

Friends of Lake View Hill Park

2017 Herb Walk with Jackie



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Quick Pickled Burdock

1 1/2 pounds burdock root
scrubbed and cut into finger
length spears
2 cloves garlic peeled and minced
3/4 cup water
1/4 teaspoon dill seed
1/4 teaspoon coarsely ground
black pepper
a pinch of sea salt

Combine all ingredients in a pressure cooker.

Lock the lid in place and bring to pressure over high heat. Reduce heat just enough to maintain pressure and cook for 4 minutes.

Cool pressure cooker under cold water until de-pressurized. Serve hot or cool.

Refrigerate for up to 2 weeks.



Quick Tips

- Substitute cooked **Nettle Leaf** in your favorite **Spinach Lasagna recipe**. You can harvest very, very young nettles in the early spring and eat them raw. Otherwise, Nettles must be somewhat young and always cooked to neutralize the formic acid, the chemical that makes them sting. Or Google for Nettle Soup recipes!
- Use **Garlic Mustard** in your **Pesto**. Pulse the garlic mustard greens in a food processor with the walnuts, cheese, lemon juice, and 1/2 teaspoon each salt and pepper. Then, with the motor running, slowly pour the oil through the spout. Toss the pesto with

Online resources

- Edible Wild Food—<http://www.ediblewildfood.com>
- Wild Edible—<https://www.wildedible.com/>
- HGTV—<http://www.hgtv.com/outdoors/gardens/garden-to-table/eat-your-yard-21-weeds-and-flowers-for-your-dinner-table-pictures>

Dandelion Potato Salad

5 cloves minced garlic
5 potatoes
2 diced small onions
apple cider vinegar
4 cups chopped young,
non-flowering dandelion
leaves
toasted sunflower
seeds
1 cup frozen peas
little olive oil



Boil the potatoes. When they are almost tender, saute the diced onions and garlic in olive oil. When the onions are translucent, add in the chopped dandelion leaves and stir until all the leaves are coated. Add a bit of water and cover steaming the leaves until tender.

Pull the skins off the potatoes and cube them. Fold in dandelion greens, sunflower seeds and toss with apple cider vinegar to taste. Add the peas just before serving. I like to let this recipe set up a bit by making it the night before.

