

# Food Share

## Eat Your Weeds!



“Weeds” are any plants that unintentionally seed in your garden. Many gardeners feel frustrated whenever their garden is “under siege” by plants that are commonly known as weeds. But, did you know that these plants have many nutritive and medicinal benefits? Instead of composting your weeds, try harvesting them and add them to your salad, smoothie, soup, or create a dish featuring the weed such as lamb’s quarters pesto!

Our resident Field to Table Schools forager, Carolynne Crawley, has chosen five of her favourites for you to try!

### **Remedy for Insect Bites & Stings**

1. Take a plantain leaf and either chew with front teeth or mash with fingers.
2. Apply to bite or sting to relieve pain and itchiness. May need to reapply. (To identify plantain, it has stringy fibers at the base of its stem when picked.)

### **Wild Greens Salad**

1. Add a few young leaves of wood sorrel, purslane, dandelion, or plantain to a salad. (Wood sorrel has a tangy taste but its consumption should be limited due to oxalates, which may inhibit calcium absorption.)

### **Green Smoothie**

- 1-2 ripe bananas
- Handful of mixed berries
- Handful of purslane or lamb’s quarters
- 1 date
- Water (enough for desired consistency)

1. Blend together and enjoy!  
(We like blending ours with bike power!)



## Dandelion or Nettle “Chips”

- 1 bunch of dandelion or nettle greens
- 1Tbsp olive oil
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp sea salt or salt
- ½ tsp cayenne pepper

1. Harvest lots of dandelion or nettle leaves before they flower. Wear gloves when harvesting and prepping nettles.
2. Wash the leaves and dry in either a salad spinner or use a clean cloth towel
3. Once thoroughly dried, drizzle the olive oil onto greens to ensure they are all coated
4. Add the seasonings and toss until coated
5. Place the coated leaves on baking sheet lined with parchment paper
6. Place in oven at 350 degrees and bake for 5 to 10 minutes
7. Eat immediately and enjoy!

## Dandelion or Red Clover Fritters

- 1 cup all purpose flour
- 1 Tbsp sea salt
- ½ Tbsp ground black pepper
- 2 eggs
- 40 open dandelion or red clover flowers
- ¼ cup coconut oil or butter
- paper towel

1. Combine the flour, sea salt, and pepper in a mixing bowl until evenly combined; set aside.
2. Beat the eggs in a mixing bowl, then stir in the dandelion ore red clover blossoms until completely coated.
3. Melt the oil or butter in a large skillet over medium heat. Remove half of the flowers from the egg, and allow the excess egg to drip away. Toss in the flour until completely coated, then remove from the flour, tossing between your hands to allow excess flour to fall away.
4. Cook the flowers in the melted butter or oil until golden brown, stirring occasionally, about 5 minutes. Drain on a paper towel-lined plate.

*Adapted from allrecipes.com*

## Lamb's Quarters Pesto

4 cups lamb's quarters  
1-2 garlic cloves  
1 cup basil  
½ cup olive oil  
1 cup sunflower seeds  
1 cup Parmesan cheese, grated  
½ lemon, juiced  
Sea salt, to taste

1. Blend sunflower seeds in food processor. Remove to a bowl.
2. Add all ingredients and blend until pureed.
3. Adjust seasoning as desired, adding more cheese or garlic or lemon juice or salt.

This is a mild pesto; the spiciness will depend on the garlic or other spicy wild herbs. Serve with goat cheese and freshly baked bread or use in pasta or as a condiment to a milder soup. This freezes well and is a great way to store fresh wild greens for later use.

*Adapted from sunstonefarmandlearn.com*

## Nettle Soup

1 lb stinging nettles  
2 tsp sea salt  
1 Tbsp olive oil  
1 onion, diced  
¼ brown basmati rice  
4 cups vegetable broth  
Pepper & sea salt to taste

1. Bring a large pot of water to a boil with 2 teaspoons of salt.
2. Drop in the stinging nettles, and cook 1 to 2 minutes until they soften. This will remove most of the sting.
3. Drain in a colander, and rinse with cold water. Trim off any tough stems, and then chop coarsely.
4. Heat the olive oil in a saucepan over medium-low heat, and stir in the onion. Cook until the onion has softened and turned translucent, about 5 minutes.
5. Stir in the rice, broth, and chopped nettles. Bring to a boil, and then reduce heat to medium-low, cover, and simmer until the rice is tender, about 15 minutes.
6. Puree the soup with an immersion blender, and season to taste with salt and pepper.

*Adapted from allrecipes.com*