

*Booklet
Of
Wild edible plants
recipés*

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Gather wild herbs and plants from countryside or garden areas, never from the roadside. Be careful to correctly identify wild plants, some are poisonous. Pick young leaves as older ones can be tough and bitter. Take only what you need, leave some to seed.

General Rules for Harvesting Wild Herbs

If you want to forage wild herbs to add to your larder, that is a great thing, but to make sure that you do it in a manner that does not introduce

unnecessary risk or difficulties there are a few simple rules you should follow –

1. Before you harvest and consume a wild herb, ensure that you have absolutely identified it. This should not be difficult but there are cases where it is possible to mistake a toxic relative for the target plant so it is better to be sure than sorry.

2. Be careful when harvesting wild herbs from parks and roadsides due to council's use of herbicides, pesticides and chemical fertilisers. It is also possible for roadside weeds to accumulate toxins produced from automobiles, less of an issue now that we no longer use leaded petrol but toxin absorption is still potentially a source of concern.

3. Don't take the entire plant. If you are going to use the leaves then harvest some leaves rather than uprooting the entire plant so that a supply is left for others to use or for yourself at a later time. Obviously if there is a field of the stuff growing, this is less problematic than if there are just a couple of specimens.

4. If, after being in contact with wild herbs, you start to show symptoms of irritation or allergy like hives, redness and/or itchiness do not consume the herb or handle it anymore and get checked out by a doctor.

5. Don't trespass! If there are wild herbs you wish to harvest growing on land which is obviously privately owned ask first. This prevents acute cases of lead "poisoning".

6. Wherever you gather your wild herbs from always wash them before processing them or consuming them in any form, at the very least it will get rid of any dust and dog pee.

7. While many wild herbs are safe to consume, some may be unpalatable and not worth your time and effort to harvest, clean and cook so when starting out with a new herb, start small.

8. Always gather only healthy plants that don't show any signs of disease or pest infestation.

Keep the above in mind when you go wandering but don't let it put you off gathering and using wild herbs to supplement your diet. Wild herbs have no food miles associated with their production, cost nothing and quite often provide high quality nutrition so go for it! Just make sure you do your homework first.

Early Spring Salad

Dress with plenty of olive oil, a splash of tamari, and a little herbal vinegar of your choice.

Garlic mustard leaves violet leaves dandelion leaves

Backyard Salad

This salad should be assembled based on the edibles you find growing in your backyard. For me, I've added dandelion greens and flowers, plantain leaves, wild strawberry leaves and flowers, violet leaves and flowers and the succulent tips of orpine. Toss with a lemony vinaigrette just before serving.





Chickweed (*Stellaria sp.*): Use the leaves raw in salads, or cooked in soups, in mixed cooked greens, or in any dish that calls for cooking greens. Chickweed takes a long time to clean well, so even though it's very tasty, it may not be worth the effort to prepare, especially since you need to gather a large quantity of chickweed to make a meal.



Dandelion (*Taraxacum*): Use the leaves, which are best before the flowers appear, raw in salads, or cooked in soups, in mixed cooked greens, or in any dish that calls for cooking greens. In addition, dandelion roots are used as a coffee substitute, the flowers are used to make wine and tea, and the leaves for tea. Dandelions are at their best in early spring, but in Alaska they reseed themselves more than once (at least in my yard), and the new plants can be harvested throughout the summer, so long as the leaves are small and flower buds are not present.



Lamb's Quarters (*Chenopodium album*): Use the leaves raw in salads, or cooked in soups, in mixed cooked greens, or in any dish that calls for cooking greens. Lamb's Quarters are susceptible to leaf miners; be careful to harvest plants that are not

infested. Although Lamb's Quarters are best before the flowers appear, if the fresh young tips are continuously harvested, lamb's quarters can be eaten all summer. Lamb's Quarters is also called Pigweed, Fat Hen, and Goosefoot.



Nettles (*Urtica sp.*): Use the leaves cooked in soups, in mixed cooked greens, in any dish that calls for cooked greens, and for tea. Nettles are one of the best wild greens available in Alaska; they grow in big patches and are easy to gather. If the same patch is kept cut back, nettles can be harvested well into summer. Nettles should not be picked after flowering, and older leaves should not be used because they contain crystalline particles called cystoliths that are bad for the kidneys. Always use nettles cooked, and remember to wear gloves when harvesting to avoid being stung.



Shepherd's Purse (*Capsella sp.*): Use the young leaves raw in salads, or cooked in soups, in mixed cooked greens or in any dish that calls for cooking greens. Although the leaves may be eaten throughout the summer, the mature leaves have a peppery taste that does not appeal to all palates.

Lambsquarters Quiche

Chenopodium album

1 cup puree of lambsquarters

1 9-inch partially baked pie shell

2 cups thinly sliced potatoes

1 cup onion slices

2 tbs. butter

2 eggs

1/2 cup milk

1/2 to 1 tsp. Salt

4 grinds pepper

3 tbs. Parmesan Cheese

Collect at least 4 cups of lambsquarters leaves, wash well then steam them in 1/4 cup of boiling water for 5 minutes and puree in blender for 30 seconds.

Boil the potatoes in 2 cups salted water for 10 minutes.

Saute the onion slices in butter until soft and golden.

Place one layer of the partially cooked potatoes on the pie crust; pour the puree on top, next the cooked onion slices, and then the remaining potatoes.

Beat together the eggs, milk, salt, pepper, and cheese and pour over the potatoes.

Bake in a 350 degree oven for 30 minutes or until a knife inserted in the center comes out clean. Just about any good wild green can be used here in place of the Lambsquarters...experiment!

(*Edible Plants Cookbook, Greenhills Env. Center, Dallas TX*)



Chenopodium album

You can use also Chenopodium bonus-henricus

Wash well to remove the white powdery coating on the leaves.

Lambsquarters can be used interchangeably with spinach in any recipe.

Wild herb omelette

Herbs must be collected, carefully washed and rinsed more than once, cooked just for the time they need to get tender, chopped and then only at the very end you make an omelette with them.

You'll need wild herbs (dandelion, wild chard, wild fennel, wild lettuce, poppy, sow-thistle...)

extra virgin olive oil

garlic

salt, pepper

- . Rinse the wild herbs several times, until you get clean water.*
- . Cook them for about 10 to 15 minutes in boiling salted water until they are tender, squeeze them and chop them roughly with a knife.*
- . Sauté the herbs in a pan with a minced clove of garlic for a few minutes.*
- . Whisk the eggs with salt and pepper, then pour the eggs over the wild herbs.*

As soon as the omelette has thickened on both sides move it onto a plate and serve hot with a slice of bread.



<http://en.julskitchen.com/vegetarian/wild-herb-omelette>

Nourishing Herbal Infusions

On a scale, weigh out one ounce of dried herb

Put it in a quart jar and

Fill to the top with boiling water

Stir with a wooden spoon until the herb is all wet

You may need to add more hot water now.

Or you can add one ounce of dried herb to a quart of boiling water and stir well.

In either case, cover closely and allow to steep for four hours. ▢ Strain the liquid from the herb.

Squeeze the herb to extract all the liquid.

Return the herb to the earth.

Refrigerate the liquid.

Drink it cold. Drink it hot. Add honey or not.

Nourishing herbal infusions are made from food-like herbs like stinging nettle, oat-straw, comfrey leaf, raspberry leaf, mullein, hawthorn leaves and flowers, rosehips, and red clover blossoms. Nourishing herbs provide lavish amounts of bio-available phyto-nutrients.

Nourishing herbal are less expensive, safer, and more effective than supplements. Nourishing herbal infusions are real food, real protein, real minerals, real vitamins, with little or no calories.

Infusions do not need to be digested. Because the minerals in a nourishing herbal infusion carry valences opposite those of blood, they are electrically drawn the bloodstream, bypassing digestion.

By Susun Weed

Nettle Soup Simple

Urtica dioica

Leave some time for this to cook. Best to start it in the morning.

Gather 1-2 ounces of fresh nettle tops and leaves per serving of soup.

Drop them into boiling water: 12-16 ounces of water per serving.

Bring to a rolling boil and adjust heat to a simmer.

Cook, tightly covered, for as long as possible, or up to four hours.

Reheat before serving.

Amazingly enough, this soup keeps well for up to a week refrigerated.

And it freezes really well.

By Susun Weed

Nettle Pesto

Urtica dioica

Italians make nettle pesto, or pesto d'urtica, in springtime. 3 cups raw stinging nettles 3 medium garlic cloves 1/4 cup pine nuts, toasted 1/4 cup extra-virgin olive oil Kosher salt and freshly ground black pepper Parmesan cheese, finely grated

- 1. Using tongs or gloves, measure 3 tightly packed cups of raw young nettle tops. Add them to salted boiling water for 1 to 2 minutes, drain immediately and then place the greens in a bowl of ice water to stop the cooking. Cool, strain and squeeze dry using a tea towel to remove every drop of moisture that you can.*
- 2. Coarsely chop the nettles to make about 1 cup. Add them to the bowl of a food processor with the garlic cloves and pine nuts. While pulsing, slowly add the olive oil, 1 tablespoon at a time. Season to taste with salt, pepper and Parmesan cheese. You might add a small knob of soft butter and a squeeze of lemon juice if it needs brightening. Blend once more to incorporate the final additions.*

Makes 1 generous cup

Recipe by Ellen Jackson



You can make pesto with Lambsquarters or plantago, you can also mix several herbs.

Elderflower Syrup & Cordial

Sambucus nigra

20 elderflowers (nice big heads), gently shake off any insects & trim any excess branches/leaves

4 lemons, sliced

1.5 kg sugar

1.8 liters water

60 gr citric acid (facultative)

Bring the sugar and water to a boil, stirring occasionally to dissolve.

Once cooled, pour the the sugar- water and all ingredients into a big jar & cover, leave for 36-48 hours, stirring occasionally. (Some recipes say up to 3 days).

Then remove lemons & elderflowers and strain the water a few times (if you have a cheese cloth it will help).

Pour the syrup into a pot and cook for about 3-5 minutes minutes.

Then pour the liquid into clean sterilized glass bottles. Close them.

Let them cool before placing in the refrigerator. If using a secure seal, they will keep for almost a year in the refrigerator.

To serve, pour 1- 3 tablespoons of the syrup into a pint glass and add water or seltzer.

It taste good with white wine as a kir.

Or you can add a tablespoon to a couple shots of vodka or gin.



*Sambucus nigra is a little tree (with wood)
Fairies may live in it !*

You can use flowers.

Fruits also can be cooked in marmelade...

Don't mistake with Sambucus ebulus : it's herbaceous (no wood) and not edible.

Edible plants from the Labastide St Sernin's wood :

Lungwort (*Pulmonaria officinalis*), also known as Soldiers and Sailors, Spotted dog, Joseph and Mary and Jerusalem Cowslip

The plant has been cultivated for centuries as a medicinal herb, as the ovate spotted leaves, following the Doctrine of Signatures were held to be representative of diseased lungs. The leaves are also mucilaginous, which adds to the similarities between the leaves and lungs.

The leaves are edible, though the hairiness means that they are disliked by many. They can be added to salads in small quantities. They can also be cooked as a potherb and the hairiness disappears on cooking. But the leaves do not have a very pronounced flavour. They can be substituted for spinach in some dishes, but as a vegetable the cooked leaves tend to be a bit slimy. Due to the mucilage, the best use of these leaves is as a thickening agent.

Ground Ivy (*Glechoma hederacea*)

Though nowadays considered a weed, it was once an important bittering agent in ales and beers (hence the name alehoof) before the advent of hops and was still in use in Wales and Cheshire until the 19th century. It has also been used as a traditional medicine and as a leafy vegetable. It is not one of the prized edible species, but is valuable as the leaves are high in vitamin C and it is available early in spring when there is scant choice. The young leaves can be used either raw or cooked and though the leaves have a bitter flavour they can be mixed into salads to add a slight aromatic tang. They can also be cooked like spinach and added as a flavouring to soups. Traditionally a herb tea is also made from both the fresh and dried leaves where it is often combined with lemon verbena leaves. Some caution should be taken in the use of this plant.

Greater Stitchwort, *Stellaria holostea*,

is a very common plant of wayside verges, hedgerows and open woodlands. Until it flowers, however, it is easily missed. Greater Stitchwort is a relative of Common Chickweed, *Stellaria media*, and like Chickweed, Greater Stitchwort is an easily-collected source of edible wild greens.

The green shoots can be chopped into salads, steamed or quickly boiled.

You can eat the flower buds & flowers & these can make an attractive addition to a wild salad.

Lady's Smock *cardamine pratensis*

Lady's Smock Flower Purée is a modern British recipe for a classic puree made from lady's smock flowers in an olive oil, lemon juice and pine nut base with black pepper.

The leaves, young stems and flowers (as well as stem and flower buds) are all edible. A few of the leaves and flowers make an interesting addition to salads or sandwiches, but the shoots should be blanched before serving to remove the worst of their bitterness.

Dog Rose (*Rosa canina*)

Fruit : Rosehip (irritating hairy seeds inside you must remove) make delicious marmalade

Rich in vitamin C.

<http://www.celt.net.org.uk/recipes/ancient/wild-food-guide.php>

Garlic mustard (Alliaria petiolata)

Garlic mustard is one of the oldest discovered spices to be used in cooking in Europe. Evidence of its use has been found from archeological remains found in the Baltic, dating back to 6100-5750 BP.[5]

The chopped leaves are used for flavoring in salads and sauces such as pesto, and sometimes the flowers and fruit are included as well. These are best when young, and provide a mild flavour of both garlic and mustard.

tuberous comfrey (Symphytum tuberosum)

In spring the fresh young leaves may be used as an herb in cooked recipes, however due to their hairy nature and mildly toxic properties they are not eaten raw. As with dandelion, the root makes a palatable and non-acidic alternative to coffee once prepared, roasted until brown & brittle, and grind it into a powder.

Herb Bennet (Geum urbanum)

It is mainly the root of this herb that is used as it possesses a clove-like flavour that was used as a spice in both sweet and savory dishes. Though the young leaves can also be consumed in salads.

Hawthorn (Crataegus monogyna)

What may surprise you is that young hawthorn leaves are extremely tasty and make a great addition to any salad (but only worth picking the really young ones. The leaf buds are also edible and are collected in the West of England to make springtime puddings. The berries are also edible and are very high in vitamin C and can be made into jams, jellies and preserves. The flower buds are also edible can be made into a spring pudding.

Common Blackberry (Rubus fruticosus)

A tea can be made by steeping the leaves which has a light blackberry-like flavour. But it is the fruit that are most commonly consumed.

Sweet Violet (Viola odorata)

This plant has been used for centuries and is one of the early treats of the culinary calendar. The flowers themselves are very flavoursome and can be used to brighten-up a salad. Traditionally the flowers have also been candied by preserving in sugar before being used to decorate cakes and pastries. What is surprising, however, is the use of violet leaves. Though not particularly tasty themselves (they can, however, be used to bulk-up a salad) they exude a substance which thickens-up stews and broths. Thus adding a handful of violet leaves to a stock will make a much thicker sauce.

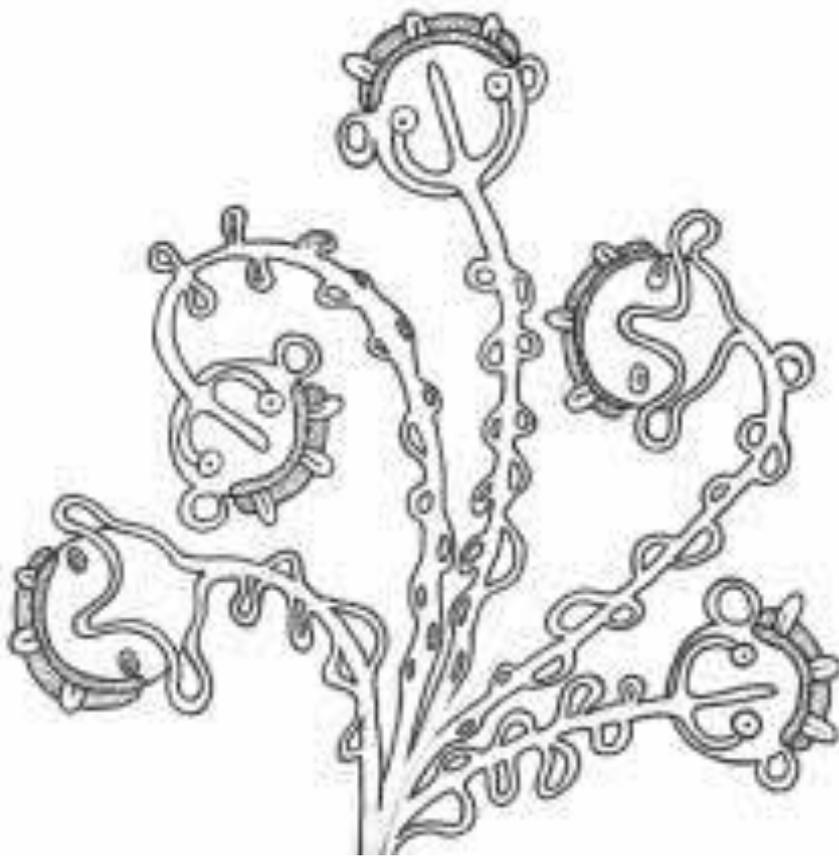
Common Dandelion (Taraxacum officinale [syn T. vulgare])

(from the French, dent de lion (lion's tooth))

Both leaves (fresh when young and blanched when older) and the blanched root can be used in salads or the leaves can be used as a spinach or endive alternative. The roots can also be boiled as a vegetable. Perhaps one of the best known uses for dandelion root is roasted and ground as a coffee alternative. Perhaps one of the best known uses of dandelion leaves is the French dish salade au pissenlit where the dandelion leaves are lightly fried with bacon lardons before being served with croûtons. Dandelion leaves are an excellent source of vitamins A, B, C and D (the vitamin A content is higher than that of carrots). Dandelion leaves are also an excellent source of dietary copper.

<http://www.celtnet.org.uk/recipes/ancient/wild-food-guide.php>

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