricant, illuminant and in making soap.

Mustard oil is used in commercial cat and dog repellent mixtures.



## (Stinging) Nettle



Stinging nettle's stout, ribbed, hollow stem grows 2-4 feet tall. The somewhat oval, long-stalked, dark green, opposite leaves are a few inches long, with a rough, papery texture, and very coarse teeth. The leaf tip is pointed, and its base is heart-shaped. They have small, inconspicuous flowers.

Fine, hairlike bristles cover the stems, leafstalks, and undersides of leaves which produce an unpleasant stinging sensation which can be reduced by rubbing a dock or plantain leaf, or heating the area. The sting is caused by small hairs containing formic acid which spike and irritate the skin.

### Harvesting:

Collect nettle leaves before they flower in spring. They may be bad for the kidneys after they flower. New nettles come up in the fall, and you can pick them before they're killed by frost.

Nettles usually appear in the same places year after year. Look for them in rich soil, disturbed habitats, moist woodlands, thickets, along rivers, and along partially shaded trails.

#### Edible Uses:

Nettle is packed with vitamins, minerals, and amino acids that are readily absorbed by our bodies when eaten as a whole food. They are high in calcium, magnesium, iron, potassium, and B complex vitamins and they are also a great source of protein. You can use nettle leaves anywhere you would use spinach. They are great steamed. They can be added to soups. Nettles can also be used to make beer.

Only the young shoots and tender leaves are edible. They should be boiled two or more times before eating to eliminate the stinging. Young leaves can also be boiled for several minutes, strained and drunk as tea.

#### Medical Uses:

Stinging nettle has been used for hundreds of years to treat painful muscles and joints, eczema, arthritis, gout, and anemia. It is used to treat urinary problems during the early stages of an enlarged prostate, for urinary tract infections, for hay fever, or in compresses or creams for treating joint pain, sprains and strains, tendonitis, and insect bites. It is also thought to be useful in stabilizing blood sugar; enhancing the operation of the circulatory, immune, and nervous systems; reducing fatigue; and eliminating chronic headaches.

Nettle infusion is a safe, gentle diuretic, considered a restorative for the kidneys and bladder, and used for cystitis and nephritis. Use only the young leaves. The older leaves feel develop a grittiness caused by cells that are an irritant to the kidneys.

Nettle tea compress or finely powdered dried nettles are also good for wounds, cuts, stings, and burns. The infusion was also used internally to stop excessive menstruation, bleeding from hemorrhages, bloody coughs, nose bleeds, and bloody urine.

#### Other Uses:

Nettles are rich in nitrogen and make a great addition to the compost heap or to make a green nutrient rich tea with which to feed your plants. Remember to remove any flowers and seeds if you do not want to spread the nettle.

Mature stems have a fibrous layer that you can divide into individual fibers and use to weave string or twine. Nettles' long, fibrous stems were important in early America for weaving, cloth-making, cordage, paper, and fish nets.



You can extract a yellow dye from the roots.

## Recipes:

### Potato Nettle Soup

2 cups Nettle Leaves (young shoots)  
1 Onion  
6 small Potatoes  
8 cups Water  
1 tsp Vegi-Sal  
1 tsp. Parsley  
3 cloves Garlic

Puree onion, garlic, and nettles with 1 cup of water. Cut potatoes into small pieces. Simmer pureed mixture with potatoes and remaining water for 45 minutes or until tender. Use a potato masher to mash the potatoes making the soup thick and creamy.

### Spring Tonic Nettle Soup

3 Tablespoons butter or olive oil  
2 leeks, cut into rounds  
1/2 pound wild nettle tops  
1 quart filtered water  
1 bouquet garni (little bundle of herbs tied with a string) containing any or all of these: a bay leaf, sprigs of thyme, parsley stems, and sage leaves  
2 egg yolks  
1/2 cup crème fraîche, sweet cream, or half and half, or to taste  
Salt and pepper to taste  
Nutmeg to taste

Sauté leeks in butter or olive oil. Add water and bring to a boil.

Add nettles, bay leaf and water.

Cover, bring to a boil, and simmer until the nettles are very soft.

Meanwhile, in a bowl, whisk together the egg yolks and the cream, crème fraîche or half and half.

Remove the bouquet garni from the soup, turn the heat to low, and puree using an immersion blender, adding a generous pinch of salt and a grind of pepper.

Take a ladleful of soup and stir it into the egg mixture.

Return the egg-nettle mixture to the soup and stir gently over very low heat (do not let it boil again)

Grate some fresh nutmeg into the soup, taste and add more salt as necessary to make it savory and delicious

### Pasta With Nettles, Sorrel and Lemon

Serves 2 to 4

#### Ingredients

¼ pound fresh stinging nettles

8 ounces pasta

½ cup extra virgin olive oil

¼ pound fresh ricotta cheese

1 lemon for zest and juice

1 tablespoon fresh mint, chopped

1 tablespoon fresh parley, chopped

1 tablespoon fresh chives, chopped

Salt and pepper, to taste

1 small handful of fresh sorrel leaves, washed and torn into bite sized pieces

½ cup toasted walnuts

Bring two large pots of salted water to a boil. One will be for the pasta and the other for the nettles.

When the water comes to a boil in one of the pots, “carefully” add the nettles and give them a stir. Cook for 5 minutes and transfer them to a colander with a slotted spoon. You want to leave any dirt or grit in the cooking water. Let the nettle drain.

Add the pasta to the other pot of clean water and cook until al dente.

While the pasta is cooking, press most of the water out of the nettles, transfer them to a food processor and puree. Drizzle in the olive oil and process until completely smooth. Add the ricotta, lemon zest and juice and herbs. Pulse the processor to blend all the ingredients.

Season with salt and pepper.

Remove a cup of the water the pasta is cooking in and reserve. Drain the pasta and then return it to the pot. Toss in the nettle ricotta cheese mixture and stir to combine. Add the fresh sorrel and a little of the reserved pasta water to create the desired consistency of the sauce.

Stir in the walnuts and serve.



### Nettle Lasagna

1 lb. 12 oz. can of tomato sauce

15 oz. can of diced tomatoes

6 oz. tomato paste  
3 T dried Oregano and Basil (or twice as much fresh from your garden)  
8 cloves of Garlic (chopped small)  
16 oz mozzarella cheese (grated)  
15 oz ricotta cheese  
1 package of 12 lasagna noodles  
12 cups of fresh nettle

1 onion  
2 T olive oil

1. Preheat your oven to 375 degrees.
2. If you're making your own sauce, first combine all of the ingredients in a medium saucepan and allow them to simmer while you're preparing the rest of the ingredients.
3. Put a large pan of water on to boil for cooking the noodles. When the water boils add the noodles and cook according to the package directions. Drain and set aside.
4. While you're waiting for the water to boil and the noodles to cook:
5. Combine the two cheeses in a medium bowl, stirring until well mixed, and set aside.

6. Dice an onion and sauté it in olive oil in a large skillet or dutch oven until just translucent. Stir occasionally (you can cut up your nettles while it cooks if you like).

7. Wearing your gloves, place your fresh nettles on a large cutting board. You can use the top 6-8 leaves and stems. (Lower leaves can also be used, but remove the stems from further down, as they tend to be tough even when cooked.)

8. Chop the nettles coarsely. Add them to the skillet with your onion and sauté until the nettles are wilted.

Now all the parts are ready. It's time to assemble the lasagna:

9. Cover the bottom of a 9 X 13 baking dish with 1/4 of your sauce.





10. Next, put a layer of 4 noodles, then another layer of sauce, a layer of 1/2 of the nettle and onion mixture, and a layer of cheese.

11. Repeat this last step.

12. Put a layer of noodles on top and then finish with your last 1/4 of sauce.

13. Cover the nettle lasagna with foil and bake in 375 degree oven for 45 minutes. You can remove the foil for the last 10 to 15 minutes of cooking time if you like a crunchier top.

14. Remove from oven – let sit about 15 minutes.

### Stinging Nettle Beer Recipe

Before hops were widely used in the 17th century all sorts of plants were used to make beer including nettles. Not only is nettle beer inexpensive to make, it is believed to help alleviate rheumatic pain, gout and asthma.

5 kg young nettle leaves

4 litres of water + 1/2cup boiled water cooled to about 25°C

Fresh squeezed juice from 2 lemons and 2 oranges

1 cup of brown sugar

100g cream of tartar

1 sachet of wine yeast

(For a more bitter beer add a large dandelion root)

(For a more spicy beer add a large ginger root)

Making the wort:

Boil nettle leaves (and dandelion root (or) ginger root) in 4 litres of water for 30 minutes.

Strain off the nettles (squeeze excess liquid) and save the liquid. Add lemon and orange juice, brown sugar and cream of tartar to the liquid. Pour mixture into a sterile container (fermenter) with lid.

Cool to 20-27°C overnight.

Brewing:

Sprinkle yeast into 1/2 cup of boiled water that has cooled down and wait for it to sink. Gently stir yeast and gently pour evenly into fermenter.

Place lid on fermentation pail and wait 3-5days, or until foam has collapsed. For proper fermentation keep beer at a constant temperature between 20-27°C.

## Oaks



e  
Oak Leaf



White Oak Leaf



R  
d

There are two main groups of oaks: red and white. The red oak group has leaves with bristles and smooth bark in the upper part of the tree. Red oak acorns take 2 years to mature. The white oak group has leaves without bristles and a rough bark in the upper portion of the tree. White oak acorns mature in 1 year.



**Edible Uses:** Like most nuts, acorns contain a good amount of protein and fat which is beneficial in keeping you alive. White oak acorns usually have a better flavor than red oak acorns. (Live oak nuts are hard to remove from their shells and are very bitter.)

Gather and shell the acorns. Soak red oak acorns in water for 1 to 2 days to remove the bitter substance. You can speed up this process by putting wood ashes in the water in which you soak the acorns. Boil the acorns or grind them into flour

and use the flour for baking. Acorn flour behaves more like corn starch than flour but it can be used as flour. An ounce of acorn flour has 140 calories, 15 grams of carbs, 8 grams of fat and 2 grams of protein.

Some white oak varieties can be quite palatable without doing anything. Give the acorns a taste, if bitter; boil in several changes of water. Continue the changes until the bitterness is gone. This may take 4 or 5 changes with some. For white oak, you only need a couple of changes of water, and only need to bring the water to a boil between changes. Try boiling the acorns in their shell, with a slit cut in the shell, to make it easier to remove the skin from the acorn.

To use acorns as a caffeine-free coffee substitute coarse-grind them then roast them at 400F in an oven to a dark brown color. At this point you can use them just like ground coffee. Use about half more volume of roasted acorn than coffee.

**CAUTION:** Tannic acid gives the acorns their bitter taste. Eating an excessive amount of acorns high in tannic acid can lead to kidney failure. Before eating acorns, leach out this chemical.

Other Uses: Oak wood is excellent for building or burning. Small oaks can be split and cut into long thin strips (3 to 6 millimeters thick and 1.2 centimeters wide) used to weave mats, baskets, or frameworks for packs, sleds, furniture, etc. Oak bark soaked in water produces a tanning solution used to preserve leather.

### Recipes:

#### Acorn Brownies

2 cups drained but wet cold water leached acorn flower  
1 cup chopped walnuts  
1 cup fruit juice concentrate or honey  
1/2 cup water with  
1 teaspoon baking soda

Mix water and baking soda first then mix with other ingredients. Bake in a greased pan at 350F for 45 min. Cool and serve

#### Acorn Mush

1 cup of drained but wet cold water leached acorn flower  
1 cup water (some acorns need more some less)  
1/4 to 1/2 teasp. Salt (to taste )  
1/4 cup sweetener honey or fruit juice concentrate (optional)

Mix ingredients together and bring to a boil, or until wiiwish thickens.

#### Acorn Fritters

1 tablespoon butter

1/4 cup ramps (wild leeks)  
1 cup cornmeal  
1 cup acorn flour  
1/2 teaspoon baking soda  
1 teaspoon salt  
1 teaspoon baking powder  
1 tablespoon flour  
1 cup buttermilk  
1 egg, beaten  
1 teaspoon hot sauce

Melt butter in small skillet over low heat and cook ramps until wilted. Let them cool. Stir cornmeal, acorn flour, soda, salt, baking powder and flour together. Add buttermilk and leeks and stir well. Stir in egg and hot sauce. Drop by spoonfuls onto a hot griddle with oil and fry until browned on each side.

#### Acorn Tortillas

##### DRY INGREDIENTS

7 oz. sweet brown rice flour or any whole-grain flour  
4 oz. acorn (*Quercus* species) flour  
1/3 cup arrowroot  
1/2 tsp. Vege-sal or salt, or to taste

##### WET INGREDIENTS

3 tbs. corn oil  
1/2 cup lukewarm water or as needed

1. Mix together the dry ingredients.
2. Stir in the corn oil, then the lukewarm water. Use enough water to make a soft dough that you can press into a very thin sheet between your fingers. If the dough is too sticky to work, add more flour.
3. Divide the dough into 6 balls.
4. Roll the balls into flat, round disks about 1/8 inch thick between 2 sheets of wax paper with a rolling pin, or flatten into disks with a tortilla press.
5. Cook each disk on both sides on a very hot un-oiled griddle until flecked with brown, less than 1 minute altogether. Don't overcook or the tortillas will get hard. You may brush cooked tortillas with corn oil, or spoon them with chili sauce and roll them up, using the Mexican fillings. Sauces such as guacamole or hot sauce are also suitable. Some cooks will fry the filled tortillas in 1/4 inch of oil, but this creates food unnecessarily high in fat.

A healthier alternative is brushing the outside of the rolled tortilla with corn oil and baking it 10-15 minutes in a 350° F oven.

Note: You may keep cooked tortillas warm in a covered baking dish in an oven on the lowest setting, or refrigerate or freeze them, then reheat briefly on a hot griddle.

Makes 6 tortillas

Cooking Time: 30 minutes

### Okra Blossom



The Okra plant is usually cultivated, and is not per se “wild”, but it has an edible flower which is rarely harvested.

No one is quite sure about how this member of the Mallow Family came to this country. Okra is of African origin, so the seeds could have come in by the slave trade in the late 1600’s, or they might have been brought in by traders from Mediterranean ports.

#### Edible Uses:

Blossoms - Like many blossoms, Okra blossoms are shy on taste, but they add color and texture to salads as well as acting as

an attractive garnish.

Seeds - Roasted Okra seeds can be ground and used as a coffee substitute.

Medicinal Uses: It is said that the mucilaginous nature of okra can be helpful to some folks suffering from stomach ulcers.



**Caution:**

One word of warning, some okra plants have spines... big spines. Coming in contact with the spines can lead to a burning, itching and unpleasant sensation wherever one's skin touches the plant.

To be on the safe side when gathering okra, it is best to wear long sleeves and gloves or be extremely careful to avoid brushing against foliage or stems.

Fortunately the unpleasantness can be relieved by washing vigorously with soap and warm water.

### (Wild) Onions and (Wild) Garlic



Wild onion (*Allium*) and Wild Garlic (*Allium vineale*) are widespread plants with grass-like basal leaves and small 6-petaled flowers. They both have edible flowers and edible bulbs. It is a good idea to cook the wild onion bulbs, as the inulin content is difficult for some people to digest.

Note: One can tell the difference between wild onion and garlic by the round leaves of Wild Garlic verse the flat leaves of the Wild

Onion plant. Both should have a strong onion/garlic like odor.

**Edible Uses:**

All species are edible. Use as cooked vegetable, pickle, salad, seasoning, cooked green.

Pull wild onions when they are flowering and use them in stews, salads, or with greens. Leaves are best in the spring, bulblets in the summer and the bulbs can be harvested all year.

Wild onions have a more pungent and strong taste than the onions to which we are accustomed. A little goes a long way.



Larger wild onion stems can become too tough to eat unless they are boiled or stewed for a long time, but they tough ones can be easily determined when harvesting. If they are tough to cut/break then they'll be tough during eating unless cooked a long time.

Wild onions can be dried for later use but if you dry them in a dehydrator your whole house will smell like onions for days.

#### Flowers -

The white flowers that they produce can also be eaten and give an interesting appearance to foods when the flowers are left raw. The flowers eventually turn into fairly hard, nut-like seeds that can also be eaten raw or cooked into dishes.

#### Bulbs -

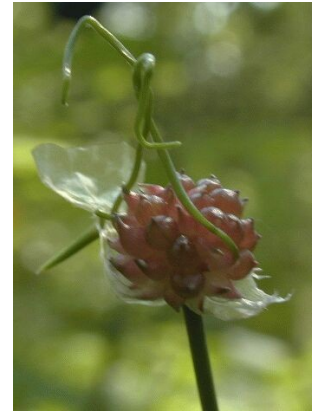
The underground bulbs are excellent boiled, pickled, added to salads or used as a seasoning.

#### Leaves -

The tender leaves (before the flower stalks appear) can be cooked as greens along with the bulbs or added raw to salads.

#### Bulblets -

The green bulblets that form after the flowers bloom on Wild Garlic can be made into outstanding pickles.



#### Medicinal Uses:

Like garlic, onion enhances immune system activity.

Onion skins can be decocted or infused. Juice may be pressed from a fresh onion. Onion may be macerated in an edible oil on a one to one herb to oil ratio. Tincture may be made by chopping and mincing an onion (100 Grams) in 300 ml. of 70% alcohol (ethanol) shake daily store for 10 days then use.

Wild Onion



Wild Garlic

Add syrup to the onion tincture to make it more palatable, one to one ratio. Or use the tincture without sugar 5 teaspoons spread over the day. Syrup 10 teaspoons per day.

Onion tincture may reduce the severity of bronchial constriction in allergy caused asthma.

Juice from the bulbs is antiseptic, can be used to disinfect minor wounds (but will sting). Onion extract is antimicrobial to *Bacillus subtilis*, *Escherichia coli*, *Pseudomonas aeruginosa* and *Salmonella typhi*.

There is some evidence that eating wild onions, wild garlic or wild chives may reduce blood pressure and lower blood sugar.

Other Uses:

The tough dry skin of an onion is used as a yellow dye.

Wild garlic has been known to work as a bug repellent.

**CAUTION:** There are several plants with onion-like bulbs that are extremely poisonous. Be certain that the plant you are using is a true onion or garlic. The smell is what separates the wild onion from poisonous plants such as daffodil. Do not eat bulbs with no onion smell. Also, cut the plant and the bulb. When you slice the bulb, the rings should look like an onion.

Poisonous lookalikes: Until they flower, these plants can be confused with the Wild Onion: Death Camas, Daffodil, Star of Bethlehem, Crow's Poison, and Iris



Death Camas



Daffodil





Star of Bethlehem



Crow's Poison



Iris

### Recipes:

#### Pickled Wild Onions with Local Honey and Rosemary



- 1 pint jar, lid and ring
- 1 1/2 c. small wild onions, trimmed and washed
- 1/2 c. Champagne vinegar
- 1/2 c. local honey
- 1/4 c. distilled water
- 2 T. fresh lemon juice
- 5 whole black peppercorns
- 1/4 t. fine sea salt
- 1 rosemary sprig (about 5-6 inches long)

Sterilize jar, lid and ring. Pack the onions into sterilized pint glass jar.

In a medium saucepan, combine the vinegar, honey, water, lemon juice, peppercorns, salt and rosemary sprig

and bring to a boil.

Pour the hot liquid over the onions. Add lid and tighten ring.

Let cool completely.

While onions cool, rotate jar every thirty minutes so all onions get pickled.





Serve right away at room temperature or refrigerate for up to one week.

Option for serving: Just before serving the onions, snip five rosemary sprigs into 2-inch lengths.

Heat one cup of canola oil in a small skillet until shimmering.

Add the rosemary and fry over moderately high heat for about 30 seconds, until crisp and just beginning to brown around the edges.

Drain on paper towels and sprinkle with salt.

Serve with the onions.

### Tempura Fried Wild Onions with Romesco Sauce



1 dried Guajillo pepper  
1/2 c. extra-virgin olive oil  
1/2 c. whole roasted pepitas  
1 slice crustless white bread, roughly chopped  
3 cloves garlic, smashed  
1 yellow onion, thinly sliced  
4 t. smoked paprika  
1 1/2 c. roughly chopped jarred roasted peppers  
2 1/2 T. red wine vinegar

Fine sea salt and freshly ground black pepper to taste

Put pepper and 2 cups boiling water into a bowl; let soften 5 minutes. Drain pepper and seed and de-vein; roughly chop.



Heat oil in a 10" skillet over medium-high heat. Add pepitas and bread; cook until golden, 3–4 minutes. Transfer mixture to a bowl with a slotted spoon leaving olive oil.

Toasted bread and pepitas.  
Return skillet to medium heat.



Add Guajillo pepper, garlic, and onions; cook until golden, 3–4 minutes.



Add paprika; cook for 1 minute.

Put chile mixture, bread/pepita mixture, jarred peppers, and vinegar into a food processor or blender and purée.

Season romesco sauce with salt and pepper; set aside.

Make tempura:

1 large farm fresh egg

1 c. very cold water

1 c. sifted flour

Beat an egg in a bowl until fluffy. Add ice water in the bowl and whisk to incorporated. Add sifted flour in the bowl and mix lightly.

2 lbs. wild onions (or green onions)

Canola oil for frying

Clean and dry onions well.

Heat oil.



Dip onions in tempura batter.

Dip each onion about half-way.

Fry until golden.

Remove onions to paper towels to drain.

Serve fried onions with romesco sauce for

dipping.

### Wild Onion Baked Omelet



1 T. extra virgin olive oil

1/3 c. wild onions, chopped (greens and all)

2 c. packed spinach or kale (or combo of both), chopped

4 farm fresh eggs

1/4 c. 2% organic milk

1/4 c. plain Greek yogurt

1/4 t. salt

Ground pepper to taste

1/2 c. grated Parmesan or Asiago



Preheat oven to 350 degrees.  
Heat olive oil in an oven proof skillet.

Sauté onions about three minutes then add kale and sauté until greens are soft (about three minutes).

In a medium sized mixing bowl, whisk eggs until fluffy.

Whisk in milk and yogurt and mix until smooth. Add salt, pepper and cheese. Stir to combine. Pour egg mixture into skillet and stir to combine with greens and onions.



Heat ever so slightly until the bottom is just set.

Carefully place skillet in oven. Bake for 15 minutes or until set. Cut into pie-shaped wedges and serve.

(American) Persimmon



These trees have alternate, dark green, elliptic leaves with entire margins. The flowers are inconspicuous. The fruits are orange, have a sticky consistency, and have several seeds.

#### Edible Uses:

The leaves are a good source of vitamin C. The fruits are edible raw or baked. To make tea, dry the leaves and soak them in hot water. You can eat the roasted seeds.

**CAUTION:** Some persons are unable to digest persimmon pulp. Unripe persimmons are highly astringent and inedible.

## Recipes:

### Fitzpatrick Persimmon Pudding

2 cups persimmon pulp  
1 ½ cups sugar  
2 eggs, beaten  
1 cup buttermilk  
1 tsp baking soda  
1 cup evaporated milk (canned)  
2 cups flour  
2 tsp baking powder  
½ tsp cinnamon  
Pinch salt  
1 tsp vanilla  
¼ cup cooking oil

Combine pulp, sugar and eggs. Stir baking soda into buttermilk. Add both milks to batter, then add the dry ingredients. Last add the vanilla and oil. Transfer batter to an oiled 9-by-13-inch baking dish or pan and bake in a preheated 325-degree oven one hour. This pudding will rise high and, when cool, fall some. It breaks away from the pan.

### Persimmon Cake

2 cups persimmon pulp  
½ teaspoon baking soda  
1 cup milk  
½ teaspoon salt  
2 cups flour  
1 tsp cinnamon  
2 eggs  
½ cup melted butter

Steam the persimmons just enough to loosen the seeds, but not enough to dissolve the skins. Run them through a food mill to take out seeds and skins. Measure 2 cups. Put pulp in the large bowl and mix the soda with it. Sift or stir together remaining dry ingredients. Add dry ingredients, milk, eggs and butter to the persimmon pulp and beat five minutes at medium speed.

Turn batter into two greased and floured 8-inch layer cake pans and bake in a pre-heated 350-degree oven 60 to 70 minutes or until cake tests done. The cake will be a little chewy in the center, but absolutely delicious; turn out of pans and cool layers thoroughly before frosting.

### Persimmon-Caramel Frosting

1 cup butter or margarine  
2 cups brown sugar  
½ cup persimmon pulp  
½ tsp cinnamon  
½ tsp nutmeg  
About 5 cups sifted confectioners' sugar

1 cup chopped nuts garnish (optional)

Melt butter in saucepan, Add brown sugar, and bring to boil. Add pulp and spices; boil again, stirring constantly. Remove from heat, and add enough confectioners' sugar to make desired consistency for spreading. Beat several minutes, and frost cake. If desired, press chopped nuts into sides of icing while still soft.

#### Persimmon Pie

1 egg

1 cup milk

½ cup sugar

1/8 tsp salt

1 Tbs cornstarch

Cinnamon

2 cups persimmon pulp

1 unbaked 9-inch pie shell

Combine egg, milk, sugar, salt, cornstarch, cinnamon and pulp. Pour mixture into pie shell and bake in a preheated 450-degree oven 10 minutes. Reduce heat to 350 degrees and bake 50 to 60 minutes longer. Serve with whipped cream.

#### Persimmon Cookies

1 cup persimmon pulp

1 cup nuts

1 cup raisins

1 cup sugar

½ cup shortening

1 tsp soda, dissolved in pulp

2 ¼ cup flour

½ tsp cinnamon

½ tsp ground cloves

½ tsp nutmeg

1 egg

Cream shortening and sugar. Add egg, soda and persimmon pulp. Add dry ingredients, nuts and raisins. Drop with teaspoon on greased cookie sheet. Bake for 10 minutes in 350-375 oven. Makes approx. 90 cookies.

#### Persimmon Whip

½ cup persimmon pulp

2 env unflavored gelatin

1 ½ Tbs honey

2 tsp Lemon Juice

1 ½ cup persimmon pulp

½ tsp salt

2 eggs whites, beaten stiff

Put 1/2 cup persimmon pulp into the top of a double boiler. Sprinkle gelatin over it and let it soak for 5 minutes. Heat over boiling water; stir until gelatin is

dissolved. Remove from heat. Add honey, lemon juice, remaining persimmon pulp and salt. Pour into a bowl and cool. Refrigerate until almost set. Fold in stiffly beaten egg whites. Pour into serving dish and refrigerate several hours until it is set. Yields 6 servings.

#### Persimmon Cream Pie

Beat 2 eggs with 1/2 tsp cinnamon, 1/2 cup sugar and 1/4 tsp salt. Add 2 cups milk or cream, 1 cup persimmon pulp, 2 tablespoons melted butter and 1 teaspoon lemon juice. Pour into unbaked pie shell. Bake in very hot oven (450) 10 minutes, reduce temperature to 350 and bake 30 minutes longer. Let cool before slicing.

#### Persimmon Ice Cream Pie

1 pint vanilla ice cream, softened  
2 cups persimmon pulp  
1 1/2 cups sugar  
1/2 tsp salt  
1 tsp cinnamon  
1/2 tsp ginger  
1 tsp vanilla  
1 1/2 cups Cool Whip  
1/2 cup slivered almonds

Spread ice cream in graham cracker pie shell and chill in freezer. Combine pulp with the 1 1/2 cups sugar, salt, spices and vanilla. Fold in 1 cup Cool Whip. Pour mixture over ice cream in pie shell. Cover with foil and freeze 4 hours. Remove from freezer and garnish with remaining 1/2 cup of Cool Whip and almonds..

#### Brown County Persimmon Fudge

1 cup persimmon pulp  
6 cups sugar  
2 1/2 cups milk  
1/2 cup light corn syrup  
1/2 cup butter (or margarine)

Combine pulp, sugar, milk and syrup in large sauce pan. Cook slowly 1 1/2 to 2 hrs until mixture reaches soft ball stage or (230 degrees F) Cool to lukewarm. Stir often. Add butter. Beat well.

When mixture begins to thicken, stir in 1 cup chopped nuts. Spread in buttered 8 1/2 x 13 inch pan.



#### Persimmon Jam

4# (about 10 very large) persimmons (these are obviously Oriental Persimmons)

4 c sugar

Cut persimmons in half & scrape out the pulp. Put pulp through a food mill to puree. Measure out 4 c. pulp. Put pulp & sugar into a pot & stir well until thick - about 30 minutes. Keep below boiling point or the jam will become bitter

Ladle jam into jars & seal with melted paraffin or process. The jam will thicken after it cooks.

#### Persimmon Marmalade

1 quart peeled persimmons

1 c water

Juice of 1 lemon

Sugar

Combine persimmons and water. Boil to a thick pulp, add juice of lemon and cup of sugar to each quart of pulp. Boil 10 minutes longer. Pour into sterilized jars and seal.

#### Persimmon Pudding

2 cups persimmon pulp

2 cups milk

1 tsp vanilla

1 ½ cups sugar

2 ½ cups self-rising flour

2 eggs

1 cup melted butter

Blend ingredients well, adding butter last. Pour in greased 9 x 12 pan and bake at 350 F for 1 hour.

#### Jellied Persimmon Salad

1 small package orange gelatin

1 cup hot water

2 cups persimmon pulp

1 Tbs lemon juice

½ cup finely chopped celery

Dissolve gelatin in hot water. Add persimmon pulp and lemon juice. Cool, then fold in celery. Pour into oiled ring mold or individual molds and chill

#### Persimmon-Almond Loaf with Orange Glaze

This persimmon loaf is a variation on an old-fashioned date tea bread. With its sweet and nutty flavors, it is a favorite of both children and adults for brunch or for lunch with chicken salad.

Orange Glaze makes a perfect topping for this quick bread..."

2 cups unbleached all-purpose flour

1 ½ tsp baking soda  
1 tsp baking powder  
1 tsp ground cinnamon  
½ tsp salt  
¼ tsp freshly ground nutmeg  
2 large ripe persimmons (about 1 pound)  
8 Tbs ( 1 stick) unsalted butter, at room temperature  
½ C sugar  
1 large egg  
¼ C sour cream  
2 tsp almond extract  
1 C dried apricots or peaches, chopped  
½ C toasted sliced almonds

First, adjust an oven rack to the middle shelf and preheat the oven to 350 degrees. Lightly butter an 8 1/2 x 4 1/2 x 2 1/2 inch loaf pan. Second, sift together the flour, baking soda, baking powder, cinnamon, salt, and nutmeg into a mixing bowl. Set aside. Next, peel the persimmon and scoop the flesh into a medium-size mixing bowl. Mash with a fork. Set aside. Now, using an electric mixer, beat the butter and sugar at medium high speed until light and fluffy. Add the egg and beat until thoroughly combined.

Add the persimmon pulp, sour cream, and almond extract. Blend at low speed to combine the ingredients. The mixture will look curdled. Add the sifted flour mixture, 1/2 cup at a time, and beat at low speed until the batter is smooth, stopping occasionally to scrape down the sides of the work bowl with a spatula. Fold in the chopped apricots and toasted almonds. The batter will be very dense and sticky. Scrape the batter into the prepared loaf pan. Bake until a toothpick inserted in the center of the loaf comes out clean, about one hour. Cool the bread in the pan on a rack for about 20 minutes before unmolding. Unmold and spread with Orange Glaze.

#### Orange Glaze

2 tsp cornstarch  
1/2 C fresh orange juice  
1/2 C thawed frozen orange juice concentrate  
1 1/2 Tbs unsalted butter  
2 Tbs confectioners' sugar  
1/2 tsp almond extract

#### Persimmon Bread

1 C persimmon pulp  
½ C chopped persimmon  
½ C butter  
1 C sugar  
2 beaten eggs  
1 ¾ C flour  
1 tsp baking soda

1 tsp baking powder

½ tsp salt

½ C nuts

Mix together butter, sugar and eggs. Sift together dry ingredients except baking soda, which you add to persimmon pulp. Add persimmon pulp. Fold in dry ingredients. Add chopped persimmon and nuts. Pour into buttered 8 x 11 inch pan and bake 45 minutes at 325 degrees, or until toothpick inserted in middle of loaf comes out clean.

## Pines



Pine trees are easily recognized by their needlelike leaves grouped in bundles. Each bundle may contain one to five needles, the number varying among species. The tree's odor and sticky sap provide a simple way to distinguish pines from similar looking trees with needlelike leaves.

**Edible Uses:** The seeds of all species of pine are edible. You can also use the young male cones, in the spring, as a survival food. The bark of young twigs is edible. Needles can be used to make tea.

**Bark and twigs -** Native Americans included the inner bark of pines and other trees as an important part of their diet.

The most edible and tasty part of the inner bark is that which is



closest to the hard woody part of the tree. The portion of the inner bark closest to the wood of the tree has an almost sweet taste. The closer the inner bark is to the outer bark of the tree the stringier and resinous it becomes.

If a tree is under a foot in diameter, more or less, there may be little inner bark that is not resinous.

Raw white pine bark is too fibrous to eat very much of raw. You can chew it until your jaw hurts and it remains balled up in one large mass. However, heat the bark to crispness, something like a potato chip you purchase as a snack from the grocery store, and the bark becomes a tasty treat. Fry it, don't boil it. Once the bark has been dried, it can be ground up and used as a flour to thicken stews.

You can also peel off the bark of thin twigs and eat them.

**Cones and Seeds** - Boil or bake the young cones in the spring time for a survival food.

All pines contain edible seeds in the late season cones. The quality and size of those seeds are dependent upon the species of pine. Eat the seeds raw or cooked.

The best time to gather pine nuts is in September and October. Look for the round open cones. Simply gather the cones, remove the seeds and shell before eating raw or roasting.



**Needles and Pollen** – Pine needles contain 5 times the vitamin C found in lemons. A handful of pine needles, or 1/4 cup fresh chopped needles, steeped in boiling water for 10 to 15 minutes provide 100% of the U.S.R.D.A. of vitamin C.

Pine pollen can actually be eaten to give you a little energy boost via its relatively high testosterone levels. And, it may also benefit your heart if eaten in large enough amounts.

In the spring time, the pollen from the small male pine cones can easily be shaken from the cone into a container and used as a stew thickener, or flour substitute that is a great source of protein.

### Medicinal Uses:

The cambium layer of the bark (particularly of the White Pine) is an effective cough remedy. To make cough syrup, put a tablespoon of crushed pieces into a jar with 2/3 cup of boiling water. Cover with a loose plastic lid (not metal) and let steep for 2 hours. Add a half cup of brandy and seal. Let the infusion sit overnight. In the morning strain out the bark and add 1 cup of honey to the liquid. Seal and use 2 tablespoons at a time, as needed.

### Other Uses :

Use the resin to waterproof articles. Also use it as glue. Collect the resin from the tree. If there is not enough resin on the tree, cut a notch in the bark so more sap will seep out. Put the resin in a container and heat it. The hot resin is your glue. Use it as is or add a small amount of ash dust to strengthen it. Use immediately. You can also use hardened pine resin as an emergency dental filling.

### Recipes:

#### Chicken with Pine Nuts



8 chicken breast halves, boneless and skinless  
½ cup flour, all-purpose  
½ cup vegetable oil  
1/3 cup butter  
1 ¼ cups pine nuts  
4 cloves garlic minced  
1 cup white wine  
2 each lemons juiced  
1 bunch parsley leaves chopped  
½ teaspoon salt  
¼ teaspoon black pepper

#### Brown sauce

4 tablespoons butter  
4 tablespoons flour, all-purpose  
2 cups chicken broth  
Salt and Pepper to taste  
Ready in 45 min.  
8 servings

The brown sauce should be ready.

Thoroughly coat the chicken breasts with the flour.

In a large skillet place the oil and heat it on medium high until it is hot.

Add the chicken breasts and sauté them for 3 to 4 minutes on each side, or until they are golden brown.

Remove the chicken breasts and place them in a large baking dish.

Cover the dish and keep the chicken warm.

Drain the oil out of the skillet.

Add the butter and heat it on medium high until it has melted.



Add the pine nuts and sauté them for 1 to 2 minutes, or until they are golden brown.

Add the garlic and white wine, and cook them for 3 to 4 minutes, or until the wine has evaporated.

Add the lemon juice, parsley, the heated Brown Sauce, and salt, pepper.

Stir the ingredients together.

Pour the sauce over the chicken.

Preheat the oven to 350 degrees F.

Bake the chicken for 15 minutes, or until it is very hot.

**BROWN SAUCE:** In a medium saucepan place the butter and heat it on medium until it has melted.

Add the flour and stir it in for 1 minute.

While stirring constantly, slowly add the heated broth.

Continue to stir until the sauce reaches the boiling point.

Add salt and pepper.

#### Broccoli and Pine Nuts

2 pounds broccoli florets

1 tablespoon butter

3 tablespoons lime juice

¼ cup pine nuts toasted

Trim off fresh stems and cut broccoli into flowerets about 3 inches long.

Steam over boiling water until crisp-tender, about 2 minutes.

Drain and let dry on paper towels.

In a non-stick skillet and stir-fry 3 minutes.

Just before serving, toss pine nuts.

Ready in 20 min.

4 servings

#### Pasta and Pine Nuts

8 ounces pasta, orzo

1 tablespoon olive oil, extra-virgin

3 tablespoons pine nuts

1 tablespoon basil

Salt and Pepper to taste

Bring a large kettle of water to a boil and cook orzo until al dente.

Drain in a colander. Meanwhile, in a small, non-stick skillet, heat oil and stir in pine nuts.

Cook until golden, about 5 minutes.

Add basil.

Toss with orzo, season with salt and pepper to taste.

Heat through and serve.

Ready in 30 min.

6 servings

#### Rice and Pine Nuts

1 cup brown rice

1 medium onion

2 cloves garlic

2 tablespoons vegetable oil

2 ½ cups water

½ cup raisins, seedless

1 tablespoon chicken bouillon, powdered

½ teaspoon dry mustard

1/8 teaspoon black pepper

¼ cup parsley leaves chopped

Cook rice, onion and garlic in oil, stirring frequently, in 2-quart saucepan over medium heat about 5 minutes or until onion is tender.

Stir in water, raisins, bouillon granules, mustard and pepper.

Heat to boiling; reduce heat.

Cover and simmer about 45 minutes or until rice is tender and water is absorbed.

Stir in pine nuts and parsley.

Ready in 1 hrs

8 servings

#### Pine Nut Dressing

12 ounces ground beef

4 ounces onion finely chopped

½ teaspoon chicken base concentrated

¼ teaspoon garlic powder  
½ teaspoon black pepper  
6 cups orzo  
¼ cup pine nuts  
Ready in 20 min.

Saute beef, onion, chicken case, garlic powder, pepper and pine nuts until onions are tender. Add mixture to orzo.

#### Pine Nut Pilaf

2 tablespoons olive oil  
1 large onion  
1 garlic clove  
8 ounces rice, brown  
2 teaspoons cumin  
1 teaspoon turmeric  
20 ounces stock  
2 ounces currants  
2 ounces pine nuts

Heat oil in a pot over low heat. Put in the onion and garlic and cook till softened.

Stir in the rice, cumin and turmeric. Stir fry for 1 minute.

Pour in the stock and bring to a boil. Cover and simmer for 30 minutes.

Add the currants, cover again and cook for 10 minutes further.

Remove the pan from the heat and stir in the pine nuts.

Cover and let stand for 5 minutes before serving.

Ready in 60 min.  
4 servings

#### Pine Nut Salad

2 cups pine nuts  
2 tablespoons butter  
½ pound pasta  
½ cup parsley leaves

1/3 cup green bell pepper  
1/3 cup sweet red bell pepper  
¼ cup lemon juice  
¼ cup olive oil  
Pepper  
parmesan, parmigiano-reggiano cheese, grated

In a large skillet, lightly toast the pine nuts in the butter; drain on paper towels and cool.

Cook the alphabet pasta in boiling water; drain and rinse in cold water.  
Very gently, mix together all ingredients; cover and chill.

Ready in 25 min.

6 servings

#### Pine Bark and Noodle Soup

Pine Bark

4 Cups Chicken Broth

Chinese Noodles

Green Onions

Soy Sauce

1 Egg

Late spring is the best time for gathering, when the tree is richest in sugars. Use the largest trees possible. Width is more important than height, the wider the tree, the thicker the cambium layer.

Boil for a half hour, or until the water turns red from resins. Change water and boil a second time for a half hour. Change water and boil a third time for a half hour. On the last boiling, the bark will be fairly tender and the water will only be light pink. The "bark" will have a color like fresh ham, with a texture exactly like cooked turkey breast. The bark has no particular flavor at all, which makes it an excellent meat substitute with the proper seasonings.

After the last cooking and draining, add four cups of chicken stock ( made by dissolving four chicken bullion cubes in four cups of water) and simmer for one hour.

Add some Chinese noodles, some green onions, a dash of soy sauce, and a beaten egg to make a superb "Pine Ramen" soup.

#### Pine Bark Pot Pie

Pine Bark

2 Cups Chicken Broth

2 Pie Shells

Potatoes

Carrots  
1 Medium Onion  
½ Can Green Peas  
¼ Cup Butter  
4 Tablespoons White Flour

Melt ¼ cup of butter in a skillet and add 4 tablespoons of white flour to make a thick paste. Into this add 2 cups of chicken broth, adding slowly and stirring in to a nice lump-less gravy.

Take an uncooked pie shell and heap it full of pine bark. Add cooked potatoes and carrots, a coarsely chopped onion, and a handful of peas.

Cover it all with the gravy, put a pie shell lid on top, and cook in the oven at 400 for about 40 minutes, or until nicely browned.

#### Bark Bread



4 deciliters barkmeal  
3-4 packages yeast  
2 liters rye flour  
2 liters wheat flour  
4 Pints lukewarm water

Bark meal includes important nutritional substances and is mixed in small quantities with rye and wheat flour when baked into

bread. Bark meal contains more zinc, magnesium and iron than is found in rye and wheat and it is full of fiber.

The light inner bark of the pine tree is harvested in the spring when the bark is more easily removed from the tree trunk. The vitamin content is also highest in the spring. A flap of the outer bark as well as the green layer is cut away with a knife and folded back, exposing the light beige inner bark which is about 2 millimeters thick. The flap is replaced, the tree trunk hardens and protects the tree. The bark membrane is very thin and many trees have to give up their skins before there is enough for barkmeal.

After the inner bark is removed, it is kept outside in the open air until it hardens like cardboard. Then it is roasted in an oven until light brown. The barkmeal contains no gluten and is low in cholesterol.

Use 1 deciliter of barkmeal to 10 deciliters of flour.

The ingredients are mixed the same as any other bread. The dough is set aside to rise for an hour; then it is punched down and allowed to rise for 40 minutes.



The dough is shaped into 24 balls, placed on cookie sheets and flattened like pancakes.

The top of each bread is poked with the tines of a fork, and a little barkmeal is sprinkled on top before baking.

The bread is baked at 450 F. for 10-15 minutes.

The recipe makes 24 small breads.

To convert measures:

1 liter = more than 2 pints (or 10 deciliters)

1 deciliter = less than    cup or 1/10 of a liter

## Plantain

Also: Ribwort, Pig's ear



There are nineteen kinds of plantain found in the U.S. and all are edible. Plantain leaves occur in a rosette, spatulate to oblanceolate or obovate. They are lightly hairy above and below; lateral veins start at the base of the leaf down the blade, parallel to midrib, shallow occasional tooth on leaf. Stems are tall, erect, and solid; multiple stems from the base, not branched.

The Broad Leaf Plantain has leaves over 2.5 centimeters across that grow close to the ground. The flowers are on a spike that rises from the middle of the cluster of leaves. Native Americans called Broad Leaf Plantain the "white man's foot" because they noticed that where ever he went, the plant soon showed up.



The Narrow Leaf Plantain has leaves up to 12 centimeters long and 2.5 centimeters wide, covered with hairs.

The leaves form a rosette. The flowers are small and inconspicuous.

### **Narrow Leaf Plantain**

Edible Uses:

The young tender leaves (early spring) of all varieties of Plantain are edible raw. Like dandelion, the leaves should be collected when they are very young, otherwise they will be too stringy. Older leaves should be cooked, and added to soups and stews. (Be careful not to overcook your wild greens, and remove the fibres in older leaves.)



### **Plantago Virginica**

Plantain seeds, in the summer, are edible raw or roasted, and are good for constipation. You can also grind them up and use them as an egg replacer.

#### **Medicinal Uses:**

Either broad leaf plantain or narrow leaf plantain can be used to make a healing poultice or soothing oil, widely regarded as one of the best wound healers around.

Not only does plantain increase the speed of healing, it also relieves pain, stops bleeding, draws out foreign matter, stops itching, prevents and stops allergic reactions from bee stings, kills bacteria, and reduces swelling.

The leaves can be used on mosquito bites and nettle stings. The plant's high content of tannin acts as an astringent, and relieves local pain and irritation.

Plantain can also be used for larger wounds, cuts, burns, and sores, just wash and soak the entire plant for a short time and apply it to the injured area.

To treat diarrhea, drink tea made from 28 grams (1 ounce) of the plant leaves boiled in 0.5 liter of water.

The seeds and seed husks act as laxatives.

Try a poultice or a generous application of plantain oil or ointment (made by thickening the oil with beeswax) on sprains, cuts, insect bites, rashes, chafed skin, boils, bruises, chapped and cracked lips, rough or sore hands, baby's diaper area, and burns.

To make a fresh plantain poultice: Pick a leaf, chew it well and put it on the boo-boo. "Like magic" the pain, itching, and swelling disappear, fast! (You can dry plantain leaves and carry them in your first aid kit. Chew like you would fresh leaves.)

To make plantain ointment: Pick large fresh plantain leaves. Chop coarsely. Fill a clean, dry, glass jar with the chopped leaves. Pour pure olive oil into the leaves, poking about with a chopstick until the jar is completely full of oil and all air bubbles are released. Cap well. Place jar in a small bowl to collect any overflow.

Wait six weeks. Then strain oil out of the plant material, squeezing well. Measure the oil. Heat it gently, adding one tablespoon of grated beeswax for every liquid ounce of oil. Pour into jars and allow to cool.

Other uses:

Plantains, as well as dandelions, are a favorite food of rabbits.

## Recipes:

### Plantain Salad

2 cups of plantain leaves finely chopped (Broadleaf or Narrowleaf Plantain)

½ cup of cabbage finely chopped

1 large can of chick peas (28 oz), drained

1 onion thinly chopped

1 celery stalk finely chopped

1 or 2 garlic gloves finely chopped

1/8 cup olive oil

1/8 cup wine vinegar

1 tsp. salt

Mix all the above ingredients (except the oil and vinegar) in a large bowl and refrigerate. Once chilled, add the oil and vinegar. If you find the salad a bit dry, then increase the quantity of olive oil and wine vinegar equally until you have the desired moistness.

### Creamed Plantain & Ham



Ham

1 handful plantain leaves

Onion - optional

Butter or oil

Cream

Ground nutmeg - pinch

Pepper / extra salt optional

Garlic

Unless very young Plantain leaves are used then this dish will have a bitter edge that may be unpalatable.

A good way to remove leaf bitterness while maintaining physical leaf integrity is to steep the leaves in changes of boiling water rather than boiling.

Dice the ham and fry in a little oil until nicely browned. Select small plantain leaves, remove stalk material and any blemished parts. Nibble a bit to test bitterness. If too bitter place leaves into bowl and pour boiling water over. Steep for 5 minutes. More bitter leaves may need a minute or two boiling. Drain off the water. In a saucepan put a little butter or oil and low to medium heat gently cook the leaves for 2-3 minutes. Remove from the heat and stir in a good slug of cream and a large pinch of nutmeg. Return to the heat and gently simmer for a couple of minutes. Stir in the ham pieces and allow to simmer for a couple of minutes more.

Serve with potatoes or rice.

#### Roasted Plantain Chips

Unlike the banana-related plantain chips of the supermarket, this wafer-thin chips are made with the leaves of the unrelated common plantain.

.  
2 cups young common plantain leaves, or kale  
2 tsp. sesame oil  
1/2 tsp. fennel seeds, ground  
1/2 tsp. caraway seeds, ground  
1/4 tsp. powdered ginger  
1/2 tsp. salt  
A dash of hot sauce

1. Stir all the ingredients together
2. Spread onto 3 cookie sheets covered with non-stick mats (or oiled cookie sheets) and bake about 6 minutes, or until very lightly browned and crisp, in a preheated 425 degree oven. Stir occasionally, being careful not to let the leaves burn

#### Plantain Soup

3 cups of diced plantains  
4 cups of milk or water (milk from powdered milk works as well)  
2 eggs  
1/2 cup flour, wheat or potato  
1 turnip  
1 Jerusalem Artichoke  
Salt and pepper to taste

Dice the plantains, remove any fibers. Simmer the diced plantains in the milk or water. Chop up the turnip and Jerusalem Artichoke and add to the liquid. In a separate cup add water or milk to the flour to get a non-lumpy consistency, then add to the soup. Separate the eggs and whites, beat separately, add separately to the soup, stirring constantly. Salt and pepper to taste.

#### Stuffed Plantain Leaf



1 pound ground beef, or the like  
2 cups cooked rice  
1 clove of garlic  
2 lettuce leaves or the like  
1 egg, beaten

Boil or steam the plantain leaves, remove any fibers, set aside the leaves. Cook the meat, add the cooked rice and other ingredients. Cook until tender. Place a tablespoon or so of the mixture on each plantain leaf and fold the leaf around the mixture. Place on a baking dish, bake 15 minutes 325, or just enough to warm them up. Salt and pepper to taste.

### (Wild) Plum



Wild plum is seen as a low-growing thorny shrub or a tree that grows up to 20 feet tall. Taller trees have a round shape, but small shrubs are either sprawling or erect, depending on their growing conditions.

The bark of young plum trees is cinnamon brown and smooth. However, it becomes rough with age.

The leaves are about 1 inch long with serrated margins and are slightly hairy on both sides.



The wild plum tree produces sweet-smelling white blooms in early spring followed by the oblong 1-inch-long fruit.

The fruit ripens to red, orange or purple in mid-summer and has an acidic flavor that is often more sour than sweet.

Plum thickets can be more than 100 feet wide and long.



#### Edible Uses;

The fruit of the Wild Plum is edible either fresh or dried. Dried plums are also known simply as prunes. Plums and prunes are known for their laxative effect.

#### Medicinal Uses:



Prunes and prune juice are often used to help regulate the functioning of the digestive system.

**Caution:**

The unripe fruit, the fruit pit or seed, and all other parts of this plant are poisonous. They contain cyanide that, if eaten in sufficient quantities, may be fatal to both humans and livestock.

## Recipes:

### Wild Plum Upside-down Pudding Cake

2 1/2 cups flour  
1 cup sugar  
3 teaspoons baking powder  
1 teaspoon salt  
1 cup milk  
1/4 cup shortening

Combine the dry ingredients, then mix in the milk and shortening. Spread in 9" x 13" baking pan.

Drain (save juice) and pit 2 quarts of canned wild plums. Sprinkle plums on top of batter.

#### Sauce:

4 cups juice (add hot water to get total)  
1 1/2 cups sugar  
red food coloring (optional)  
1 teaspoon cinnamon  
4 tablespoons margarine

Bring sauce to a boil and pour over plums. Pour plum sauce over the batter in a 9" x 13" baking pan. Bake at 350 degrees for 30 minutes. Sauce will be on the bottom and cake on top when done. Let cool and either serve from pan or place on plate upside down with sauce on top.

### Plum Honey

8 cups plum juice (from peelings)  
4 cups sugar

Sterilize canning jars. Measure juice, bring to boil. When it boils vigorously, add sugar. Boil rapidly until it reaches the consistency of honey. Pour into hot jars, leaving 1/4 space at the top of the jar. Wipe jar rims and adjust lids. Process 10 minutes in a boiling water bath.

### Wild Plum Preserves

5 cups pitted, tart plums (about 2 1/2 pounds)  
4 cups sugar  
1 cup water

Sterilize canning jars. Combine all ingredients. Bring slowly to boiling, stirring until sugar dissolves. Cook rapidly almost to the jellying point, about 15 minutes, stirring frequently to prevent sticking. Pour hot preserves into hot jars, leaving 1/4 inch head space. Wipe jar rims and adjust lids. Process 10 minutes in a boiling water bath at 5,000 feet.

#### "Wild Plum" Muffins

2 c. self-rising flour  
2 c. sugar  
1 c. crushed walnuts  
2 tsp. allspice  
3 eggs  
1 c. oil  
2 sm. jars baby food plums

Mix together. Bake 325 degrees for 15 minutes in miniature muffin tins.

#### Wild Plum Fruit Rolls (Leather)

4 cups wild plum puree  
1 package MCP pectin  
1 cup sugar

Use fully ripe or slightly overripe plums. Wash and cut away any bruised or spoiled portions. Pit. Puree plums in blender or food processor. Stir the MCP pectin into puree. Mix well. Add sugar and stir until dissolved.

Coat cookie sheet or dehydrator shelf with vegetable oil. Spread 1 cup puree in border. Smooth puree with rubber spatula or tilt cookie sheet to evenly spread puree. Refrigerate unused puree.

For conventional oven:

Set temperature control at lowest setting or 150 degrees F. Two cookie sheets may be placed in the oven at the same time. Rotate trays after 3 hours. Drying will take up to 18 hours.

For dehydrator:

Set temperature control at 140 degrees F. and dry for 6-8 hours.

For sun-drying:

One to two days. Test for dryness by touching center of leather; no indentation should be evident.

Remove rolls from tray while still warm and either roll each one in one piece or cut them into 4- to 6-inch squares. Roll in plastic wrap after cooled. Rolls may be stored up to 1 month without refrigeration. For longer storage, place in freezer up to 1 year.

### Spiced Plums

4 quarts plums  
6 cups sugar  
1 cup distilled white vinegar  
1 teaspoon ground cinnamon  
1 teaspoon ground allspice  
1/2 teaspoon ground cloves

Wash and drain plums. Prick each plum with a fork to prevent the skins from bursting. Place plums in a large crock. Combine sugar, vinegar, and spices; boil 5 minutes. Pour syrup over plums and let stand 24 hours. Drain and reheat syrup, and pour over plums again the second day. Let stand 24 hours.

The third day, drain and set aside syrup, pack the plums into hot jars, leaving 1/2-inch head space. Fill jar to 1/2 inch of top with boiling hot syrup. Remove air bubbles. Wipe jar rims. Adjust lids. Process 15 minutes in a boiling water bath at 5,000 feet.

### Wild Plum Jam

Use red wild plums. Wash plums and sort out plums with blemishes for another purpose.

Do not remove the pits, as the sweetest part is attached to the pits. Put plums in pan with several tablespoons of water. Cook slowly until soft. Measure fruit; add an equal amount of sugar. Cook fruit and sugar until juice drops short from the spoon.

If juice sheets from spoon, it has been cooked too long and jam will be too stiff. Ladle into half pint or pint jars; adjust caps and process in a boiling water bath (212°F) for 10 minutes.

### Wild Plum Jelly

Go into the woods and pick about 5 pounds of wild plums - looking out for bird holes, worms, etc. Be careful for red bugs also.

Wash thoroughly plums and place in very large pot and smash plums with potato masher while bringing to a boil. Mash, mash, mash! Reduce heat and simmer about 25 minutes. Strain plums through cheesecloth and extract 5 1/2 cups of juice. Combine juice and 1 package of Sure-Jell. Bring to boil. Add sugar and return to boil (full rolling); boil hard 1 minute, stirring constantly. (Hot job to do). Remove from heat; skim off foam and pour into sterilized jars and seal. Yield: about 10 half pints.

#### Wild Plum Sauce

1 pound whole wild plums (or pitted regular plums)  
3-4 cloves garlic, minced  
1 tablespoon fresh ginger root, minced  
1/8 tsp cayenne pepper (use less if you like)  
1 tsp soy sauce (or salt to taste)  
1/4 teaspoon shallot or onion salt (optional)  
As needed: sugar or other sweetener and/or vinegar

Pick over the plums to remove any stems or debris and rinse them well. Place in a saucepan and add water just to barely cover them. Bring to a boil, reduce heat, and simmer until skins have burst and plums are soft, about 20-30 minutes. Remove from heat and allow to cool for a few minutes.

Place a colander over a bowl. Put the plums in the colander and press with the back of a spoon to squeeze out the juice. (You could also do this in a cheesecloth bag.) Allow the plums to drain until all juice is removed.

Heat a saucepan over medium-high heat. Saute the minced garlic and ginger in a tablespoon of water for 2 minutes, adding more water if needed to prevent sticking. Add the plum juice and the remaining ingredients. Bring to a low boil and simmer until mixture reduces and thickens by almost half. (It took mine about 15 minutes.) Taste to see if any sauce is sweet or sour enough; if not add sweetener or vinegar to taste.

Use warm or refrigerate for later use.

Servings: 4, about 1 cup total

## Pokeweed

Also: Poke Salet



This plant may grow as high as 3 meters. Its leaves are elliptic and up to 1 meter in length. It produces many large clusters of purple fruits in late spring.

**Edible Uses:** The young leaves and stems are edible cooked.

It is best to get the tender leaves and shoots. Do not cut below the ground as it is poisonous. The mature leaves, berries and roots are the poisonous parts of the plant.

Boil the leaves and shoots in two changes of water if using older leaves. Let boil a few minutes, drain the water off and boil again.



After a few minutes, drain and add more water. After adding water the third time, cook until tender. Drain well and squeeze out the juice with a fork.

The peeled shoots can be boiled for 15 minutes, in several changes of water, and pickled in hot vinegar.

**Medicinal Uses:**

Externally, the leaves have been used to relieve acne and rashes. Internally, it is good for tonsillitis, swollen glands and weight loss.

**CAUTION:** All parts of this plant are poisonous if eaten raw.



Never eat the underground portions of the plant as these contain the highest concentrations of the poisons. Do not eat any plant over 25 centimeters tall or when red is showing in the plant.

#### Other Uses:

A beautiful red ink and a dye are obtained from the fruit.

The rootstock is rich in saponins and can be used as a soap substitute.

#### Recipes:

##### Pokeweed, Basic Preparation

8 cups young pokeweed leaves and stems of plants up to 8 inches tall, collected only in springtime, and without any pieces of the toxic taproot, coarsely-chopped  
1 large pot of rapidly boiling water  
1 medium pot of rapidly boiling water, 2 tbs. olive oil, 4 cloves garlic, chopped, 1/4 cup wine vinegar, 2 tsp. tamari soy sauce

1. Boil the pokeweed in the medium pot of rapidly boiling water 1 minute over high heat.
2. Drain in a colander.
3. Return the pokeweed to pot with more boiling water from the large pot and boil another minute.
4. Drain and change the water again, and boil another 15 minutes
5. Drain again, pressing the pokeweed against the colander with a slotted spoon to press out as much water as possible.
6. Meanwhile, if desired, gently sauté the garlic in olive oil 2-3 minutes or until lightly browned, and stir the oil, garlic, tamari, and vinegar into the cooked, drained pokeweed greens.

Note: Omit the last step if you're planning to use the pokeweed in another recipe with different seasonings.

Serve hot.

Makes 2-2/3 cups

##### Poke-quettes

##### Pokeweed Shoots

4 cups cooked millet or other grain  
2 cups cooked pokeweed  
1 cup tofu-cream cheese  
1 cup walnuts, chopped  
1 cup breadcrumbs  
2 tbs. fresh parsley or dill weed, chopped  
2 tbs. fresh basil, chopped  
6 cloves of garlic, chopped  
1 tbs. chili paste or 1/2 tsp. cayenne hot pepper, or to taste  
2 tsp. marjoram, ground  
2 tsp. Vege-sal or 1 tsp. salt, or to taste

2 tsp. paprika, 1 tsp. black mustard seeds, ground

1 tsp. white pepper, or to taste

1. Mix together all ingredients.

2. Shape into croquettes approximately 3 inches in diameter and 3/4 inch high by hand, or with a circular cookie cutter.

3. Bake on an oiled baking dish 40-50 minutes in a preheated 350°F oven, or until lightly browned underneath.

Serve with sesame sauce or other sauces

Makes 18 croquettes

### Pokeweed Baked Eggs

#### EGG LAYER

1 19-oz. package of silken tofu

1/2 cup flaxseed oil or corn oil

1/4 cup bread crumbs

1/4 cup lecithin granules

1 tbs. flaxseeds, ground

1/2 tsp. tarragon, ground

1/4 tsp. turmeric

1/4 tsp. paprika

1/4 tsp. yellow mustard seeds, ground

1/8 tsp. mace

1/8 tsp. fenugreek, ground

1/2 tsp. Vege-sal or 1/4 tsp. salt, or to taste

1/2 tsp. black pepper, ground

#### OTHER INGREDIENTS

2 cups cooked, seasoned pokeweed

1 tbs. olive oil

1. Mix together all egg layer ingredients in an oiled casserole dish with a whisk, mixer, or fork.

2. Top with cooked pokeweed.

3. Mix the olive oil with the remaining bread crumbs and press onto the pokeweed layer.

4. Bake, uncovered, 30 minutes in a preheated 375°F oven.

Serves 6

As an added ingredient:

\*Place poke salad hot in a bowl and top with boiled eggs.

\*Add some olive oil to a pan and saute' poke salad with leeks or onions.

\*Add oil to a pan and put the poke salad in, when good and hot, break an egg into the pan and stir with a fork. Continue to fry until the egg is done.

\*Cut the whole plant when it is about 8 inches high. Cut this up like okra and parboil once if desired. Roll in flour or cornmeal, salt and pepper and fry. This is often eaten with some fried streak meat.

## Prickly Pear Cactus

Also: Nopales, and Nopalitos



Prickly Pear cactus is characterized by its fleshy oval leaves of the nopal.

### Edible Uses:

Prickly Pear Cactus produces both “nopales”, a vegetable, and “tuna”, a fruit.

**Leaves** - With a soft but crunchy texture that also becomes a bit sticky when cooked, edible cactus tastes similar to a slightly tart green bean, asparagus, or green pepper. Cactus pads contain beta carotene, iron, some B vitamins, and are good sources of both vitamin C and calcium.

Prickly Pear cactus is available year-round with a peak in the mid-spring and the best season from early spring through late fall.

Choose small, firm, pale green cacti with no wrinkling. Be sure to pick cacti that are not limp or dry. Very small paddles may require more cleaning because their larger proportion of pricklers and eyes.

The fleshy pulp between the skin and seeds of the fruit is excellent chilled; remove the bristles with a damp cloth. The dried seeds can be ground to use as flour or a soup thickener. The tender pads can be peeled, prepared like green beans.

**Fruit** - As part of the cactus plant, the prickly pear is a fruit that is 2 to 4 inches long and shaped like an avocado. Its skin is coarse and thick, not unlike an avocados and it ranges in color from yellow or orange to magenta or red. Tubercles with small prickly spines can be found on the prickly pear's skin. This fruit's flesh, which ranges in color also



from yellow to dark red, is sweet and juicy with crunchy seeds throughout. The “prickly pear” can be diced like pineapple and used as a topping on yogurt or cereal or blended into a smoothie.

Flower - The Prickly Pear Cactus flower can also be eaten cooked, usually boiled. Their flavor leans towards tart. The blossoms also make a good wine.

#### Medicinal Uses:

American Indians poulticed peeled pads on wounds, applied juice of fruits to warts, and drank pad tea for lung ailments.

In folk medicine, peeled pads poulticed for rheumatism, juice used for "gravel" (kidney stones), baked pads used for gout, chronic ulcers, and wounds.

#### Survival water:

Cacti are an "edible water" source. The common prickly pear has a high water content and is also a good vitamin-laced food source. Folks who find the flavor or texture of the pulp objectionable can simply crush, squeeze, and strain the plant for its water.

#### Preparation:

##### Leaves -

The cactus must first be de-spined with a vegetable peeler. Trim off any dry or fibrous areas and rinse thoroughly to remove any stray pricklers and sticky fluid.

Steamed cactus can be added to scrambled eggs and omelets, or diced fresh and added to tortillas. They can also be substituted for any cooked green in most dishes, or

Cut up and add to salads.

Dice and add to your favorite salsa recipe or any store bought salsa.

Cut up and add to any corn side dish.

Dice edible cactus and add to couscous along with diced tomatoes.

Add to your favorite burrito along with lettuce and tomatoes.

##### Prickly Pears -

1 Slice both ends of the prickly pear off. Discard them.



2 Make one long vertical slice down the body of the prickly pear.



3 Slip your finger into the slice and grab a hold of the skin.

4 Begin to peel back the thick fleshy skin that's wrapped around the prickly pear. Discard the skin. You'll be left with the prickly pear itself. The flesh is studded with tons of little edible seeds, if you like them, feel free to just chop the prickly pear up and eat, seeds and all.

To extract the juice, place the "husked" prickly pears into a blender or food processor and pulse until liquefied. Place the juice into a fine mesh sieve and push out the juice into a pitcher or bowl. Discard the remaining pulp and seeds.

Use the juice as you like. About four prickly pears will get you about 1 cup of juice. It's great mixed in with some fresh lemonade, just use equal parts of prickly pear juice to lemonade.

## Recipes:

### Prickly Pear Jelly

1 gal. prickly pear cactus fruit, very ripe, deep garnet color  
 4 c. juice  
 4 c. sugar  
 2 pkgs. fruit pectin

Gather the fruit using tong and gloves. Put fruit in sink with water.

Using tongs, swish in water to remove stickers.

Cut fruit in half. Place in large pan. Boil until fruit is shriveled.

Mash with potato masher. Strain through jelly bag or cheese cloth.

Bring juice and pectin to boil. Add sugar and boil to jelly stage. Pour into jelly glasses and seal.

### Prickly Pear Vinaigrette

2 each prickly pear cactus fruit  
 ½ each banana  
 2 tbsp. honey  
 1 tbsp. rice wine vinegar



½ each lemon, juice of  
½ each lime, juice of

Peel skin off of prickly pears and the banana and put the fruit into a blender. Add the honey, vinegar, lemon and lime juices and blend until smooth. Season to taste with salt and ground black pepper. If too sweet for your tastes add more vinegar. If too tart add more honey. If too thin add more banana. If too thick add a dash of apple juice. Strain through a fine sieve before serving.

#### Prickly Pear Pickles

Prickly pear  
3 c. vinegar  
3 c. water  
6 tbsp. salt  
Dill  
Garlic cloves (1 for each jar)  
Jalapeno peppers (1 for each jar)

Cut needles off prickly pear, slice and pack into sterilized jars. Put one clove garlic, 1 jalapeno pepper and sprigs of dill into jar. Boil water, vinegar and salt until salt is dissolved. Fill jars with boiling brine to within 1/2" of top. Put on cap and screw band firmly. Process in boiling water bath 10 minutes. Tastes best if let cure for at least 6 months.

#### Prickly Pear Cactus Fruit Jelly

Prickly pear cactus juice  
Sugar  
Sure Jel

Pick cactus fruit when fully ripe, I use bacon tongs for this.

Burn off the spines over a flame. I use tongs for this too.

Cut fruits in half, put in pan with small amount of water and boil gently until fruits are soft. Put in a jelly bag and drain off the juice.

Follow directions for grape jelly but use one cup less of the cactus juice, then the recipe calls for. This recipe needs a little experimenting to get just right.

#### Prickly Pear Butter

1 lb. unsalted butter  
2 each prickly pear cactus fruit or 1/2 c. of another fruit or berry of your choice, strawberries, or raspberries, etc.  
1 bunch cilantro, chopped  
1/2 c. honey  
Salt, to taste

Let butter soften slightly in a mixing bowl or food processor. Peel and puree the cactus fruit; strain the juice through a fine strainer. Add: the juice, cilantro, honey and salt to the mixing bowl or food processor; blend until smooth and all is incorporated. Put into the refrigerator until it begins to stiffen. Lay out a small sheet of wax paper or plastic wrap and spread out some of the butter in a small strip. Roll up the paper or plastic like a cigar and twist the ends until it becomes a tight package. Freeze until hard and return to refrigerator to soften slightly for easy slicing.

#### Nopalitos Con Chili (Prickly Pears)

4 sm. Nopalitos (should be firm 5 inch in diameter size)

$\frac{3}{4}$  lb. chuck (chuck steak)

1 tbsp. vegetable oil

1 med.-size onion, chopped (1/2 c.)

$\frac{1}{4}$  c. chopped green pepper

1 lg. clove garlic, minced

1 tbsp. chili powder

1 c. tomato puree (29 oz. can)

1 c. water

$\frac{1}{2}$  tsp. salt

$\frac{1}{2}$  tsp. leaf oregano, crumbled

1 can (15 oz.) kidney beans (optional)

1. Wash nopalitos, watch for small thorns, use potato peeler to smooth over and remove sprouting thorns. Cut nopalitos into small cubes, wash again, drain. Set aside.

2. Brown steak in oil after you have cut it into 1/2 inch cubes. Use large skillet. Remove cubes with slotted spoon as they brown. Add onions, green peppers and garlic; saute stirring often, until tender. Add nopalitos to mixture, cook 3 minutes. Sprinkle chili powder over mixture; cook and stir one minute.

3. Return meat to skillet; add tomatoes, water, salt and oregano; bring to boiling. Lower heat; cover; simmer 30 minutes, stirring occasionally.

4. Drain beans, reserving about half the liquid. Add beans and reserved liquid to skillet; simmer, uncovered, 15 minutes. Serves 4.

#### Tunapple Crisp

FRUIT PUDDING:

20-25 tunas (prickly pear cactus fruit)

2 Rome, McIntosh or Winesap apples

$\frac{3}{4}$  c. sugar

1 tsp. apple pie spice

$\frac{1}{2}$  tsp. mace

3 tbsp. flour  
½ c. raisins OR pecans, chopped (optional)  
TOPPING:  
¾ c. brown sugar  
¼ c. granulated sugar  
1 tsp. cinnamon  
1 c. flour  
½ c. butter

Peel and slice tunas and apples (as for a pie). Mix rest of pudding ingredients together and add to fruit. Mix all together.

Mix all topping ingredients except butter together. Add butter and cut up or mix with fork until mixture has texture of cornmeal. Spread over top of fruit mixture.

Bake in oven at 325 degrees for about 45 minutes to 1 hour (until fruit is bubbly and oozing around edges of topping). For quicker preparation, cook fruit 10 minutes in microwave before adding sugar, flour and spice mix.

Tunas are NOT user-friendly. Pick with leather gloves. Wash and scrub to remove spines (wear rubber or thick plastic gloves). Blanch for 1 minute in boiling water, drop in cold water until cool enough to handle. Remove and drain. (Don't let them soak in water or they will get mushy.) Peel by cutting off top first, then rest of skin. Slice in half and remove seed sac with tip of teaspoon, i.e. scoop out as you would with a cantaloupe, starting at top (widest) end. Most of time seeds will come out all together with enclosing membrane.

#### Tropical Fruit Salad

1/2 cantaloupe or honeydew melon, made into balls or cubed  
1/2 fresh pineapple, peeled cored and cubed  
4 oz. fresh strawberries, hulled and halved  
1 mango, peeled and cubed or sliced  
8 oz. watermelon, seeded and balled or cubed  
4 oz. guava or papaya, peeled and cubed  
2 oranges, peeled and segmented  
1 prickly pear, peeled and sliced (optional)  
1/2 c. water  
1/2 c. sugar  
1 oz. triple sec or tequila (optional)

Grated rind and juice of 1 lemon  
2 tbsp. chopped pecans to garnish

Gently mix all the fruits together.

Dissolve the sugar in the water over gently heat and when the mixture is no longer grainy, add the triple sec or tequila (if wanted) and leave the syrup to cool.

Add the lemon juice to the sugar syrup and pour the prepared fruit.

Refrigerate well before serving.

Sprinkle with chopped nuts.

### Pasta with Vegetables in Green Mexican Salsa

15 fresh tomatillos, or 1 can (12 oz.) tomatillos, drained

2-3 fresh or canned hot chili peppers, seeded

1 clove garlic

1 c. chopped yellow onion

¼ c. chopped fresh coriander (cilantro)

¼ c. plus 2 tbsp. vegetable oil

1 lb. long fusilli (curly long strands) or other fancifully shaped pasta

1 sm. red onion, chopped

2 med. sized ripe tomatoes, chopped

1 lg. green or gold sweet pepper, chopped

1 c. cooked chopped prickly pear cactus leaves or nopalitas (see note)

½ c. finely minced fresh parsley or coriander (cilantro)

Salt

½ c. freshly grated queso Chihuahua or Parmesan cheese

Fresh coriander (cilantro)

Sprigs (garnish)

Red onion, thinly sliced into rings & rings separated (garnish)

As an alternative to this festive buffet dish for any season, serve the pasta in halved avocados for the opening to a sit down Mexican meal.

1. To make salsa, remove and disregard dry husk from fresh tomatillos, wash and boil in water to cover until barely tender. Drain boiled or canned tomatillos and combine with chili peppers, garlic, yellow onion and chopped coriander in a blender or food processor. Puree to chunky texture, about 5 seconds. Heat 2 tablespoons vegetable oil in a frying pan, add the tomatillo mixture, and cook, stirring constantly, for about 3 minutes. Set aside to cool.

2. Cook pasta in 4 quarts boiling water until very al dente. Drain and toss in a large bowl with remaining 1/4 cup vegetable oil. Cool to room temperature, occasionally stirring the pasta to coat thoroughly.

3. Stir about half of the reserved salsa into the pasta. Add red onion, tomatoes, sweet pepper, cactus leaves, minced parsley or coriander and salt to taste; mix thoroughly with your hands. Sprinkle with cheese; garnish with coriander sprigs

and onion rings. Pass remaining salsa at the table. Serves 10-12 as salad or first course.

Note: Prickly pear cactus leaves are available in markets that cater to Spanish populations. To prepare, carefully cut away the sharp spines with a paring knife. Dice the smooth cactus pad and simmer in salted water until tender. Drain and rinse in cold water to eliminate slippery juice. Prepared cactus leaves, called nopalitos, are also available in jars.

### Nopales on The Grill

Prepare the cactus pads as described in the preparation section above. Once you have removed the needles, nodules and thoroughly washed the pads, they are ready for the grill. Cook each pad for approximately 10 to 12 minutes on each side. While grilling, brush each side of the cactus pad with olive oil or a flavored oil of your choice. Pepper or garlic-flavored oil are often used on grilled Nopales.

### Scrambled Nopales

1 or 2 cactus pads  
8 Eggs  
¼ lb. of cheese (your choice)  
salt & pepper to taste

Prepare the cactus pads as described in the preparation section above. Once you have removed the needles, nodules and thoroughly washed the pads, slice into bite-size pieces. Sauté the sliced pads in a small amount of butter for 5 minutes.

Remove from the heat and set aside. Beat the eggs in a mixing bowl; add shredded cheese and the sautéed cactus pieces. Pour the egg mixture into a skillet and scramble. Serve warm with salt and pepper to taste.

### Nopales Rellenos (Stuffed Cactus Pads)

12 tender cactus pads  
3 cups of water  
6 slices of Machego or Panela cheese  
¼ onion, thinly sliced lengthwise  
1 clove of garlic  
Salt to taste  
1/2 cup of flour  
4 eggs, separated  
1 1/2 cups vegetable or olive oil  
1 can of tomato sauce (12 ounces)



Prepare the cactus pads as described in the preparation section above. Once you have removed the needles, nodules and thoroughly washed the pads, boil in 3 cups of water with the garlic, onion, and salt. Drain.

On each of 6 cactus pads place a slice of cheese and 3 to 4 pieces of onion. Top with another cactus pad, secure with wooden toothpicks and coat with flour. Beat the egg whites until stiff peaks form, then add the yolks and beat for 1 to 2 minutes more to create a batter.

Heat the oil in a frying pan, dip the stuffed cactus pads into the egg batter and fry until golden on both sides. Drain on paper towels.

Serve drenched with cooked tomato sauce.

#### Nopales Salsa

1 lb. cleaned cactus pads  
1/2 lb. tomatillos  
1 small white onion  
2 garlic cloves  
2 poblano peppers  
1/2 tsp. of salt  
2 tsp. of fresh lime juice  
1/2 tsp. of cumin  
2 Tbs. cilantro

Prepare the cactus pads as described in the preparation section above. Once you have removed the needles, nodules and thoroughly washed the pads, grill for about 7 minutes on each side. Slice the grilled pads into strips. Place tomatillos, cubed onions and garlic in a baking dish, then cook in a 450-degree oven for 20-25 minutes. Roast poblanos on grill or under the broiler, then peel them and remove the seeds. Place all ingredients in a blender and mix until well chopped. A little water may be needed to moisten the salsa. Serve chilled with chips or use to season tacos, burritos or other Mexican dishes.

#### Nopales Salad

2.2 lbs. Nopales (cactus pads)  
1 onion, halved  
4 cups water  
2 Tbs. salt  
2 large tomatoes, chopped  
1 large onion, chopped  
4 green chiles - serrano or jalapeno - chopped

Prepare the cactus pads as described in the preparation section above. Once you have removed the needles, nodules and thoroughly washed the pads, chop into bite-size pieces. Place the chopped Nopales into a pan with the 4 cups of water, halved onion and salt. Bring to a boil, reduce heat and simmer 30-45 minutes or until tender. Drain Nopales and combine with remaining ingredients.

Taste and adjust seasoning, adding more salt if necessary. This dish gets better if you let it sit a few hours in the refrigerator before serving.

Serves 4 or more.

## Purslane



A low growing succulent plant with alternate fleshy, paddle-shaped leaves, and reddish stems, with a reddish coloration on the underside of the leaves. Purslane has small yellow or pink flowers (May-Nov) which produce many sand-size black seeds.

Purslane grows close to the ground. It is seldom more than a few centimeters tall. It

often grows in gardens and fields as a weed.

### Edible Uses:

All parts are edible. Purslane has long been used as food in India, where it is thought to be native. In Andhra it is mostly used in lentil soups and curries. Tenth-century Arabic treatises provide detailed information on varieties and cultivation. Seventeenth-century English recipes used by the cooks of Charles II list it as a salad ingredient. In South America they call it verdolaga and it is a popular comfort food in the form of omelets, rolled in tortillas or dropped by handfuls into soups and stews.

### Leaves and Stems -

To prepare purslane, wash and boil the plants for a tasty vegetable or eat them raw. Replace the lettuce in any salad with fresh raw purslane. The larger stems

can be pickled. Leaves and stems are rich in iron, also Vitamin A, C and Calcium.

#### Seeds -

Eat the seeds raw or use them as a flour substitute. Pick a quantity of the plant, place it on a drying sheet for a few weeks, then pound and sift to get the seeds.

#### Medicinal Uses:

One thing that makes this plant special is that the fat it contains omega-3 fatty acids, which some research indicates is useful in preventing heart attacks.

It has also been used to treat arthritis and inflammation.

#### Recipes:

##### Purslane Ratatouille

2 cups chopped purslane

1/2 cup chopped onion

1/2 bell pepper

2 cups canned or fresh tomatoes

1-4 oz can of sliced mushrooms

Salt to taste

Sprinkle of garlic powder

Soy sauce (optional)

Cook purslane, onion and pepper until tender. Add remaining ingredients and simmer a few minutes. Rice can be added to the mixture if desired and cooked for 20-40 minutes.

##### Sweet Pickled Purslane Stems

1/2 cup non-iodized salt

8 cups of ice-cold water

6 to 8 cups purslane stems

4 large onions

3 cups apple cider vinegar

4 cups organic cane sugar

2 tbsp. mustard seeds

1 tsp. turmeric

2 cups water

mason jars with lids

(Fill jars with fresh garlic and or fresh dill before continuing with the below instructions.) Mix the salt and the ice water in a large bowl.

Chop the purslane into 1-3" pieces. Peel and thinly slice the onions. Place the purslane and onions into the ice water brine and chill them in the refrigerator for minimum 1 hour.

Mix the apple cider vinegar, sugar, mustard seeds, turmeric and two cups of water together in a stock pot. Heat the mixture until it boils, stirring occasionally.

Add the chilled purslane and onions to the boiling mixture using a slotted spoon. Bring back to a boil and continue boiling for five minutes. Remove the pan from the heat and allow the entire mixture to cool in the pan.

Spoon the purslane and onions into mason jars using a slotted spoon then add the juice to each jar. Seal tightly and keep refrigerated.

#### Huevos con Verdolagas

1 tsp olive oil (or butter)  
½ cup finely chopped onion  
½ cup purslane leaves  
3 eggs, slightly beaten  
sea salt to taste  
corn tortillas

Heat oil on medium high heat in a medium-sized skillet. Sweat onion, when it is soft, toss in purslane, wait till it softens. Add in eggs and stir gently to keep from sticking as with scrambled eggs. Pinch of salt. Serve hot with a salsa of your choice and a side of warm corn tortillas

#### Salad with Purslane & Yogurt ( Greek )

1 cup purslane leaves, washed, dried and chopped  
well-strained yogurt, enough to cover purslane leaves  
½ cup green olives preserved in lemon without pits, cut into rings.  
1 tb virgin olive oil, or more if you like  
vinegar, a couple of drops  
salt, black pepper (optional 2 cloves garlic, crushed)

Mix yogurt, garlic, olive oil, vinegar and olives in a bowl. Add purslane and mix again. Add salt and pepper to taste. Refrigerate for at least 1 hour or until it is time to eat. Serve it with bread or with any roast or grilled food.

#### Perfect Purslane Salad

2 cups purslane leaves and stems, chopped  
2 cooked potatoes, chopped  
4 cups mesclun salad greens or wild greens (i.e., lamb's quarters, lady's thumb, Asiatic dayflower)  
1 bunch scallions, chopped  
1 medium carrot, grated  
1 red bell pepper, chopped

Mix together all ingredients, toss with Creamy Cashew Salad Dressing, and serve.

Serves 6. Preparation Time: 15 minutes

#### Purslane-Potato Salad

6 medium potatoes, sliced and cooked

2 cups purslane, chopped

4 scallions, sliced

1 celery stalk, sliced

1 cup mayonnaise

Mix together all ingredients. Serve chilled.

Serves 6

#### (Wild) Rose



This shrub grows 60 centimeters to 2.5 meters high. It has alternate leaves and sharp prickles. Its flowers may be red, pink, or yellow. Its fruit, called rose hip, stays on the shrub year-round.

#### Edible Uses:

Flowers and buds -

The flowers and buds are edible raw or boiled.



#### Shoots -

In an emergency, you can peel and eat the young shoots.

#### Leaves -

You can boil fresh, young leaves in water to make a tea.

#### Hips -

The fruit of the wild rose has the most vitamin C of all wild fruits. The farther north the rose hips are harvested, the richer they are in this essential vitamin. The hips turn to a lustrous red or orange when ripe and may be either globular or elliptical in shape. Try to gather your hips in the Fall, just before the first frost is expected, though they can still be used even after they are frosted and soft. Crush or grind

dried rose hips to make flour. Rose hips enhance fruit dishes and drinks. Both the hips and the petals are made into jellies.

#### Medicinal Uses:

Good for all infections kidney and bladder problems, fever, stress, and rheumatic complaints. A decoction of crushed hips is made with ½ to 1 tsp. powdered hips with 1 cup water. Boil until ½ cup of liquid remains. Drink in the course of the day.

The tea is made by simmering 1 tbsp. rosehips in 3 cups of water for 30-40 minutes is said to aid with menstrual cramps.

An infusion of the petals as an eyewash and rinse for ulcerated skin infections. To make the infusion, dried, finely chopped rose hips are soaked in a small amount of water for 12 hours before using.

#### Other Uses:

Rosewater and glycerin, an old-fashioned cosmetic, but really is very effective. Use a rosewater-to-glycerin ratio between 50-50 and 75-25.

Because of the moisturizing properties of the petals, these make a fine ingredient in salves, skin lotion and lip balm. Also used in incense & lamp oil.

**CAUTION:** Eat only the outer portion of the fruit as the seeds of some species are quite prickly and can cause internal distress.

#### Recipes:

##### Rose Hip Honey

1 cup ripe rose hips  
4 cups honey

Split and de-seed the rose hips with a small spoon. Make sure all the little hairs are scooped out.

Pack hips into a glass jar and cover with honey. Let sit overnight and serve on fresh muffins in the morning. Store unused honey in the fridge.

##### Rose Petal Jelly

1 cup fresh rose petals  
Juice of one lemon  
2 1/2 cups sugar  
1 package powdered pectin  
1 1/2 cups water

Rose petals are best gathered in the morning. Cut off the white base on each clump of petals as it adds bitterness.



Put petals, lemon juice, and 3/4 cup water in blender and blend until smooth. Gradually add sugar. Put mixture in sauce pan and stir in pectin, 3/4 cup water and boil the mixture hard for one minute, stirring constantly. Put it all back in the cleaned blender and stir until smooth. Pour into hot, sterile jars leaving 1/4- inch head space. Process 10 minutes in a boiling water bath, or freeze.

#### Rose Hip Candy

Gather rose hips, grind into a paste, mix with butter, and add sugar to sweeten. Shape into balls, put a stick into the balls, and roast them over hot coals and enjoy them as a treat on your camping trips.

#### Rose Hip Tea

Grind approximately 3-4 cups of rose hips. Boil in 2-3 cups of water for 20 minutes. Strain the liquid to remove the pulp. It's delicious hot or cold.

#### Rose Hip Juice

To prepare rose hip juice for use in many things, just snap the stems and tails off the rose hips and cook in enough water to almost cover them. Cook until well softened.

Put through a sieve. Cook again in less water and again put through a sieve. Repeat once more. Then discard remaining seeds and skins and drain the rest overnight through a jelly bag or several layers of cheesecloth.

The juice can be made into syrup or just stored in the refrigerator in a covered jar, to use from time to time in various recipes that would benefit from the addition of vitamin C. The pulp can be used in jam or jelly to augment the quantity where you are a bit short and to add vitamin C.

Use rose hip juice in any syrup, jam or jelly in place of water - at least partly. It doesn't have much taste, so it can be used in many different things to add that all-important vitamin C.

One use for the pulp is to spread it thinly on cookie sheets and dry it in a low oven, with the oven door slightly open to allow moisture to escape.

When completely dry, break the sheet of puree into smaller pieces and pulverize with a rolling pin. The resulting powder is delicious sprinkled on cereal or beverages, or used in place of a little flour in many recipes.

#### Candied Rose Hips

Snap off the stems and tail of the wild rose hips you have collected. Discard any imperfect ones. Split the hips open. With a teaspoon turned over, force the seeds out of the hips. Scrape out any extraneous membrane from the inside.

Cover with cold water in a saucepan and bring to the boiling point. Reduce the heat and simmer slowly for 10 minutes. Drain well.

Cook to the boiling point 1 cup sugar, 1/2 cup water, and 1 or 2 pieces of crystallized ginger. Add the drained rose hip pieces (not more than a cupful at a time). Cook slowly until the hips just begin to appear translucent.

Using a skimmer, remove the hips from the syrup and spread them on a platter to cool. If you have more hips, cook them in the same way until all are cooked, but never add more than a cupful at a time.

When cool, roll the hips in granulated sugar and spread thinly on waxed paper to dry. These make a healthful snack for the kids. They should be stored in an airtight, childproof glass container.

#### Rose Hip Syrup

3 pounds rose hips (ripe)  
1 cup honey

Wash hips, remove stems and ends. Use a stainless steel or enamel saucepan. Simmer 15 minutes or until tender. Mash with a wooden spoon. Simmer another 8 minutes. Pour into several layers cheesecloth and allow to drip over night into ceramic bowl. Squeeze out leftovers. Return juice to saucepan, add honey, and blend well. Bring to boil; boil for 1 minute. Pour into jars and seal. Process in hot water bath for 15 minutes at 5,000 feet.

#### Rose Hip and Rhubarb Jam

Use slightly under-ripe rose hips. Cut in half and remove seeds with tip of knife. Combine:

1 cup rose hips  
1 cup water  
4 cups diced rhubarb  
1/2 teaspoon salt

Boil rapidly 2 minutes and add:

2 cups sugar  
1 tablespoon grated lemon rind

Boil rapidly 2 minutes. Seal in sterilized jars. Process in hot water bath 15 min.

#### Nettle & Rosehip Fishballs



Pour boiling water over nettle leaves to destroy the stings, place in a blender, remove any remaining stalk material, then sweat the Rosehip Purée in a little butter for a couple of minutes.

Allow to cool, then mix with mashed/ground raw fish, egg yolk and seasoning [3 parts raw fish to 1 part nettle, and 1 yolk per cup of mixture].

Roll into 1-inch sized balls and dunk in flour. Deep fry in hot oil until golden brown.



#### Rosehip Purée

Remove the stems and burs from the hips then split lengthwise and remove the seeds. Place the prepared hips in a pan with an equal amount of water. Bring to the boil and then simmer gently until largely softened.

Remove from the heat and allow to cool, then either mash with a fork or run through a blender.

#### Rose of Sharon



A naturalized mallow, common in the South, is the Rose of Sharon (*Hibiscus Syriacus*), a deciduous, shrubby tree that produces flowers of pale purple with dark pink centers, or white with reddish centers.

Although the Hibiscus species is likely native to Asia, the name comes from a Palestinian valley

named Sharon, which is referenced by the bride in the Old Testament, Song of Songs, 2:1, "I am the Rose of Sharon."

The hibiscus made it to Europe by the 1500s and was in most English gardens by the 1700s. The American colonies followed suit.

#### Edible Uses:

The leaves are made into tea and the flowers eaten, usually raw.

Leaves - The leaves are edible when cooked, and can be added to quiche or greens. The leaves and flowers also can be brewed as an antioxidant tea.

Flowers - Besides the obvious use as a garnish, the flowers of rose of Sharon can be chopped and added to dishes, or left whole for salads. They make colorful, edible, presentation cups for dips.

Medicinal Uses: Rose of Sharon's flower buds contain mucilage, a gooey medicinal compound made of polysaccharides, found in most species of the mallow family; think of okra's sliminess.

Mucilage can be used to heal burns, wounds, gastric ulcers and internal and external inflammation and irritation, such as sore throats or urinary tract infections.

Current studies on the root bark have found promising results for inhibiting the proliferation of lung cancer. The Chinese use the root bark as an antifungal remedy.

Other Uses:

Rose of Sharon leaves can be used to indicate harmful levels of ozone - they burn where ozone exposure is harmfully high.

Recipes:

Stuffed Rose of Sharon

1 cup cottage cheese

½ cup plain yogurt

20 Rose of Sharon fresh edible flowers (petals only, coarsely chopped)

Herbs and spices of your choice

Directions:

Remove pistils and stamens from flowers. Set aside.

Process cottage cheese in blender till smooth.

Transfer to nonmetallic bowl.

Stir in yogurt and flower petals. Add herbs and seasonings such as green onion, fresh basil, thyme, oregano and rosemary, or a dash of Greek seasoning.

Pipe or spoon the dip into the center of the flower.

Garnish with chopped petals.

Cover and refrigerate overnight for best flavor.

Makes about 2 cups.

Servings: 8

## Sassafras



This shrub or small tree bears different leaves on the same plant. Some leaves will have one lobe, some two lobes, and some no lobes. The flowers, which appear in early spring, are small and yellow. The fruits are dark blue. The plant parts have a characteristic root beer smell.

### Edible Uses:

Leaves and Twigs - The young twigs and leaves are edible fresh or dried. You can add dried young twigs and leaves,

either whole or pulverized, to soups as a spice.

Roots - Dig the underground portion, peel off the bark, and let it dry. Then boil it in water to prepare sassafras tea. Harvest sections of the roots just before the leaves come out. They make the best tea.

### Medicinal Uses:

The roots contain safrole which has been banned in commercial tea since 1960 due to reports of liver cancer and other afflictions in lab animals and humans. In moderation though, sassafras tea is fine to drink, and is a good way to detoxify the liver. It can also be used as an anticoagulant

It is also reported that drinking about 3 cups of the tea repels mosquitoes.

Other Uses:

Shred the tender twigs for use as a toothbrush.

This wood is fine for smoking meat.

## Recipes:

### Sassafras Tea

To make one gallon of tea:

Get about 4-5 average size roots, preferably young roots, wash in cold water, peel and cut into pieces. Boil in one gallon of water for about 20 minutes. Strain, sweeten with sugar or honey and serve hot or cold.

### Sassafras Jelly

Use 8 cups of Sassafras Tea

Mix one package of sure-jell with 8 cups of tea and bring to a hard boil, stirring occasionally. Add 8 cups of sugar and bring back to a full boil. Boil this for one minute, stirring constantly. Skim off the foam and pour into jars. You can seal this with Paraffin wax or in a hot water bath for 10 minutes.

### Sassafras Peanut Sauce

2 tbs. peanut oil

2 red onions, chopped

3 large cloves of garlic, chopped

1 cup toasted peanuts, finely chopped

1 cup coconut milk

1/2 cup water

3 tbs. lime juice

1/2 tsp. sassafras root bark (cambium) or cinnamon, ground

1/2 tsp. salt

1/4 tsp. liquid stevia

1. Sauté the onions and garlic in the peanut oil 10 minutes.



2. Add the remaining ingredients, bring to a boil, reduce the heat to low, and simmer 10 minutes.

3. Puree in a blender or food processor if you prefer a smoother sauce (optional). Serve hot or at room temperature. You can cook vegetables or tofu in this sauce, or pour it over previously-cooked food.

Makes 2-1/3 cups

Preparation Time: 35 minutes

### Shepherd's purse

Also: Casewort, Mother's heart, Peppergrass, Pickpurse, St. Anthony's fire, Shepherd's heart, Shepherd's pounce, Shepherd's scrip, Witches' pouch.



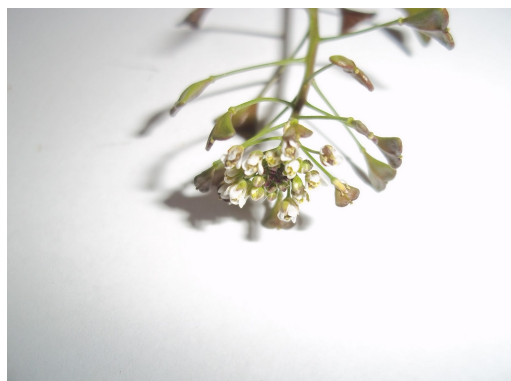
Shepherd's purse, a member of the mustard family, was given its common name because its seed pods resemble a leather purse.

The plant originated in the Mediterranean, but now grows around the world.

Shepherd's Purse is an annual plant; its erect, simple or branching stem grows from 6-18 inches high above a rosette of basal, gray-green, pinnatifid leaves, often deeply toothed and somewhat hairy, dandelion-like.

The root is small, white, and perishes every year.

It bears a few small, sessile, dentate leaves along its length; the leaves on the flower stalks have clasping bases.



The tiny white flowers grow in terminal, erect, cymes, each blossom has four white, spoon-shaped petals, in many places blooming all year.



The fruit is a flattened, heart-shaped or triangular, notched pod, borne on long stalks. Flowers all summer.

#### Edible Uses:



Shepherd's Purse contains significant amounts of potassium, calcium, and vitamins A, B, C.

#### Leaves -

Uncharacteristically mild for a mustard green, the leaves benefit from plenty of seasonings. Add them raw to salads; simmer in soups, stews, and sauces; or sauté or steam them. They cook in about 10 minutes, and shrink by about 75%.

#### Seeds -

The seeds can be roasted and combined with other meal for pinole bread.

#### Medicinal Uses:

Shepherd's Purse is used generally to control bleeding.

An extract of shepherd's purse is an effective blood coagulant which can be used for internal or external bleeding, including nosebleeds, blood tonic, colon trouble, bed wetting, hemorrhoids, venereal disease, malaria, typhus, lung tuberculosis, bleeding ulcers, stomach troubles, helps relieve pain, bleeding from the lungs, piles, profuse menstruation, kidney complaints, fever, jaundice, and hemorrhage after childbirth.

Used as a compress for cuts and wounds especially of the head. An infusion of the dried herb can also be used. It acts to constrict the blood vessels and thus to

raise blood pressure, but it has been said to regularize blood pressure and heart action whether the pressure is high or low.

The fresh tea is used for heavy periods, the tincture for helping post miscarriage and childbirth.

The tea can also be used as a poultice on a bleeding wound, or soak cotton balls in it and place them in your nostrils for a bloody nose.

Tea is also used for diarrhea, dysentery; and externally as a wash for bruises, and to improve eyesight.

## Formulas and Dosages

For drying, best collected in summer when partly in fruit and dried quickly.

Do not keep shepherd's purse longer than a year.

Infusion: steep 1 tsp. fresh or 2 tsp. dried herb in 1/2 cup water for 30 minutes.

Take cold, 1 cup a day, not to exceed 2 cups per day, unsweetened, a mouthful at a time. It is also a good remedy for diarrhea.

Decoction: add 2 oz. of shepherd's purse to 1-1/2 pints of water, slowly boil the mixture down to 1 pint. Strain and take cold, 1 cup 4 or 5 times a day until results are obtained.

Cold extract: soak 3 tsp. fresh herb in 3/4 cup cold water for 8-10 hours. Take in the course of a day.

Juice: take a tsp. of the juice several times a day.

Tincture: take 20-40 drops, 2-3 times a day.



To make a tincture, (these instructions will work for ANY herbal tincture, not just Shepherd's Purse) gather up a lot of fresh Shepherd's Purse.

(Add equal parts yarrow for a menstruation tincture)

Cut it up



into little pieces:



Then pack it into a glass jar:

Then fill the jar a second time with vodka. Poke out the air with a chopstick and top off:

The next day you'll need to top off again with a little more alcohol.

Then seal and date your tincture, and leave in a dark place for six weeks.

When the six weeks are up you can strain your tincture and pour it into tincture bottles.

#### SHEPHERD'S PURSE / YARROW TEA (for heavy periods)

2 parts nettle,  
1 part shepherd's purse leaf/flower,  
1/4 yarrow leaf/flower.

Use four to six tablespoons of herbs per quart of water.

Place herbs in quart jar and cover with boiling water.

Cover tightly and allow to infuse for at least twenty minutes, or longer.

Strain.

#### FLOOD GATES TEA

2 parts shepherd's purse leaf,  
1 part nettle leaf,  
1 part yarrow flowers/leaf,  
2 parts white oak bark.

Use four to six tablespoons of herb mixture per quart of water.

Place herbs in cold water and slowly heat to a simmer.

Simmer over low heat for twenty minutes.

Strain.

**Caution:**

Seeds are known to cause blistering of skin.

Avoid the herb in pregnancy, except during labor, because it stimulates uterine contractions.

If there is a sudden change in menstrual flow or blood in urine, seek professional advice before attempting self-medication.

This herb raises blood pressure. Avoid if Hypertensive.

**Recipes:**

Add Shepherd's Purse to Scrambled Eggs, or to any salad.

EARLY SPRING SALAD WITH CREAMY LEMON DRESSING

2 cups shepherd's purse leaves, chopped  
2 cups of any other wild greens, chopped  
1-1/2 cups olive oil  
1 cup water  
Juice of 1 lemon  
2 cloves of garlic  
1 tsp. fresh ginger  
1/2 small commercial red onion  
1/4 cup fresh parsley or cilantro  
1 tsp. rosemary, ground  
1 tsp. turmeric  
1 tbs. dark miso  
1/2 cup cooked potatoes, or as needed

1. Wash the greens as follows: place them in a colander in batches, and set the colander in a bowl that's shorter than the colander. Run cool water through the colander so the vegetables swim around in the water, the dirt flows out through the holes and over the sides of the bowl, and the greens stay in place.



2. Spin dry, or pat dry with towels. Salad dressing won't cling to wet greens, and wet greens perish quickly (that's why herbals tell you to collect greens in the morning, after the dew has dried—also because the sunlight hasn't had a chance to drive off essential oils—and why you shouldn't wash your wild greens until you're ready to prepare them).

3. Chop the greens into bite-sized pieces. They'll stay fresh and nutritious for close to a week in the refrigerator.

4. Purée all remaining ingredients in a blender, except the potatoes. Gradually add enough potatoes to the blender to thicken the dressing to your taste.

5. Toss the salad with the dressing, sit down at the table, and go directly to salad-lover's heaven!

Serves 4 to 6

Preparation time: 20 minutes

### Shepherd's Purse Large Fresh Dumplings



Shepherd's Purse  
Pork  
Eggs  
Ginger  
Green onions  
Salt  
Sugar  
Shrimp  
Sesame oil.  
2 Small Bags of Dumpling Skins

1. Defrosted a bag of frozen shepherd's purse, slightly washed, remove moisture, shredded thin;

2. Marinate shredded pork and shrimp with soy sauce, 2 tea spoon cooking wine, and shredded green onions, ginger. Set aside for 20 minutes.

3. Add salt, a little sugar and sesame oil, and 1 egg, mix towards one direction.

4. After stirring in one direction, and add shepherd's purse and mix into a paste

5. put on the middle of dumpling skin fold adequate filling, then fold, pinch both ends together into a gold ingot-shaped



6. pot boil water. Put dumplings into water and gently push back with spoon to avoid stick to the bottom of the pot

7. Cook until boil again add more cold water until dumplings float.

8. Pull dumplings out of pot and put them in cold water if you like so they won't stick on the plates.

9. Eat with dumpling sauce.

Servings: 50

Prep Time: 30

Cook Time: 15

Total Time: 45

### Shepherd's Purse with Kimchi Stew



Kimchi Jjigae is one of the most common dishes on the Korean peninsula and while the main ingredients are basically the same, tuna, and pork are often added.

Pork, any cut about the size of a large dice though you can add more. Chop into small pieces. Conversely, you can leave it out altogether.

2T Wine

1d Soy Sauce

1d Sesame oil

4 cloves of crushed garlic.

1d Sugar or corn syrup

Half a cup of onion, or leek and straw mushrooms, all finely chopped

1 stock cube

1t of sesame powder

1T of red pepper paste

1t Red pepper powder, depending on taste

Half a cup of Kimchi (sour is preferable), chopped

Tofu, cut to about the size of six small dice cubes

Shepherd's purse, about a third of a cup.

Sesame seeds for garnish

3-4 cups of water

Make a marinade with:

1. 2T wine, 1d soy sauce, 1d sesame oil, 1d sugar or corn syrup, 1 cube or 4 cloves of crushed garlic, (5 items)
  2. Put the pork in the marinade and leave from two hours or overnight.
- In a heavy bottomed pot or Korean earthenware 'ttukbeki,' place:
3. The marinade, half a cup of onions and mushroom, 6 cubes of tofu, 0.5t of dashida stock, 1t sesame powder. (6 items)
  4. Then add 1d red pepper paste and approx 1t of red pepper powder. (2 items)
  5. Finally, add 3 cups of water, a third of a cup of shepherd's purse and half a cup of kimchi. (3 items)
  6. Bring to boil, allowing it to vigorously boil for five minutes and then simmer on a low heat for 30 mins. Top up with extra water to maintain original amount.
  7. Remove from the heat, garnish with sesame seeds and serve.
- Serve with an accompanying bowl of rice.

1 cup = 180ml. T=tablespoon (15ml), d=dessert spoon (10ml) t=teaspoon (5ml)

This recipe is ideal for one, or as a side dish – double ingredients for each additional person

#### Fried shepherd's purse with bamboo shoots



Ingredients (serves 2):  
50 g shepherd's purse  
150 g spring bamboo shoots  
10 g yellow rice wine  
30 g water  
5 g salt  
5 g starch  
30 g chicken oil

1. Cut bamboo shoots into slanted thin slices and submerge in boiling water for three minutes.

2. Rinse the sprouts with cold water and set aside.

3. Add the shepherd's purse to another boiling pot of water for 30 seconds. Drain and chop.

4. Turn on the fire and put chicken oil and then bamboo shoots in a wok. Fry the shoots using the middle flame for about a minute.

5. Pour in yellow rice wine, water and salt. Stir. Add the shepherd's purse and stir-fry for another 30 seconds, before putting in starch mixed with a bit of water and stirring.

#### Stir-fried chicken with shepherd's purse

Shepherd's purse is Shanghai people's favorite. It's fresh and green. This dish tastes great and beautiful- green and white color.

300 grams boneless skinless chicken breast, tenderized, cut into 1.5 cm cube

1/4 teaspoon salt

1 tablespoon cornstarch

1 egg white

4 tablespoons vegetable oil

50 grams fresh soybean

100 grams shepherd's purse, discarded the old leaves, washed, cooked in boiling water, drained, chopped

1 teaspoon rice wine

1/4 teaspoon salt

1/4 teaspoon sugar

1/8 teaspoon MSG (optional)

1 teaspoon sesame oil

Prep: 15 mins | Cook: 15 mins

1. Put the chicken into a bowl. Add salt, cornstarch, egg white to mix well.

2. Heat oil in the wok over high heat. Add chicken, pan fry for 1 minute, then stir-fry for 4 minutes. Remove and set aside.

3. Leave some oil in the wok, add soybeans to stir fry for 5 minutes. Add chopped shepherd's purse to stir fry for 2 more minutes.
4. Add rice wine, salt, sugar, MSG to stir well.
5. Add chicken back to stir fry for 2 minutes. Pour sesame oil to stir well.
6. Remove and ready to serve.

## Squash blossoms



The squash plant is usually cultivated, and is not per se “wild”, but it is an edible flower which is rarely harvested.

“Squash blossoms” actually cover a wide range of flowers including zucchini, pumpkins, calabashes, acorn, spaghetti squash and the like.

All are squashes for our purposes and all have edible

blossoms.

Both male and female blossoms are edible but removing female blossoms can reduce squash production in your garden. You can tell the female squash blossom by looking just behind the blossom. There you will see a miniature squash.

Blossoms -

Stuffing squash blossoms with soft cheese is a time honored means of preparation.

They can also be fried. Simply batter and fry them or stuff them first. Cheeses (ricotta, fresh mozzarella, goat cheese) and herbs (basil, thyme, parsley) make good fillings. Try adding lemon zest to the cheese or season the crispy fried blossoms with a squeeze of lemon juice and sprinkling of coarse salt.

They can also be stuffed, and then baked or steamed.

They can also be chopped and added to any soup or other recipe.

Seeds –

The leaves and sprouts of most garden squashes are edible cooked as are their seeds.

Remove the seeds from a squash, wash off the debris, and roast in a slow (low) oven for a half hour or so. You can eat them shell and all or shell them.

### (Indian) Strawberry

Also: False Strawberry, Mock Strawberry, Snake Strawberry



The Indian Strawberry, or *Duchesnea*, is a small plant that has runners and three-parted leaves, which are alternate, light green and trifoliate, each leaflet being serrate and ovate, entire plant is finely haired.



The small, yellow flowers are 5 petaled, first flowers bloom in April and blooms throughout the summer till fall. The fruit is a small, about  $\frac{1}{2}$  inch round, edible strawberry.

Harvest young edible leaves in spring and fruit as soon as it ripens. Gather entire plant in late summer, dry for later herb use. It usually grows in sunny or partially shaded fields.

The small, red fruit has the same general appearance as the more palatable strawberry; it is distinguished by the adjectival Indian to

denote its Asian provenance and not due to any association with the Native American "Indians."



#### Edible Uses:

The fruit can be eaten fresh, but it is rather tasteless. Its subtle taste is sometimes compared to watermelon. It contains constituents such as sugar, protein, and ascorbic acid (vitamin C), but its sugar content is only half that of a Wild Strawberry and the vitamin C content is only a tenth of that found in a Wild Strawberry.

The leaves are also edible as a potherb - cooking is recommended.

#### Medicinal Uses:

The whole plant is medicinal as an anticoagulant, and antiseptic. Herb can be used in a decoction for stomatitis, laryngitis, and acute tonsillitis, or the fresh leaves can be crushed and applied externally as a medicinal poultice.

It is used in the treatment of boils and abscesses, burns, weeping eczema, ringworm, snake and insect bites and traumatic injuries.

A decoction of the leaves is medicinal and used in the treatment of swellings.

An infusion of the flowers is used to activate the blood circulation and the fruit is used to cure skin diseases.

#### (Wild) Strawberry

Also: Common Strawberry, Scarlet Strawberry



The Wild Strawberry is a small plant with a three-leaved growth pattern. It has small, white flowers usually produced during the spring. Its fruit is red and fleshy.

When the New World was discovered by Europeans, Wild Strawberries were found in "vast patches ... along the great river and in the woods" according to French explorer Jacques Cartier in 1534.



Roger Williams, founder of Rhode Island, noted that "the Indians bruised them in a mortar, and mixe them with meale and make strawberry bread." The colonists took note and developed their own recipe which is the supposed origin of



strawberry shortcake.

**Edible Uses:**

Strawberries are a good source of Vitamin C. The fruit (summer) is edible fresh, cooked, or dried.

You can also eat the plant's leaves raw, or dry them and make a tea.

**Medicinal Uses:**

Leaves infused and used for sore throats.

Historically, roots were infused for gonorrhea remedy.

Fruits are dried for stomach problems, diarrhea, dysentery, liver pain, jaundice.

Juice is mixed with water for eye wash. To juice, put a nylon stocking over a bowl. Place washed berries in stocking, then squeeze the juice into the bowl.

Strawberry Honey Jam (with low-sugar pectin)

4 cups mashed strawberries  
1 cup pure raw honey at room temperature  
3 tsp low-sugar pectin powder (e.g. Pumonas)  
2 tsp calcium water (also made from Pumonas)

1. Heat strawberries with calcium water and bring to a boil. Boil hard for 1 minute.
2. Add pectin powder to the honey. Stir well and add to the hot strawberry mixture.
3. Bring to a boil again, stirring constantly and boil for 3 minutes.
4. Ladle into hot clean sterilized jars leaving 1/4 inch headspace.
5. Top with hot clean lids and rings (lids had been heated in very hot water for 5 minutes).
6. Process in hot water canner for 10 minutes (start timing after water returns to a boil).

Yields: aprox. 5 cups jam

Simple Strawberry Wine

3 lb fresh strawberries  
2 1/2 lb white sugar  
2 tsp citric acid  
filtered water to make 1 gallon  
wine yeast and wine nutrient (available at any wine making supply store)

#### Equipment:

1 gallon crock  
large piece of cheesecloth and sturdy rubber band  
1 gallon glass carboy  
fermentation airlock and bung  
wine bottles and corks  
wine corker (rentable at wine supply stores)

- 1) Place strawberries, sugar, citric acid in a large 1 gallon crock
- 2) Crush strawberries with your hands and cover with 5 pints boiling water
- 3) Stir with wooden spoon to dissolve sugar and blend with strawberries
- 4) When cooled to 85 degrees F add wine yeast and wine nutrient
- 5) Cover with tight fitting cheese cloth and stir well each day for one week
- 6) Strain the berries out on 7th day and transfer liquid to 1 gallon size secondary fermentation bottle (glass carboy)
- 7) Top the liquid up to one gallon by adding filtered water
- 8) Fir with fermentation trap (airlock and bung) and set aside
- 9) Rack after one month and again after a second month
- 10) Bottle wine when it's clear (i.e. no more sediment while racking)
- 11) Allow to age at least 6 months

#### Super Strawberry Jam

1 tbs. agar flakes, 6 tbs. apple juice or other fruit juice  
4 cups wild strawberries or commercial strawberries, hulled and sliced  
1 tbs. freshly grated lemon rind  
1/3 cup vegetable glycerin, barley malt, honey, or rice syrup, or to taste  
1 tsp. liquid stevia (optional)  
1/8 tsp. dried ginger, powdered  
1/4 tsp. coriander, ground

1. Bring the agar and apple juice to a boil over medium heat, stirring often.
2. Reduce heat and simmer 5 minutes, or until the agar is dissolved.
3. Add remaining ingredients and bring to a boil over medium heat, stirring often.
4. Reduce heat and simmer another 5 minutes, stirring often.
5. Test for firmness (agar's thickening effect varies according to its fineness) by putting a large metal spoon with a small amount of jam in the freezer for a couple of minutes until chilled. If the jam is the right thickness, your recipe is done. If it's too watery, stir in more agar, simmer another 5-10 minutes, and test again. If it's too thick, stir in some fruit juice or water and test again immediately.

4 cups. Preparation Time: 25 minutes

#### Wild Strawberry Ice Cream

3 cups soy milk or nut milk  
1/2 cup drained silken tofu  
1/2 cup raw cashews  
1/4 cup grape seed oil or canola oil  
1/4 cup vegetable glycerin, barley malt, or honey

1/4 cup lecithin granules  
2 tablespoons chopped fresh lemon balm or other wild mint (or 2 teaspoons dried, finely crumbled)  
2 teaspoons vanilla extract  
2 teaspoon liquid stevia  
1 teaspoon strawberry extract (optional)  
1/2 teaspoon orange extract or 2 teaspoons freshly grated orange rind  
1/2 teaspoon salt  
2 cups strawberries

1. Place all the ingredients in a blender except for 1 cup of the strawberries and process until smooth.
2. Add the remaining strawberries and blend a few seconds on low speed until they are just chopped.
3. Freeze in an ice cream machine according to the manufacturer's instructions.  
Makes 5 1/2 cups

### (Staghorn) Sumac

Also: Red Sumac



A deciduous shrub found in all 48 mainland US states. Found growing in thickets and waste ground, open fields and roadsides. Sumac is a shrub or small tree from 6 to 30 feet high, with large pinnate leaves, each leaflet is lanceolate, serrate and green on top whitish beneath. In the fall the leaves turn a bright red.

Flowers bloom in June and July they are in dense panicles of greenish-red small five petaled flowers.

Sumac propagates both by seeds, which are spread by birds and other animals through their droppings, and by new sprouts from rhizomes, forming large colonies with the oldest plants in the center, and the younger plants radiating out.

Edible Uses:

Fruits - The most commonly eaten parts of sumac plants are the ripe red berries. These acidic and tart berries can be eaten raw or dried, though they're most popularly used in the form of a berry tea or sumac-ade. The fruits can be gathered in late summer or early spring, before rains have leached out the desirable flavor from the red hairs of the fruits. Pick the fruit in clusters and separate the fruits from the twigs and rinse them later.

The reddish brown dust can be shaken from the seed head and used as a spice, which is used extensively in Middle Eastern cooking.

Shoots and Roots - The roots and shoots of these sumac plants are also eaten peeled and raw during the spring.

#### Medicinal Uses:

Stems are high in tannins and boiling them will create a good antiseptic wash.

An infusion of the bark or roots is antiseptic, astringent, diuretic, and tonic. It is used in alternative medicine for the treatment of colds, diarrhea, fevers, to increase the flow of breast milk, sore mouths and throats, rectal bleeding, inflammation of the bladder and painful urination, and is applied externally to treat excessive vaginal discharge, burns and skin eruptions.

The powdered bark is made into a good antiseptic salve.

An infusion of the leaves is used for asthma and diarrhea. A poultice of the leaves is used to treat skin rashes. The leaves are also chewed for sore gums and rubbed on sore lips.

An infusion of the berries is diuretic, emetic, purgative and is used in the treatment of late-onset diabetes, constipated bowel complaints, and dysmenorrhea (painful or difficult menstruation).

An infusion of the blossoms is used as an eye wash for sore eyes.

The milky latex from the plant is used as a salve on sores.

#### **Caution:** Poisonous Related Species

Poison Sumac - In terms of its potential to cause contact dermatitis, poison sumac is far more virulent than its relatives poison ivy and poison oak. According to some botanists, poison sumac is the most toxic plant species in the United States. The most easily identifiable difference between Poison Sumac and Staghorn Sumac is that Poison Sumac has white berries that tend to droop, while Staghorn Sumac has red berries that grow upright. If you see a tree that you think might be a sumac, wait until the fruits ripen to see whether it is poisonous or not.

**Caution:** Allergy

Anyone with known allergies to any member of the Cashew Family should avoid consuming sumac.

**Other Uses:**

When broken or cut the plant produces a milky substance which forms a solid gum-like body or gall, containing large quantities of tannic and gallic acid. These galls are used in tanning leather.

An oil, extracted from the seeds, is used in making candles.

Brown, red, and black dye are obtained from the berries, said to be excellent for wool.

**Recipes:**

Sumac-ade

In order to make sumac-ade, crush the fruits of several clusters worth of berries and soak them in a quart of cold water over night. Do not heat or boil the berries, because it will release large quantities of bitter tannic acid into the water and become bitter and astringent. Filter the mixture through a double layer of cloth in order to remove all of the small fruit hairs. The beverage can then be sweetened with sugar or honey and spiced with cloves or cinnamon.

**(Wild) Sunflower**



The common Sunflower is a native of Mexico and Peru. At archaeological sites in North America, sunflower remains have been found dating from 3,000 B.C. Native Americans probably began cultivating the sunflower around 2,300 B.C., which is earlier than the cultivation of the "Three Sisters" - beans, corn, and squash.

The Sunflower is an annual herb, with a rough, hairy stem, 3 to 12 feet high, broad, coarsely toothed, rough, spade shaped alternating leaves, 3 to 12 inches

long, and circular heads of flowers, 3 to 6 inches wide, with a brownish central disk and golden rays.

When explorers from Europe arrived in America, they found that many Indian tribes were cultivating and harvesting crops of sunflowers. They had never seen

this flower and sent the seeds back to Europe where they were a curiosity and used as a garden flower. The Native Americans roasted the seeds of the sunflower plant and ground them into a fine meal. They also made sunflower butter, similar to peanut butter. A beverage similar to coffee was made from roasted sunflower hulls. Dye was made from sunflower hulls and petals. Ground seeds were boiled and oil was extracted. The oil was used for cooking and hair treatment. And the sunflower was used medically for wart removal, snake bite treatment and other purposes.

Today, Sunflowers are found in waste places, fields, and prairies. They flower from June to October.

#### Edible Uses:

Nuts, cereal, flour, oil coffee.

Sunflower seeds contain 55% protein, as well as iron, B vitamins, vitamins A and E, calcium, nitrogen, and phosphorus. The seeds have 48 calories per tablespoon compared to peanuts, which have 85 calories per tablespoon.

Sunflower seeds have more iron than any other food except for liver and egg yolk. Their potassium levels are similar to raisins, nuts, and wheat germ. Raw sunflower kernels provide higher levels of nutrients than kernels that are roasted.

#### Seeds -

The seeds can be eaten raw or roasted and salted.

The dried seeds can be ground and used to make breads.

The oil pressed from the seeds, or boiled from the crushed kernels is of a sweet taste and is considered equal to olive oil or almond oil for table use.

#### Shells -

The roasted shells can be used to make coffee, with or without the seeds.

#### Buds -

The unexpanded buds boiled and served like Artichokes form a pleasant dish.

#### Sprouts -

You can make sprouts from wild sunflower seeds. Sprouts contain more health benefits than in any other point in a plant's life, including a mature vegetable. Sunflower seed sprouts are also a rich source of chlorophyll, which helps activate enzymes, calm inflammation, revitalize tissue, and deodorize the body.

Harvest your sunflower seeds in late fall when the flower heads are completely dry. The seeds will germinate well if they're stored in a freezer. There are several ways to sprout seeds; use a sprouting bag, a wide mouth glass jar, or potting soil on a plate.



You can make sunflower seed sprouts with the shells on, although you have to remove the striped shell variety by hand after the seeds have sprouted. It takes about 10 days for sunflower seeds to sprout and they can be stored in the refrigerator for a few days.

**In a Jar** – Use a clear glass jar, large enough for the sprouts to grow about 6" tall. Put some seeds in your jar, fill it with water and cover the top of the jar with cheesecloth and hold it in place with a rubber band. Soak the sunflower seeds overnight. Drain the water the next day, rinse the seeds again, and drain the water again. Prop the jar on something so it'll lay at an angle. You want the mouth of the jar to be lower so the water completely drains. Rinse the seeds (and sprouts) 3 times a day, draining, and laying the jar on its side.

**In a Bag** – Put shelled sunflower seeds in a sprouting bag, then cover the bag in a bowl of water and soak them overnight. Pull the bag from the water and rinse the seeds, drain off the water and hang the bag over a bowl or sink to capture the drips. Rinse and drain the sprouts two or three times a day until they're ready to eat. When you see leaves begin to form at the tip of the sprout stem, they're ready to eat.

**Caution:** Pollen or plant extracts may cause allergic reactions.

**Harvesting and Preparing** –

When the heads commence to ripen, they should be looked to daily, as the seed soon falls if left too long and also, as the seed ripens, garden pests of the larger sort, birds and squirrels in particular, become troublesome.

Some growers prevent the loss caused by the attacks of birds to whom the seeds are particularly attractive and by the shaking out of the ripe seeds, by surrounding the heads with bags of rough muslin, but this can only be done when growing on a small scale.

If you'd like to dry the kernels indoors, you can cut the mature sunflower head off and include about a foot of the stem. Hang the seed head in a dry area where no mice or insects can get to it. To catch any seeds that fall as they dry, you can cover the seed head with netting, cheesecloth, or a paper bag with small holes poked in it.

You can remove the seeds once the backs of the heads have no trace of green left. Rub the head with your fingers or a stiff wire brush and the seeds will pop out. If any of the seeds are still a little green, place them on some paper and let them dry some more.

Store your seeds in small covered jars and shake the seeds every week or so to keep them from getting musty. If you store a large quantity of seeds together, they'll heat up and lose some of their nutritional value.

If you shell more seeds than you need, store them in zippered plastic bags with all the air removed. The sunflower seed kernels lose their vitamins when exposed to the air for any length of time.

If you have many sunflower shells to crack, you can spread the seeds out between layers of newspaper and use a rolling pin to crush them. Or you can soak the seeds in cold water for several hours and then the soft shells will be easy to remove.

Another method is to run the seeds through a food chopper fitted with a plate barely large enough to prevent the seed going through whole. The shells are cracked off. Then dump the crushed hull-and-kernel mixture into a large bowl of water, and let it stand for half an hour. The light outer coverings will float to the top of the liquid to be skimmed off, and the heavy kernels, which stay at the bottom, are poured into a piece of muslin, squeezed, spread on a baking sheet, and dried in a slow oven.

#### Medicinal Uses:

American Indians used flower tea for lung ailments, malaria.

Leaf tea can be taken for high fevers; as an astringent; poultice on snakebites and spider bites.

Seeds and leaves are said to be a diuretic, and an expectorant.

The seeds have diuretic and expectorant properties and have been employed with success in the treatment of bronchial, laryngeal and pulmonary affections, coughs and colds, also in whooping cough.

The following preparation is recommended: Boil 2 OZ. of the seeds in 1 quart of water, down to 12 OZ. and then strain. Add 6 OZ. of good gin and 6 OZ. of sugar. Give in doses of 1 to 2 teaspoons, three or four times a day.

The oil possesses similar properties and may be given in doses of 10 to 15 drops or more, two or three times a day.

The seeds, if browned in the oven and then made into an infusion are admirable for the relief of whooping cough.

#### Other Uses:

Every part of the plant may be utilized for some purpose. The leaves form a cattle-food and the stems contain a fiber which may be used successfully in making paper.

Seeds -

The seed is rich in oil, similar to olive oil. It dries slowly and forms one of the best burning oils known, burning longer than any other vegetable oil.

The seed makes excellent chicken-food and feeding fowls on bruised Sunflower seeds is well known to increase their laying power.

The seeds are palatable to poultry and greedily devoured by them. A very common way to supply the birds with the seeds is to hang up the ripe heads just high enough to compel the chicks to pick them out, for when the heads are thrown into the yard, they are trodden on and wasted.

#### Flowers -

The flowers can be used to make a yellow dye.

#### Stalks and Heads -

The pith of the sunflower stalk is the lightest substance known; its specific gravity is 0.028, while that of the Elder is 0.09 and of Cork 0.24. This light cellular substance is carefully removed from the stalks and applied to a good many important uses, chiefly in the making of life-saving appliances.

The stems and seedless heads need not be wasted where fowls are kept. Many may prefer to use them as fire-kindlers, but they will, when thoroughly dry, come in useful as litter for the laying-houses.

Burning the Sunflower stems and heads produces a fine potash, which is a valuable soil fertilizer for gardens. The ash should either be spread at once or stored under cover; if left exposed to rain, the potash will be washed away and the ash rendered of little value. Spread potash a little while before the crop is planted, at the rate of from 1/2 to 1 OZ. to the square yard.

#### Leaves -

The green leaves, when gathered young, make a good succulent green food for poultry stock of all ages. They can be finely minced up and added - raw - to the mash for young or adult stock, or they can be boiled and put in the soft food. The leaves are much appreciated by rabbits, horses, cows and other stock.

The dried leaves can be rubbed up or reduced to a meal form and be well scalded prior to inclusion in the mash, and the ripe seeds can also be ground into a meal if desired.

#### Living Plant -

The growing Sunflower is extremely useful for drying damp soils, because of its remarkable ability to absorb quantities of water. Swampy districts in Holland have been made habitable by an extensive culture of the Sunflower, the malarial miasma being absorbed and nullified, whilst abundant oxygen is emitted.

The Sunflower is a good bee plant, as it furnishes hive bees with large quantities of wax and nectar.

Sunflowers can remove toxic waste from the environment. Sunflowers absorb toxic metals such as arsenic, zinc, lead, uranium and strontium-90. They have extensive root systems, so they can reach deeply into polluted water and extract large amounts of toxic metals.

## Sweetgum Tree

Also: Redgum, Star-Leaved Gum, Alligator-Wood, and Gumtree



Sweetgum is a medium-sized to large tree, growing to 65-115 ft, with a trunk up to 6 ft in diameter. The leaves are palmately lobed, 7–19 cm long and broad, looking somewhat similar to those of some maples.

The leaves have five sharply pointed lobes, but are easily distinguished from maples in being glossy and leathery in appearance, and arranged alternately, not in opposite pairs. They are a rich dark green and glossy, and in most cases turn brilliant orange, red, and purple colors in the autumn.

A small percentage of Sweetgum trees are evergreen or semi-evergreen, with negligible fall color, especially in the extreme southern part of its range. The roots are fibrous; juices are balsamic.

The Sweetgum occurs on moist to wet, acidic soils and is commonly found in



swamps and near ponds and streams.

Edible Uses:

Sap -

The aromatic, hardened sap that exudes from wounds in the tree has long been used as a substitute for chewing gum in the South.

Seeds –

Break apart large seed pods to get to the Sweetgum seeds then rub the seeds to free them from their outer shell before eating or grinding into flour. The pods should be collected in the Fall.

Medicinal Uses:

The "gum" produced in pockets in the bark after bruised or incised is used medicinally. Gum or balsam (resin) has been considered an expectorant, antiseptic, antimicrobial, and anti-inflammatory; and was traditionally chewed for sore throats, coughs, colds, diarrhea, dysentery, ringworm; used externally for sores, skin ailments, wounds, piles.

The mildly astringent inner bark was used as a folk remedy, boiled in milk for diarrhea and cholera. The essential oil of the leaf has antimicrobial qualities.

The sap was also believed to be a cure for sciatica, weakness of nerves, etc.

The leaves can be mashed into a poultice for antibiotic and sting-bite relief

Other Uses:

Sweetgum is one of the most important commercial hardwoods in the Southeast and the handsome hard wood is put to a great many uses, one of which is veneer for plywood.

The wood is very compact and fine-grained, the heartwood being reddish, and, when cut into planks, marked transversely with blackish belts. The heartwood once was used as imitation mahogany or walnut.

Sweetgum is used principally for lumber, veneer, plywood, railroad ties, fuel, and pulpwood.

Being readily dyed black, it is sometimes used instead of ebony for picture frames, and other similar uses, but it is too liable to decay for outdoor work.

Sweetgum is a foodplant for various caterpillars, such as the gypsy moth.

## Sycamore Tree



An American sycamore tree can often be easily distinguished from other trees by its mottled exfoliating bark, which flakes off in great irregular masses, leaving the surface mottled, and greenish-white, gray and brown. The leaves of the Sycamore are alternate, five-pointed, and four to nine inches long. The inedible fruit consists of greenish brown balls, an inch in diameter, hanging on slender stems three to six inches long.

A sycamore usually grows along the sunny edges of woods, along banks of rivers and lakes. This tree can grow to massive proportions, typically reaching up to 130 feet high and 6 and a half feet in diameter when grown in deep soils. The largest of the species have been measured to 167 feet, and nearly 13 feet in diameter.

The sycamore is a relative of maples and so can be tapped in late winter for





sap. Sycamore syrup is much lower quality than maple syrup and takes approximately 50 gallons of sap to produce 1 quart of syrup. Generally this not considered to be worth the effort.

However, this sap flows strongly and can be used as an emergency source of water. The sap flows best in winter, just before leaf buds appear

To get the fluid, you simply tap the tree -- as Vermont maple-syrup makers do -- by boring a half-inch or quarter-inch hole into the trunk with a knife or sharp rock, inserting a hollow reed, and collecting the thin sap in a bark or log cup.

Alternatively, you can cut through the bark with diagonal slashes. Make sure that you cut into the sap wood, or cambium, that lies just under the bark and that you don't kill the tree by cutting all the way around it.

The water from the Sycamore tree can be harvested any time of year except the dead of winter and, since it doesn't contain much sugar, can be consumed in quantity or stored for a few days.

## Thistle



This plant may grow as high as 1.5 meters. Its leaves are long-pointed, deeply lobed, and prickly. Large pink or purple flowerheads occur in dense clusters on the plant.

### Edible Uses:

Leaves and Stalks – The leaves are edible in a salad. Remove the spines first. They taste somewhat bitter as parsley or strong spinach.

The root and stalk are edible the first year. Peel the stalks, cut them into short sections, and boil them before eating. Boiling the leaves will wilt the smaller spines, and make them edible.

Roots - The roots are edible raw or cooked, and tastes like potato.

### Survival Water:

All common species of North American thistle can provide water. To get the juice, simply peel the thorns off the young autumn and mid to late summer stems, and leaves, and eat the watery food like celery.

Since thistles supply only a meager portion of liquid, though, they're best used to quench a burning thirst or to keep you going until other water sources can be found. Crushing and filtering a dozen thistle plants can be expected to produce about ten ounces of water.

### Medicinal Uses:

Plant contains bitters which aid in digestion and can be used as a poultice or bitter formula.

### Other Uses:

Twist the tough fibers of the stems to make a strong twine.

The large mature seedheads are full of pappus hair which is extremely useful in starting fires, either through catching a spark, or being used as a platform to catch and propagate an ember.

### Recipes:

#### Sweet Chili Thistles



Thistle leaf ribs  
Chili powder - pinch  
Oil  
1 tbsp. tomato puree  
Water or stock  
Honey - clear  
Salt and pepper

To harvest the leaf ribs, place each leaf on a chopping board and cut on either side of the main rib with a sharp knife. Just use the thickest 3 or 4 inches of each rib and discard

the rest. Collect about a good handful per person.

Next, place each rib on a flat surface and with a sharp knife scrape away any downy material to reveal the slender green stem beneath.

Drop the greens into boiling water and cook for about 3 - 5 minutes. Time will depend on rib thickness and bitterness [sample one rib after suggested time, however don't overcook].

Meanwhile, take a pinch of chili powder and heat in a pan with a slug of oil to release the flavor. Add some tomato paste to the pan and stir in, followed by about 1 cup of water or stock. Stir.

Add the thistle greens and simmer gently for about 5 minutes. · Season to taste and then stir in a good slug of clear honey.

#### VARIATIONS & ALTERNATIVES

There's no reason why the leaf ribs could not be curried [add some diced potato for bulk], used as a simple vegetable, or perhaps boiled then added to a salad.

Rather than using tomato paste you could use canned tomatoes to create a sort of vegetable stew.

#### Thistle Stroganoff



Thistles - good handful leaves / roots  
1 small onion or a shallot  
½ -1 garlic clove [optional]  
Oil or butter  
1 tsp. paprika  
Water or stock  
Cream  
Salt and pepper

Cut off the main outward facing spine at the end of each leaf lobe. Once these have gone nip out the smaller side facing ones with

fingertips or pair of scissors. The young leaves have little of the 'welt' along their length and this can be scraped off with a knife [the leaves and leaf ribs can also be downy]. It's essential that ALL prickles are removed as they will do serious damage to your insides! And cooking will not soften them. Best way is to feel over each 'prepared' leaf with bare hands and nip out any small remaining prickles. Lastly, soak leaves overnight or several hours in water to help remove some bitterness.

The main tap root can be a bit tough but if sliced thinly and then cut into julienne-type strips it's passable when cooked. The rat's tail lateral roots are generally more tender. In both cases scrape off the skin with a sharp knife - or something like a clean pan scrubber - and then soak in water for several hours. Keep root pieces submerged as they tend to discolor in the air.

Drain the thistle leaves and roots, place in a pan with fresh water and bring to the boil. Take off the heat and allow to steep in the hot water. Taste a bit of leaf for bitterness. If still bitter, discard water and repeat process, or pour in boiling water and steep again.

Meanwhile... Slice the onions and crush the garlic clove. Gently fry the onion and garlic until they become softened and lightly golden. Reduce heat to a gentle simmer and stir in paprika and a little water or stock. Cook for a couple of minutes.

Drain water off the thistle leaves / roots and add these to the sauce. Stir in some cream, season to taste, and continue to simmer for about 2 - 3 minutes [cream will curdle if heat too high]. Serve with potatoes, couscous or rice.

#### VARIATIONS & ALTERNATIVES

The ingredients call for garlic but that isn't essential if you don't have access. Possibly you could use wild garlic, but the garlic flavor of that really tends to diminish when cooked.

#### Trillium

Also: Birthroot, Beth Root



Perennial native to Eastern N. America and Canada, Maine to Ontario, south to Georgia and Arkansas. Found growing in rich woods and thickets.

Trillium grows from a short thick root or rhizome. The long stem is tinged with red, round and smooth, unbranched, growing up to 2 feet high. Atop the stem there is a whorl of 3 broadly ovate, short petiole, wavy-edged and dark green

(sometimes mottled) leaves. This whorl of leaves can reach as much as 10 to 12 inches in diameter .

The flower perches above the leaves on a 2 to 3 inch petiole or small stem, or is sometimes sessile (having no stem) as with the Toad shade Trillium or the Prairie Trillium, and may be dark red to pink or white or even both, but always with 3 petals and 3 green sepals, forming a star shape.

#### Edible Uses:

The young edible unfolding leaves are an excellent addition to salad tasting somewhat like sunflower seeds. The leaves can also be cooked as a pot herb.



Flowers bloom from April to June. Gather the young edible leaves before flowers appear and the roots in spring and summer. Dry root for later herb use.

#### Medicinal Uses:

##### Roots -

The root is antiseptic, antispasmodic, diuretic, emmenagogue (to promote menstruation), and ophthalmic. The roots, fresh or dry, may be boiled in milk and used for diarrhea and dysentery. The raw root is grated and applied as a poultice to the eye in order to reduce swelling, or on aching rheumatic joints. An infusion of the root is used in the treatment of cramps and a common name for the plant, 'birthroot', originated from its use to promote menstruation.

A decoction of the root bark can be used as drops in treating earache.

##### Leaves -

The leaves were boiled in lard and applied to ulcers as a poultice, and to prevent gangrene.

Medicinal drink: Add 1 tsp. herb decoction to 1 cup warm milk, take at bedtime for diarrhea.

#### Tulip



A perennial that grown from a bulb. Can be up to 28 inches high, usually one flower per stem. The flower (usually in the spring) has three petals and three sepals which are often darker at the base. The stem has few leaves. What leaves there are are strap shaped, waxy, and alternate around the stem.

While a Tulip is not a "wild" plant in this country, it is an edible flower, which is often overlooked for its food value.

#### Edible Uses:

Blossoms - Blossoms can be eaten raw in salads, or cooked. They lose much of their color when cooked. They can have many flavors: Bland, beans, peas, and cucumbers. Pink, peach and white blossoms are the sweetest, red and yellow the most flavorful. The ends of the petals can be bitter so cut them off.

Bulbs - Tulip bulbs are a famine food or survival food only. They have an unpleasant taste, and practically no nutritional value. They can be eaten though, in dire circumstances. The bulbs can be boiled like potatoes, AFTER the removal of the outer skin and the inner flower bud.

The bulbs can also be made into a sort of bread. The skin of the bulb, and the yellow center, is removed, Dry them, by baking in the oven, and then grind them to a meal-like consistency. Mix the meal with water and salt, shape it like a meatloaf, and bake it. Its taste has been compared to wet sawdust.

### Caution:

The yellow inner portion of the bulb is poisonous. While death from tulip bulb consumption is rare, it has happened, particularly in World War II.

Eating too many tulip bulbs can cause indigestion.

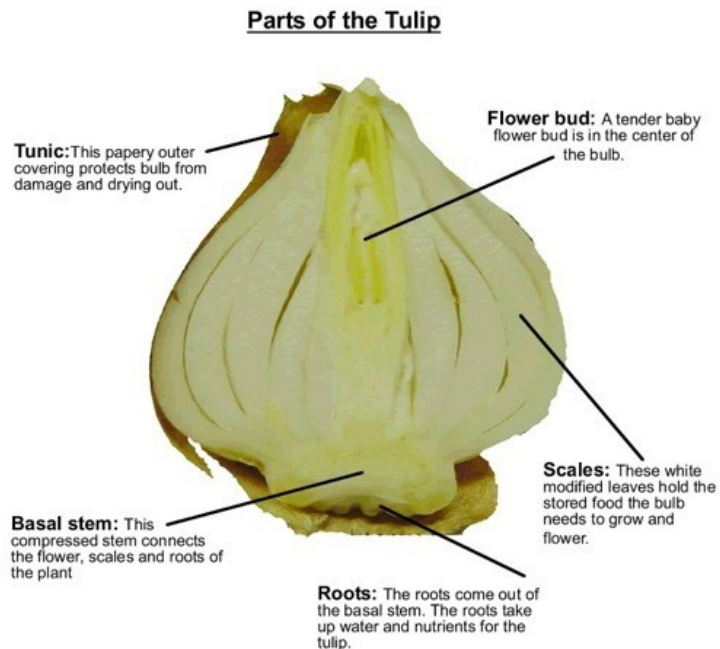
Some people are quite allergic to tulips and they also can cause a common dermatitis problem among florists called "tulip fingers."

### Recipes:

#### Tulip Soup

1 quart of water  
1 onion  
4-6 tulip bulbs  
1 teaspoon of oil  
Seasoning and salt

Cut up the onion and brown together with the oil and the curry.





Add water and seasoning and bring to the boil, while grating the cleaned bulbs into the boiling liquid.

Add salt and seasonings to taste

## Tulip Tree

Also: Tulip Poplar, Yellow Poplar, White Poplar, Sap Poplar, and Whitewood.



The Tulip Tree grows up to 150 feet. Its leaves are alternating, simple, palmately veined, 4-lobes, no teeth, 4 to 8 inches long, somewhat shaped like a tulip, light green to green.

The blossom resembles a large tulip, 2.5 inches long, with yellow-green petals and an orange corolla.

The fruit is cone-like, 2 inches long, falling off at maturity; maturing August to October and falling through late fall and winter. The base whorls of the cone persist into following spring and resemble wooden flowers high in the tree.

Related to the Magnolias, the Tulip Tree can be found in eastern North America plus Texas.

#### Edible Uses:

The edible uses of the Tulip tree are minimal. For just a short time while the tree is blossoming, in late spring to early summer, there is a small amount of very sweet nectar in each blossom. It is heavy and honey-flavored. You can drink it directly from the blossom.

#### Other uses:

As a source of nectar the tree also attracts hummingbirds, squirrels and is a host plant for tiger and spicebush swallowtail butterflies.

(Common Blue) Violet



#### Edible Uses:

##### Leaves –

Violet leaves are an excellent source of vitamins A and C. They can be used in salads or be used like lettuce in sandwiches.

##### Flowers –

The flowers make a salad beautiful and much more nutritious.

They can be used to thicken soups.

They can be added to omelets.

They can be made into a candy by dipping them in beaten egg white and then into powdered sugar. Then set them out to dry.

Violet vinegar is made by soaking violet flowers in vinegar.

**Caution:** Violet roots and some yellow violets are emetic (cause vomiting). African violets are mildly toxic. Violets with deeply cut leaves, such as the Birdfoot violet *Viola pedata*, look very much like the toxic Larkspur *Delphinium* or Monkshood *Aconitum*. The flowers are quite different so wait for the flowers to come out before eating violets with deeply cut leaves.

#### Medicinal Uses:

Crushed violets have been used as poultices for boils, swellings and many skin diseases.

#### Recipes:

##### Violet jelly

2 cups violet petals freshly picked

3 1/2 cups boiling water

1/4 cup lemon juice

4 cups sugar (or follow low-sugar recipes using Pomona's pectin)

1 pkg (57 g) pectin

1) Steep violets covered with boiling water for up to 24 hours.

2) Strain and add lemon juice.

3) Prepare canner, jars and lids as required by regular canning procedure.

4) In large saucepan (stainless steel) heat violet infusion, add pectin stirring until dissolved.

5) Over high heat bring to a rolling boil. Add sugar, stir constantly and boil for 1 minute at rolling boil.

6) Skim off any foam, pour into sterilized hot jars, and process in canner for 10 minutes.

Makes 6 cups

##### Violet Vinegar

2 c Wild purple violets

2 c vinegar

Pack a pint jar tightly with the violets flowers. Pour the vinegar (unheated) over the violets. Cover tightly and allow to stand in a sunny window for 4 or 5 days.. Strain and keep refrigerated. Use in salad dressings.

#### Violet Flower Sherbet

4 cups water  
1/4 cup grape seed or canola oil  
1/4 cup vegetable glycerin  
1/4 cup raw cashews  
1/4 cup lecithin granules (available at health food stores  
2 tbs. flaxseeds  
2 tsp. liquid stevia  
2 tsp. freshly grated orange rind  
1/2 tsp. salt  
2 cups violet flowers

1. Purée all ingredients except the violets in a blender.
2. Freeze in an ice cream machine according to the manufacturer's directions.
3. Stir in the violet flowers

Makes 5-1/2 cups

Preparation time: 20 minutes

#### (Black) Walnut



The Eastern Black walnut is a species of flowering tree in the hickory family. It grows mostly in riparian zones, throughout eastern North America.

The black walnut is a large deciduous tree attaining heights of 98–130 feet. The bark is grey-black and deeply furrowed. The leaves are alternate, 30–60 cm long, odd-pinnate with 15–23 leaflets. The male flowers are in drooping catkins 8–10 cm long, the

female flowers terminal, in clusters of two to five, ripening during the autumn into a fruit (nut) with a brownish-green, semi-fleshy husk and a brown corrugated nut. The whole fruit, including the husk, falls in October; the seed is relatively small and very hard.

#### Edible Uses:

The nut kernel ripens in the autumn. You get the walnut meat by cracking the shell. The nutmeats provide a robust, distinctive, natural flavor and crunch as a

food ingredient. Popular uses include ice cream, bakery goods and confections. Walnut meats are highly nutritious because of their protein and oil content.

The extraction of the kernel from the fruit of the black walnut is difficult. The thick hard shell is tightly bound by tall ridges to a thick husk. The husk is best removed when green as the nuts taste better if it is removed then. A hammer and a hard surface are often employed in cracking the walnut shell.

#### Survival Water:

Tapped in spring, the tree yields a sweet sap that can be drunk or concentrated into syrup or sugar.

#### Medicinal Uses:

You can boil walnuts and use the juice as an antifungal agent. The bark and leaves are alterative, anodyne, astringent, blood tonic, detergent, emetic, laxative, pectoral and vermifuge.

Especially useful in the treatment of skin diseases, black walnut is of the highest value in curing scrofulous diseases, herpes, eczema etc.

An infusion of the bark is used to treat diarrhoea and also to stop the production of milk, though a strong infusion can be emetic.

The bark is chewed to allay the pain of toothache and it is also used as a poultice to reduce the pain of headaches.

The juice from the fruit husk is applied externally as a treatment for ringworm.

The husk is chewed in the treatment of colic and applied as a poultice to inflammations.

The burnt kernels, taken in red wine, are said to prevent falling hair, making it fair.

Green husks are supposed to ease the pain of toothache. A tea made from the leaves is astringent.

An infusion has been used to lower high blood pressure.

The pulverized leaves have been rubbed on the affected parts of the body to destroy ringworm.

The oil from the ripe seeds has been used externally in the treatment of gangrene, leprosy, and wounds.

The sap has been used to treat inflammations.

#### Other Uses:

Crush the husks of "green" black walnuts and sprinkle them into sluggish water or ponds for use as fish poison. The fish will rise to the surface and are edible.

The husks of "green" walnuts produce a yellowish brown dye for clothing or camouflage. Black walnut drupes contain yellow quinone pigments, and tannin. The dye turns black if it is prepared in an iron pot.

The brownish-black dye was used by early settlers to dye hair. Extracts of the outer soft part of the drupe are still used as a natural dye for handicrafts. The tannins present in walnuts act as a mordant, aiding in the dyeing process; usable as a dark ink or wood stain.

Black walnut is highly prized for its dark-colored heartwood. It is heavy and strong, yet easily split and worked. Walnut wood has historically been used for gunstocks, furniture, flooring, and paddles.

The hard black walnut shell is used commercially in abrasive cleaning, cosmetics, and oil well drilling and water filtration.

Insects are said to avoid the walnut tree, hence it is often used as a poor man's insect repellent. When rubbed on faces, walnut leaves are said to repel flies. The leaves repel fleas and have been used as a strewing herb. They are also used as an insecticide against bed bugs. The ground up husks are also insecticidal.

#### Recipes:

##### Black Walnut Bisque

5 cups vegetable stock or water

3/4 cups hazelnuts

1/2 cups black walnuts or commercial walnuts

1 cup silken tofu, drained

1 celery stalk, sliced

2 tbs. white oak wine or sherry

1 small, hot pepper, seeds and ribs removed, or 1/4 tsp. cayenne hot pepper, or to taste

1/4 tsp. liquid stevia (optional) or a dash of any sweetener, or to taste

2 tbs. corn oil

2 tbs. mellow (light-colored) miso or 1/2 tsp. salt, or to taste

2 tbs. any wild or commercial onion leaves, chives, or scallions, chopped

1/2 tsp. nutmeg, ground

1. Simmer all ingredients except the wild onion leaves, corn oil, miso and nutmeg 5 minutes.



2. Purée in a blender in 2 batches with the corn oil and miso, holding down the blender cover with a towel to prevent eruption.

3. Serve hot, garnished with the wild onion leaves and nutmeg.

Serves 6

Preparation Time: 25 minutes

#### Black Walnut-Carob Cake

1-2/3 cups (8 oz.) sweet brown rice flour + 1-2/3 cups (8 oz.) buckwheat flour, or  
1 lb. any whole grain flour  
1 cup carob powder  
4 tsp. cream of tartar  
2 tsp. baking soda  
2 tsp. dried mint, ground  
2 tsp. cinnamon, ground  
1 tsp. coriander, ground  
1 tsp. star anise, ground  
2 cups apple juice  
1/4 cup corn or sesame oil  
1/2 cup silken tofu, drained  
1 cup commercial walnuts, chopped  
1/2 cup black walnuts or hazelnuts, chopped

#### CAROB ICING

2 cups almonds  
1/2 cup carob powder  
2 tbs. cherry juice concentrate  
1 tbs. vanilla extract  
1/2 tsp. liquid stevia or 2 tbs. honey, rice syrup, or barley malt  
1/4 tsp. cloves,  
8 tsp. cognac extract (optional)  
1/8 tsp. almond extract

1. Mix together wet ingredients.
2. Purée the wet ingredients in a blender.
3. Mix the wet and dry ingredients together. Don't overmix.
4. Mix in nuts.
5. Press into an oiled baking dish.

6. Bake in a preheated 350° F oven 45 minutes or until an inserted toothpick emerges clean.

7. Meanwhile, mix the icing ingredients together in food processor, using the chopping blade, until the nuts are well-chopped (or mix by hand).

8. Remove the cake and cool on a rack.

9. When cool, top with icing.

Serves 4-6

Preparation Time: 60 + 45 minutes

## Willow



There are over 100 species of willow: Beaked, black, blue, white, Canada, coastal plain, crack, Drummond's, ward, and weeping willow, to name a few.

Willows are usually found in damp areas, stream sides, and swamps.

The willow is a deciduous shrubby tree, with most of

the varieties having drooping branches, with alternate 2 inch leaves, and a sectioned twig tendril.

Willow flowers (catkins) are furry, and are present before leaves. Willow roots seek water; and have thousands of white hair-like extensions.

#### Edible Uses:

Very high in beta-carotene. Inner bark eaten raw; may be dried and pounded to flour. Buds, flowers or catkins, seeds are brewed as tea. Leaves are emergency food, tea, but use sparingly as they contain "aspirin". Willow sprouts provide early spring food.

#### Medicinal Uses:

All parts of the Willow tree, and "true" poplars (not trees called poplar, like the "Tulip Poplar") such as the Aspen Tree, contain acetylsalicylic acid, or salix, an aspirin source.

Some common varieties trees include:

Bigtooth, Quaking, Trembling or American Aspen

White willow/European willow

Black willow/Pussy willow

Crack willow

Purple willow

Weeping willow

The use of willow bark dates back thousands of years, to the time of Hippocrates (400 BC) when patients were advised to chew on the bark to reduce fever and inflammation. Willow bark has been used throughout the centuries in China and Europe, and continues to be used today for the treatment of pain.

Studies suggest that willow bark may be useful for the following conditions: headaches, back pain, osteoarthritis, menstrual cramps, fever, flu, tendonitis, and bursitis.

Dosage - Ten to 15 catkins or one 6 to 8 inch tendril, equal approximately 2 aspirins.

If using the bark, general dosing guidelines are as follows:

Dried herb (used to make tea): boil 1 - 2 tsp of dried bark in 8 oz of water and simmer for 10 - 15 minutes; let steep for ½ hour; drink 3 - 4 cups daily.

Powdered herb (available in capsules) or liquid: 60 - 240 mg of standardized salicin per day.

Tincture (1:5, 30% alcohol): 4 - 6 mL 3 times per day.

Making "aspirin" from willow bark:

Scrap off and collect the bark, making sure to get the white “slick” layer of inner bark just underneath and before the hardwood. Within this bark and cambium layer lies the pain killing properties of aspirin.

There are a couple methods of ingesting this drug to help fight pain and alleviate inflammation. The most simple is to take about a 2 table spoon dose of the shredded cambium and bark then chew on it. It is going to taste as one may imagine; like chewing on chalk. Swallow the juices that come from the quid.



The second method of ingestion is to make a tea. Once again, take about 2 table spoons of the cambium, let it steep for about 10 minutes in hot water. Be careful not to boil the water with the cambium in it as it may denature the aspirin. This drink is often bitter but can be spruced up by adding some mint or honey. Stripping the bark comes more easily in spring and summer. It becomes more difficult to separate it as the months grow colder but is still very possibly and remains just as useful.

#### Other Uses:

Astringent; used in lotions, creams, facial washes.

#### Collection and Storage:

Break tendrils into 6-inch pieces and dry.

Store in a glass container.

Collect catkins or leaves by running hand down tendril.

Dry and store.

A supply of aspirin was easily kept through the year by stripping catkins in the spring, drying, and placing in glass.

## Wood Sorrel



Wood sorrel resembles shamrock or four-leaf clover, with a bell-shaped pink, yellow, or white flower. The leaves, raw, have a sour taste.

Because it has three leaves on each stem, it is sometimes confused with clover. But clover has oval-shaped leaves. Sorrel leaves are heart-shaped.

Each leaf has a center crease. At night and in the rain, the leaves and flowers fold in.

The leaves are usually green, but sometimes you see plants with reddish leaves.

### Edible Uses:

Cook and the entire plant. Also, can be added raw to salads. Also, steep the leaves for 10 minutes in hot water, chill, and sweeten. Rich in Vitamin C.

Oxalis (Wood Sorrel) is quite tasty. It has a tangy, tart, lemony taste that goes very well with many foods, especially salads and fish. Use the leaves fresh in salads or beans, or chop and sprinkle on fish over the fire for a unique lemony taste that will draw raves (get rid of the tough stems first, though). At home, use Oxalis in place of lemon for a subtly different taste. Add to sauces, soups, salads, greens, beans, or peas for a refreshing spark.

**CAUTION:** The plant contains Oxalic Acid, but if you just use it as a compliment to the main meal or an addition to a side dish, this plant is perfectly safe for ingestion, and when cooked, the Oxalic Acid is much reduced. Too much fresh wood sorrel may cause discomfort.

### Recipes:

#### Sorrel Soup

2 tbsp. butter

6 med. potatoes, cut into sm. pieces

Handful fresh sorrel leaves, cut in quarters

1/2 tsp. salt

Pepper

1/2 lb. fresh Polish sausage (optional)

Chives, chopped (optional)

Cook sausage in water to cover. Save broth. Melt butter in large kettle, add sorrel and potatoes. Cook 5 to 7 minutes until leaves are wilted; stirring constantly. Add 3 cups broth and 3 cups water; bring to boil. Simmer 20 minutes until potatoes are tender. Cool. Take out half of potatoes and save. Place rest of potatoes and broth in blender, blend until creamy. Season. Return to kettle. Add remaining potatoes and sausage (optional). Heat and serve. Chives may be added to top. (Sausage must cook at least 1 hour until done).

#### Fresh Sorrel Soup

Fresh sorrel leaves

1/2-1 lb 2 quarts seasoned stock or broth

fresh herbs of your choice

Dice the sorrel and blend it with cold/room temperature stock/soup after completion. Then in a blender liquify it.

#### Creamy Sorrel Soup



2 cups of shredded or grated sorrel  
2 leeks (most of the green cut off)  
2 parsnips  
2 parsleys (root part)  
1-2 lb of ribs (for broth, use canned)  
salt, pepper, bay leaf, all spice

In a large pot pour about 1 gal. of water, chop up all the veggies, add spices (except for pepper which you add at the end), and put the meat in. Boil on med heat until you get rich broth and the meat will be coming off the bones (about 1 hour).

Take the meat out, add sorrel let it boil for next 15 min. Then take a blending knife and cream all the veggies. Set on low heat, meanwhile peel the meet of the bones chop and add to the creme. Add pepper to taste.

Serve with boiled quartered eggs, 2 eggs per plate.

This is a low fat version and is quite filling. If you want during serving you can add a soup spoon of sour cream in the middle for both decor and extra flavor.

## Wisteria



One of the most common of the 8 to 10 species of wisteria is *Wisteria sinensis*, or the Chinese Wisteria. It's a vigorous, fast grower that doesn't need fertilizer and fixes nitrogen. In fact, abuse improves blossoming as does pruning. It can live at least 115 years and is consider an invasive species is some areas. It has naturalized from Maine

to Florida and as far west as Arkansas. Not bad since its arrival in 1816. Another one commonly eaten wisteria is *Wisteria floribunda* from Japan, also escaped in the US.

Edible Uses:

The blossoms of various species of Wisteria are edible cooked — some raw — but they are usually blanched in boiling water, strained, and mixed into salads or the deep fried.

**Caution:**

The Wisteria plant, excluding the blossoms, is poisonous. As little as two raw seeds can kill a child.

## Yarrow

Also: Milfoil, Old Man's Pepper, Soldier's Woundwort, Thousand Weed, Nose Bleed, Carpenter's Weed, Staunchweed, Sanguinary, Devil's Plaything



Yarrow is a perennial herb, native to Europe and Asia, and naturalized in North America and most other countries throughout the world. Yarrow is very common along roadsides and in old fields, pastures, and meadows in the eastern and central United States and Canada.

Yarrow grows from 10 to 20 inches high, a single stem, fibrous and rough, the leaves alternate, 3 to 4 inches long and 1 inch broad, larger and rosette at the base, clasping the stem, bipinnatifid, the segments very finely cut, fern-like, dark-green, giving the

leaves a feathery appearance. The flowers are several bunches of flat-topped panicles consisting of numerous small, white flower heads. Each tiny flower resembles a daisy.

The whole plant is more or less hairy, with white, silky hairs. Flowers bloom from May to August. Gather stem, leaves and flower heads in bloom, dry for later herb use. Dry herb is edible as a spice or flavoring, strong sage flavor.

#### Edible Uses:

Although the leaves are bitter, young leaves are eaten in salads, or cooked as a vegetable, or added to soups and stews. Yarrow leaves are also used as a hop-substitute for flavoring and as a preservative for beer. Although in general yarrow is a very nutritious and beneficial plant to add to the diet, it is recommended not to eat a lot of it on a regular basis. An aromatic tea is made from the flowers and leaves.

The leaves and flowers are brewed into a tea, and sometimes used in beer making, used as a substitute for hops.

#### Medical Uses:

Yarrow contains many vitamins and minerals, and is used in alternative medicine as an antiseptic, antispasmodic, astringent, carminative, diaphoretic, digestive, emmenagogue, stimulant, and tonics, vasodilator and vulnerary.

The main constituents are volatile oils including linalool, camphor, sabinene, and chamazulene, sesquiterpene lctones, flavonoids, alkaloids including achilleine, polyacetylenes, triterpenes, silylic acid, coumarins, and tannins which prove these uses in alternative medicine to be effective.

Extracts of yarrow exhibit antibiotic activity and may also act as antineoplastic drugs.

Yarrow is particularly valuable for stopping the flow of blood, treating colds, fevers, treating wounds, kidney diseases, toothaches, skin irritations, and for menstrual pain. It also contains the anti-inflammatory agent azulene, though the content of this varies even between plants in the same habitat.

Medicinal tea is a good remedy for severe colds and flu, for stomach ulcers, abdominal cramps, abscesses, trauma and bleeding, and inflammation.

#### Other Uses:

An oil from the flowers is used in flavoring a variety of commercial drinks and alcoholic beverages.

Yarrow oil has been traditionally used in hair shampoos. Some caution is advised. Large or frequent doses taken over a long period may cause the skin to be more sensitive to sunlight.

## Recipes

### Yarrow Omelette Recipe

6 eggs

¼ cup finely chopped yarrow

1 small onion finely chopped

Salt and pepper to taste

In a mixing bowl beat eggs. Add in finely chopped yarrow and onion and blend well. Cook the omelette as desired.

### Yarrow Tea Recipe

1 tsp. of dried yarrow

1 cup boiling water

Slice of lemon

Add the dried yarrow in a mug of boiling water and allow to steep minimum 10 minutes. Strain leaves.

Add honey to sweeten if desired or a slice of lemon.

## Yucca



Woody stemmed evergreen plants bristling with stiff, swordlike or daggerlike leaves.

Flowers 6-petaled, waxy-white, showy, in large terminal clusters.

Fruit picklelike in shape, roughly 6-sided.

Edible Uses: Salad, cooked vegetable.

Flowers –

The large petals make an interesting addition to salads.

Fruit –

Pulp from the ripe fruit of Spanish Bayonet (and other succulent-fruited yucca species) can be eaten cooked:

halve the fruit, scrape out the seeds and fiber, wrap in aluminum foil, and bake for 30 minutes at 350 degrees F.

Roots –

Roots can be cleaned and boiled and mashed like potatoes as it is a root vegetable.

Other uses:

The flower stalks are an excellent friction-fire spindle.

Leaves can be scraped and used to make fine cordage.

Roots can be used to make soap by removing the brown bark, pulverizing the white root, and adding water, or dried completely for later use.

Recipes:

#### Scalloped Yucca Root and Cheese

Prepare as for potatoes and cheese, using cooked yucca root. Place in greased baking pan in layers with thin slices of mild yellow cheese. Pour scalded milk over to partly cover. Salt and pepper to taste. Sliced ham is also good with the yucca and cheese. Sliced onions can be used, if desired.

#### Yucca Bibingka

4 c. fresh grated yucca

2 c. coconut milk

2 tbsp. melted butter

3 eggs

2 c. sugar

1 tbsp. salt

1/2 c. coconut cream

Grated cheese

Peel and grate yucca. Beat eggs, add sugar, butter and salt. Add the grated yucca and coconut milk. Mix well and place in baking dish. Bake until almost done (light brown), about 1 hour, at 350 degrees. Then brush with coconut cream, sprinkle with grated cheese and brown under broiler.

#### Colombian Yucca Soup

Meat soup bone or desired meat (beef stew meat or chicken wings, or breast)

6 red radishes sliced thin

4 celery sticks, chopped

1/2 onion, chopped

1/2 bell pepper, chopped

1/4 c. cilantro chopped, if desired

2 plantains peeled and cut at angle (green bananas)

1 yucca peeled and cut into strips

In a dutch oven, add meat and vegetables fill with water to 3/4 full add garlic, salt and pepper to taste. Boil for 30 minutes. After meat is tender add plantain's and

yucca. Boil for 20 to 30 minutes more. Follow same if corn on the cob and potato's are added. This should take 1 1/2 hours, the secret to good soup is the more you boil the better the taste. Serve with Colombian white rice on a side dish.

### Yucca Fries

3 cups canola oil  
1 tablespoon fine sea salt  
1 teaspoon black pepper  
1 teaspoon paprika  
1 teaspoon cayenne pepper  
2 pounds fresh yucca  
1 lime zested

In medium Dutch oven heat oil to 350 degrees F.

Place all spices in mixing bowl, and combine thoroughly.

Peel yucca tubes with heavy-duty vegetable peeler until bark is completely removed. Cut yucca into strips: 1/4-inch wide, 4 inches long. Add yucca into oil and fry until golden brown. With a slotted spoon remove the yucca from the oil and drain on paper towels. Season hot yucca fries with spice mixture and lime zest and serve on a warm paper-towel-lined platter.

### **Food Uses**

#### Asparagus

*Spring:*

(River) Cane  
Cattails

Greenbriers  
Jewelweed

(Day) Lily and (Canada) Lily

Fiddlehead Ferns

*Summer:*

(River) Cane

Greenbriers

#### Cereals

*Summer:*

Large Cane Grass

(Wild) Sunflower

*Fall:*

Lambs Quarters

(Wild) Sunflower

#### Coffee

*Spring:*

Dandelion

*Summer:*

Dandelion

(Wild) Sunflower

*Fall:*

Acorns  
Dandelion

(Wild) Sunflower



## Drinks

### *Spring:*

Greenbriers

### *Summer:*

Blackberry

Greenbriers

Elderberry

### *Fall:*

(Wild) Grapes

May Pop

May Pop

Wood Sorrel

Greenbriers

(Staghorn) Sumac

## Cooked Greens

### *Spring:*

Amaranth

Burdock

Clover

Dandelion

Dock

Greenbriers

Jewelweed

(Wild) Lettuce

### *Summer:*

Amaranth

Clover

Dandelion

Dock

Wood Sorrel

### *Fall:*

Amaranth

Clover

Milkweed

(Wild) Mustard

(Stinging) Nettle

Plantain

Pokeweed

Trillium

Violets

(Wild) Grapes

Lambs Quarters

Purslane

Thistle

Thistle

## Flours

### *Spring:*

Clover

Kudzu

Greenbriers

*Summer:*

Amaranth

Cattails

Clover

Greenbriers

Kudzu

*Fall:*

Acorns

Amaranth

Greenbriers

Hickory

Kudzu

### Fritters

*Spring:*

Black Locust

Dandelion

*Summer:*

Dandelion

Day Lily

Pines

Large Cane Grass

Pines

Prickly Pear Cactus

Purslane

Sunflower

Lambs Quarters

Prickly Pear Cactus

Sunflower

Walnut

Wisteria

Elderberry

Milkweed

### Fruit

*Summer:*

Blackberry

(Black) Cherry

Elderberry

Maypop

Mulberry

*Fall:*

(Black) Cherry

(Wild) Grapes

Maypop

Persimmon

*Winter:*

Persimmon

Plum

Prickly Pear

Roses

Strawberry

Plum

Prickly Pear

Roses

Roses

### Nuts

*Summer:*

(Wild) Sunflower

*Fall:*

Acorns

Hickory

(Wild) Sunflower

Walnuts

### Oils

*Summer:*

(Wild) Sunflower

*Fall:*

Hickory

Walnuts

(Wild) Sunflower

Pickles

*Spring:*

Cattail

Pokeweed

(Wild) Onion

*Summer:*

(Wild) Mustard

Purslane

(Wild) Onion

*Fall:*

(Wild) Onion

*Winter:*

(Wild) Onion

Potatoes

*Spring:*

Arrowroot

Dandelion

Cattail

*Summer:*

Arrowroot

Dandelion

*Fall:*

Arrowroot

Dandelion

*Winter:*

Arrowroot

Dandelion

Salads/Raw Vegetables

*Spring:*

Amaranth

Greenbriers

Blackberry

(Wild) Lettuce

Burdock

(Wild) Mustard

Cattail

(Wild) Onion

Clover

Plantain

Dandelion

Thistle

Day Lily

Trillium

Dock

Violet

Fern Fiddleheads

Wood Sorrel

*Summer:*

Amaranth  
Burdock  
Cattail  
Clover  
Dandelion  
Dock

*Fall:*

Amaranth  
Clover  
Dandelion

Greenbriers  
(Wild) Onion  
Purslane  
Thistle  
Wood Sorrel  
Yucca

(Wild) Onion  
Thistle  
Wood Sorrel

Seasonings

*Spring:*

(Wild) Onions

*Summer:*

(Wild) Mustard

(Wild) Onions

*Fall:*

(Wild) Onions

Sassafras

Day Lily  
Sassafras

Syrups and Sugars

*Spring:*

Hickory  
Maple

Sycamore  
Walnut

Teas

*Spring:*

Blackberry  
Clover  
Nettle  
Pine

Roses  
Sassafras  
Violet

*Summer:*

Blackberry  
Clover  
Goldenrod  
Mullein  
Nettle

Sassafras  
Pine  
Roses  
Strawberry

*Fall:*

Blackberry  
Persimmon

Pine  
Roses

*Winter:*

Pine

Roses

## Cooked Vegetables

### *Spring:*

(River) Birch	(Morel) Mushroom
Burdock	(Wild) Mustard
(River) Cane	(Wild) Onions
Cattails	Pines
Dandelion	Prickly Pear Cactus
(Day) Lily and (Canada) Lily	Thistle

### *Summer:*

(River) Birch	(Wild) Mustard
Burdock	(Wild) Onions
(River) Cane	Prickly Pear Cactus
(Day) Lily and (Canada) Lily	Thistle
Milkweed	

### *Fall:*

(River) Birch	(Wild) Onions
(Day) Lily and (Canada) Lily	Thistle
(Puffball) Mushroom	

### *Winter:*

(River) Birch	(Wild) Onions
(Day) Lily and (Canada) Lily	

## (Survival) Water

### *Spring:*

(River) Birch	Sycamore
(Wild) Grape	Thistle
Hickory	Walnut
Maple	

### *Summer:*

(River) Birch	Sycamore
(Wild) Grape	Thistle
Hickory	Walnut
Maple	

### *Fall:*

(River) Birch	Sycamore
(Wild) Grape	Thistle
Hickory	Walnut
Maple	

### *Winter:*

(Wild) Grape	
Sycamore	