

Wild Greens Smoothie adapted from herbstalk.org

- 1/2 cup wild greens (nettles, chickweed, claytonia, etc.)
- 1/2 cup organic cucumber
- 1 banana or other fruit
- 1/2 cup pineapple or other fruit or veggie
- 2 cups coconut or filtered water
- 1/2 cup avocado

ps: make up your own smoothie recipe or just go for it - add what you have

Place your washed wild foods in the blender with everything else & blend then enjoy! note: don't use many wild greens with lots of oxalic acid like lamb's quarters

Basic Guidelines for cooking Wild Greens!! adapted from honest-food.net

- Gather your greens from a clean, pesticide-free zone, away from roads & pets.
- Wash them & chop!
- Sauté in olive oil, or other fat, with salt, garlic, chili & a splash of broth or wine
- sauté over medium heat until leaves/greens wilt

Use for :::: dandelion, ^{plantain!} lamb's quarters, sorrel, pigweed, orache, wild lettuces, chicories, amaranth, etc.!! nettles!! ps: add these wild ones to soup. yum.

Basic Guidelines for Wild Greens SALAD! SALAD! SALAD! thanks to honest-food.net

- Greens that make a good bulky base?
- chickweed
 - yarrow
 - cleavers (salinum)
 - dead nettle (Lamium)
 - roasted nettle (Urtica)
 - hawthorn leaves (spring)
 - beech leaves (spring)
 - purslane
 - mallow

- Dressing: VINA GRETTA
- 1 TBS cider vinegar
 - 3 TBS olive oil
 - 1/4 tsp. salt
 - 1/4 tsp. pepper

- Greens that add flavor!!
- sorrels (lemony-citrus)
 - dandelion leaves (bitter)
 - hairy bittercress (peppery)
 - primrose flowers (sweet)
 - chickweed (sweet)
 - ox-eye daisy leaves (aromatic)

ps: make wild green vinegars (infused) wild greens tea (dry leaves first)

Dandelion

Fermented Dandelion Stems by Rosalee de la Forêt of LearningHerbs.ca

- 1 large bunch of dandelion stems
- 2 c. water
- 1 Tbs sea salt
- 1/2 tsp whole peppercorns
- 1/2 tsp whole allspice
- 1/2 tsp whole mustard seeds
- 1/2 tsp chili pepper flakes
- 1 tsp whole coriander
- 1 bay leaf

- Put the dandelion stems in a jar that fits - try a pint size.
- Bring the water to a boil in a pot, then add the salt & spices. Let it cool to 95°F - neutral feeling.
- Pour the cooled brine over the dandy stems, make sure the spices go in the jar even if you have extra liquid.
- Make sure the stems remain below the brine. Try covering with a cabbage leaf that you cut to size then set a sterilized stone on top. Add more brine to cover stone too.
- Add a little olive oil on top for extra security - creating another barrier against mold.
- Cover with a plastic lid
- Place your jar in a happy spot - about 68-72 degrees & check to see how it's doing every few days.
- Make sure everything stays in the brine! And taste a stem after a week. If it's salty, let it go & taste again a few days later. Store in fridge.

Tips! Use clean hands, utensils, cutting board & jars... Remove any floating pieces that escaped your stone weight. Open the jar every day to release gas. A brine usually has 1 Tbs salt for 2 cups of water.

Wild Kimchi adapted from Pascal Bandar

- 3 cups finely chopped wild greens, dandelion leaves, yellow dock, nettle, etc. experiment! use what's available.
- 1 1/2 cups cabbage or variant like bok choy, brusselsprouts, etc.
- 5-8 garlic cloves
- 1 onion
- 3/4 cup chili powder
- 2 cups water (preferably filtered)
- 4 Tbs sea salt
- leaves to cover

- Clean all the wild foods & veggies, cut & core cabbage, slice thinly, slice wild greens, peel garlic, slice onion
- blend or pound with a stone grinder, the garlic, onion & chili powder into a paste
- Wash your hands then mix everything together with good intentions in a bowl.
- Pack it into a mason jar, tightly, pushing down as needed to 3/4 full.
- Make the brine with water & salt. Dissolve salt. Pour it into the jar leaving 1" room at top
- Cover with em sized cabbage leaf then a stone/weight. Remove little floaters.
- Put a plastic lid on not too tight. ♥ let sit 1-2 wks

Pickled Burdock

courtesy of & thanks to Linda Conroy of Moonwise Herbs

- slice burdock roots. Can be in strips or coins, but whichever style you choose, it's ideal to slice them evenly.
- Steam the sliced burdock for 5-10 minutes.
- In the meantime, slice up ginger & garlic. Add wild leeks, etc. Place in your ferment jar.
- Prepare the Brine:
 - 1 part apple cider vinegar (raw)
 - 1 part tamari, shoyu, or other
 - 1 part steamed burdock water (cooled)
- When roots are steamed, pack them into jars. Let them cool then pour the brine over them like a blessing.
- make sure all the bits are below the brine - add a sterilized stone or weight & cover. Leave for a few days or longer where you can see & enjoy it. Refrigerate & it lasts. ♡

Pasta or Starch with Braised Dock & Bacon

adapted from by Tamara Foraged Flavor Matsuo Wong

- 12oz pasta (or spaghetti squash or other)
- 6 slices bacon (or tempeh)
- 1 Tbs unsalted butter
- 3 small onions, chopped
- 1 garlic clove, minced
- 4 cups young dock leaves, chopped
- 1 tsp red pepper flakes
- salt & freshly ground pepper
- 1/2 cups heavy cream
- 3/4 cup freshly grated Parmesan

Harvest Tip for Docks ~ Rumex

- * choose young, tender leaves!
use snips...
- if the stem has started growing, the leaves may be too bitter & tough → Dock appears after snow melt *

- cook the pasta or starch.
- in a large skillet, cook the bacon - set aside -
- Pour off most of the fat from skillet then add butter, let it melt
- cook onions & garlic over low for 2 min.
- Add the dock & red pepper flakes, season with salt, cook 3 mins, until the dock is dark green
- Add the cream & cook for a few min then
- Add the bacon
- Add parmesan
- When it melts, pour everything over the pasta
- add more parmesan to taste & salt + pepper ♡♡♡

Nettle Sauté ♡

- lard, butter or olive oil 1-2 Tbs
- a slice of bacon
- an onion, thinly sliced
- 2 cups, tightly packed, fresh nettle ♡
- 2 Tbs balsamic vinegar
- salt & pepper to taste

• Steam or boil nettle for 1-2 mins.

• Heat oil in skillet

- Sauté onions & bacon until cooked
- Add nettles, vinegar, salt & pepper
- Serve hot!

Experiment! Skip the bacon, try coconut oil, or a different vinegar.

♡
herbalremediesadvice.org & Rosalee de la Foret

Nettle Pesto ♡ the splendid table.org

1/4 pound fresh nettles

1/4 cup fresh mint leaves

1 clove garlic

1/2 c. pine or other nut, toasted

2 Tbs. lemon juice

1/3 c. olive oil

salt & pepper

1/4 c. grated parmigiano Reggiano cheese (optional)

- Steam or boil nettles for 1-2 mins. Then spread them out to dry a bit. Squeeze or pat...
- Add nettles, mint, garlic, pinenuts, lemon juice to the food processor.
- Process to make a paste
- Add Olive Oil while processing. Fold in salt & pepper to taste. cheese ♡

Steamed Nettles

- Fresh nettles

- butter

- salt

• Steam nettles for 1-2 mins

• Mix them with butter & salt to taste ♡!

Nettle Brainstorm

Use fresh nettle like any other cooked green.

Frittatas, omelettes, lasagna, soups, creamed, etc.

Dry your nettle harvest in a dehydrator or on screens then save in a jar to use in soups in the winter. Or make nettle infusion by adding boiling water to a few Tbs of dried plant for 4 hours to overnight. Drink cold or add hot water. Infuse vinegar with dried nettle by soaking the leaves in vinegar for 6 weeks. → dream & experiment!