

# EAT YOUR WEEDS

## -DANDELION RECIPE

Dandelions have a variety of medicinal uses and provide several vitamins and nutrients for the body. Their vitamin A content is higher than carrots, and the flowers are the best known natural source of lecithin which elevates brain function, may reduce risk of Alzheimers, and supports the liver. Just one more reason to eat your weeds! [www.prodigalgardens.info](http://www.prodigalgardens.info)

### *Cream of Dandelion Soup*

4 cups chopped dandelion leaves  
2 cups dandelion flower petals  
2 cups dandelion buds  
1 Tbsp butter or olive oil  
1 cup chopped wild leeks (or onions)  
6 cloves garlic, minced  
4 cups water  
2 cups half-n-half or heavy cream  
2 tsp salt



1. Gently boil dandelion leaves in 6 cups water. Pour off bitter water. Boil gently a second time, pour off bitter water.
2. In a heavy-bottom soup pot, sauté wild leeks and garlic in butter or olive oil until tender.
3. Add 4 cups water.
4. Add dandelion leaves, flower petals, buds, and salt.
5. Simmer gently 45 minutes or so.
6. Add cream and simmer a few minutes more.

*Garnish with flower petals*



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### *Dandelion Egg Salad*

4 hard-boiled eggs  
2/3 cup dandelion greens, chopped and cooked  
1 tsp horseradish  
1 Tbsp fresh chives  
½ cup mayonnaise

1. Chop eggs coarsely.
2. Add Dandelion greens, chives, and horseradish. Mix gently.
3. Add mayonnaise and mix just enough to coat ingredients.



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### *Dandelion Pasta Salad*

3 cups cooked pasta, chilled  
1½ cups diced tomatoes, drained  
1 cup dandelion greens, pre-cooked and chilled  
2 wild leeks, minced or 2 Tbsp minced onions  
8 olives, sliced  
2 Tbsp vinegar  
1 Tbsp olive oil  
½ tsp salt

1. Mix all ingredients
2. Toss to coat
3. Chill for at least 2 hours



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### *Dandelion Corn Bread*

1 cup cornmeal  
1 cup white flour  
2 tsp baking powder  
¾ tsp baking soda  
1 tsp salt  
2 large eggs  
½ cup **Dandelion Blossom syrup** (or honey)  
¼ cup oil or butter  
1 cup milk (buttermilk is best!)  
1 cup Dandelion blossom petals



1. Mix dry ingredients together.
2. Add all the rest of the ingredients and blend until smooth.
3. Pour batter into a 9x9 pan, or 10-inch cast iron frying pan.
4. Bake at 375° for 25 minutes.
5. Serve hot with butter and **Dandelion Blossom syrup** (or honey).



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### *Dandelion Blossom Syrup* - Use in any recipe that calls for honey

1 quart dandelion flowers  
1 quart (4 cups) water  
4 cups sugar  
½ lemon or orange (organic if possible) chopped, peel and all  
*Note: The citrus is optional, it will give the syrup an orangey or lemony flavor.*



1. Put blossoms and water in a pot.
2. Bring just to a boil, turn off heat, cover, and let sit overnight.
3. The next day, strain and press liquid out of spent flowers.
4. Add sugar and sliced citrus and heat slowly, stirring now and again, for several hours or until reduced to a thick, honey-like syrup.
5. Can in half-pint or 1 pint jars.



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## -JAPANESE KNOTWEED RECIPE

Japanese Knotweed is an excellent source of vitamins A and C as well as nutrients like potassium. Knotweed also contains resveratrol which is known to lower bad cholesterol (LDL) and reduce risk of heart attacks. Knotweed shoots taste intensely tart and tangy and can be used like rhubarb. Just one more reason to eat your weeds! [www.wildmanstevebrill.com](http://www.wildmanstevebrill.com)

### *Apple Knotweed Pie*

#### **Crust**

2 cups whole wheat pastry flour or buckwheat flour  
1/4 tsp. salt  
1 tsp. dried spearmint  
1 tsp. cinnamon  
1/4 cup almond oil, vegetable oil, or butter  
1/2 cup apple juice, or as needed.

1. Chill all ingredients
2. Mix flour with seasonings.
3. Cut in oil. Mix until you have the consistency of wet sand. Use your judgment to determine exactly how much oil or butter you need.
4. Slowly mix in the cold apple juice until you have a dough that's elastic and pliable but not mushy.
5. Press this into an oiled 9" pie pan. Save the excess dough for top crust or you can freeze it for later use.

#### **Filling**

2-1/4 cups sliced tart apples  
1/4 cup sliced Japanese knotweed  
1/2 cup apple juice  
1 tsp. cinnamon  
1 tsp. powdered ginger  
1/2 tsp. nutmeg  
1/4 tsp. ground cloves  
1/2 cup sunflower seeds  
1/2 cup English walnuts  
3 Tbs. tapioca, arrowroot, or kudzu

1. Mix all filling ingredients together.
2. Prick holes in the crust with a fork, then fill
3. Put excess dough on top, lattice style, if desired.
4. Bake at 425 degrees for 10 minutes
5. Reduce the heat to 350 degrees and bake another 30 minutes or until the crust is crisp and the filling is bubbly.



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### *Creamy Knotweed Soup*

4 cups vegetable broth  
3 1/2 cups young Japanese  
knotweed shoots, sliced  
1 cup cream cheese

1. Simmer the knotweed in the broth for 5 minutes or until tender
2. Stir in the cream cheese and serve



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### *Steamed Sesame Knotweed*

8 cups young Japanese knotweed stalks,  
peeled if desired  
3 Tbsp tamari soy sauce  
1 Tbsp chili paste or 1/4 cayenne pepper  
6 cloves of garlic, crushed  
6 Tbsp sesame seeds, toasted

1. Mix together all ingredients except the sesame seeds
2. Cook covered over low heat 20 minutes or until tender
3. Serve hot, sprinkle with the sesame seeds



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### *Strawberry Knotweed Cobbler*

2 cups breadcrumbs  
1/4 cup corn oil  
2 cups cottage cheese  
3 cups knotweed shoots, sliced  
2 1/2 cups strawberry jam  
1 cup walnuts, chopped



1. Mix breadcrumbs with the oil
2. Layer a large, greased casserole dish with cottage cheese, knotweed, jam, breadcrumbs, and walnuts, pressing everything down with the palm of your hand
3. Bake uncovered at 350 for 30 minutes
4. Chill

Note: Peel the knotweed shoots if they are over a foot tall as skin can be stringy



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## -WHITE CLOVER RECIPE

White and red clover are nutritious and highly edible. The flowers are full of protein and can be dried to make nutritious flour. Flower heads should be soaked in salty water for a few hours or briefly boiled or cooked for easier digestion. Soft and fresh flower heads are great stir fried, sautéed, or lightly battered in tempura. Just one more reason to eat your weeds!

[www.slashfood.com/2008](http://www.slashfood.com/2008)

### *Clover Lemonade*

4 cups fresh clover blossoms  
1 gallon of water  
2 cups honey (1 lb) or sugar  
1 1/2 cups lemon juice



1. Gently simmer clover blossoms in a covered pot for 10 minutes
2. Add honey, stirring until it dissolves
3. Cover and let steep and cool for several hours or overnight
4. Add lemon juice and chill in the fridge



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### *Wild Clover Rice*

2 cups rice, brown or wild  
2 cups fresh clover flowerettes, plucked from the flowerheads  
1/2 cup butter  
1 tsp salt



1. Cook rice in 6 cups water until done
2. While the rice is still hot, mix in clover flowers, butter and salt
3. Serve hot

*\* Add a 1/2 cup honey and chopped nuts to make a sweet dish*



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### *Clover Salad*

2 cups rice  
3 Tbsp olive oil  
6 Tbsp lemon juice  
1/2 tsp salt  
6 scallions, minced  
1 cup walnuts (black, hickory, or English)  
1 cup chopped dried fruit (try raisins, craisins, dates, or apricots)  
2 cups clover flowerettes, plucked from flowerheads



1. Cook rice in 6 cups water until done—do not stir while cooking or cooling
2. Let rice cool completely to avoid stickiness
3. Add all above ingredients and mix well
4. Chill and serve, cold or room temperature



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### *Sweet Almond Clover Biscuits*

2 cups whole wheat flour  
3 tsp baking powder  
1/4 cup butter  
1/2 cup almonds, chopped fine  
1/2 cup buttermilk  
2 eggs  
1/4 tsp almond extract  
1 1/2 cups clover flowerettes, plucked from the flowerhead

1. Put flour, baking powder, and almonds in food processor.
2. Add butter and whiz again until it forms a crumbly mixture
3. Add remaining ingredients until dough forms a lump
4. Shape into biscuits and bake on ungreased cookie sheet at 450 for 10-15 minutes or until golden brown
5. Serve hot with butter and jam



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## -HIMALAYAN BLACKBERRY RECIPE

Blackberries are full of vitamins and minerals and are an excellent source of antioxidants and dietary fiber. Blackberries are widely thought to provide protection against cancer, diabetes, and cardiovascular disease. They are easy to use and retain most of their nutritious value when frozen. Just one more reason to eat your weeds!

[www.health.learninginfo.org](http://www.health.learninginfo.org)

### *Blackberry Cobbler*

2 1/2 cups fresh or frozen (thawed and drained) blackberries  
1 cup sugar  
1 cup all-purpose flour  
2 tsp baking powder  
1/2 tsp salt  
1 cup milk  
1/2 cup butter, melted  
Whipped cream or ice cream if desired



1. In medium bowl, stir together blackberries and sugar. Let stand about 20 minutes until fruit syrup forms
2. Heat oven to 375
3. In large bowl, stir together flour, baking powder, salt and butter until blended
4. Spread in ungreased 8-inch square pan. Spoon blackberry mixture over the batter
5. Bake 45 to 55 minutes or until dough rises and is golden. Serve warm with cream



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### *Blackberry Corn Muffins*

1 1/4 cup all-purpose flour  
3/4 cup corn meal  
1 Tb brown sugar  
2 tsp baking powder  
1/2 tsp salt  
1/4 tsp baking soda  
3/4 cup skim milk  
1/2 cup butter, melted  
1 egg beaten  
1 cup frozen blackberries partially thawed



1. Combine flour, meal, sugar, baking powder, salt, and baking soda
2. Stir in milk, butter, and egg just until mixture is even moistened
3. Fold in berries
4. Prepare bottoms of 12 medium muffin cups with cooking spray or baking cups
5. Fill 3/4 full with batter
6. Bake for 15-20 minutes at 425 or until brown. Serve warm



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### *Blackberry Dressing*

1/2 cup blackberries  
1/4 cup rice wine vinegar  
1 Tb brown sugar  
1/8 tsp ground ginger  
1/4 tsp cinnamon  
1/8 tsp cayenne pepper  
1/4 cup vegetable oil



1. Rub berries through fine sieve or food mill to remove seeds
2. Combine juice, pulp, and all ingredients except oil in small sauce pan
3. Cook over low heat until sugar is dissolved
4. Prepare bottoms of 12 medium muffin cups with cooking spray or baking cups
5. Allow to cool
6. Slowly whisk in the oil



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