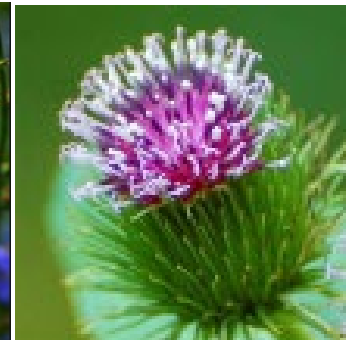


How to Turn the Weeds in Your Garden into Lunch

- The contents of this slide show presentation is for educational and gardening purposes only.
- Before using or ingesting ANY herb or plant for medicinal purposes or otherwise, please consult a physician, medical herbalist or other suitable professional for advice.
- Make sure no pesticides have been applied to these plants.



Dandelion

Scientific Name: Taraxacum monolicium or
Taraxacum sinicum

Also known as: Lion's Tooth, Blowball, Wild Endive, Canterwort, Witch's gowan, Milk witch, Yellow-gowan, Irish daisy, Monks-head, and so many more...



Dandelions provide an excellent source of **vitamins** A, C and K. They also contain vitamin E, **folate** and small amounts of other B vitamins.

What's more, dandelion greens provide a substantial amount of several **minerals**, including iron, calcium, magnesium and potassium.

What's edible? The leaves, root, and flower.

The **leaves** can be added to a salad or cooked, and can be dried and stored for the winter (they can also be blanched and frozen).

Flowers can be made into juice, or added into many recipes.

The **root** can be made into a coffee substitute, and the root along with the leaves can be dried, stored and made into tea.

Dandelions are often considered a pesky weed in the U.S. and Canada yet European and Asian nations have greatly benefited for years from their incredible nutritional value that this weed contains.

Wintercress

Scientific Name: Barbarea Vulgaris

Also known as Yellow Rocket Plant, bittercress or “creasies”



- Rich in vitamins A and C.

What is edible? The leaves, stems, flowers and seeds.

- The **leaves** can be bitter, especially mature leaves. Cook the leaves and use them as you would spinach or mix them with other greens to ‘tame’ the bitter flavor. Best to harvest new/young leaves.
- Harvest the top few inches of the **stems** prior to blossoms opening. Boil to reduce bitterness then sautéed with olive oil, garlic and a squeeze of lemon.
- The **flowers** can be added to salads for a pop of color or used as a garnish. Dried, they can be steeped in tea for a naturally sweetened flavor.
- Collect the **seeds** to grow new plants or use as a spice. As a member of the mustard family, the seeds can be used the same way.



Garlic Mustard

Also known as: Jack-by-the-Hedge

Scientific Name: Alliaria petiolata



- This leafy green vegetable is high in Fiber; Vitamin A; B-Carotene; Vitamin E; Vitamin C; Calcium; Iron; Zinc; and Manganese. Also scores very high in Omega-3 Fatty Acids and Copper.

What is edible? The leaves, flowers, roots and seeds.

- The **leaves** turn bitter when the weather gets hot.
- The **flowers** can be added to salads for a pop of color or used as a garnish. Dried, they can be steeped in tea for a naturally sweetened flavor.
- Collect the seeds to grow new plants or use as a spice. As a member of the mustard family, the seeds can be used the same way.
- Harvest the **roots** in early spring or late fall when there are no flower stalks present. The roots are spicy

Health benefits: Garlic Mustard is good for your weight, heart, lowers cholesterol, may help prevent cancer, as well as many other health benefits.

Purslane

Scientific Name: Portulaca oleracea



Also called pigweed, little hogweed, fatweed and pusley

- High in Omega-3 Fatty Acids
- Loaded with Antioxidants
- High in Important Minerals
- Also Contains Oxalates



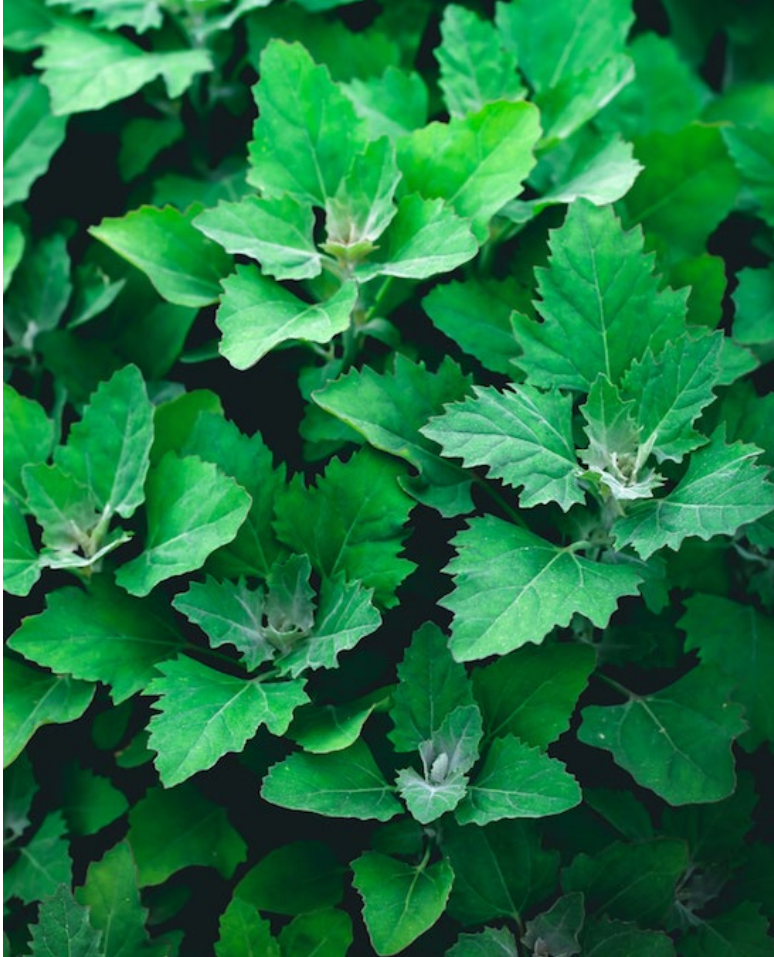
What parts can be eaten? The leaves, stems and flower buds.

It can be eaten as a cooked vegetable and is great to use in salads, soups, stews or any dish you wish to sprinkle it over.

This succulent plant contains about 93% water. It has red stems and small, green leaves. It has a slightly sour or salty taste, similar to spinach and watercress.

Lamb's Quarter

Scientific Name: Chenopodium album



Also known as: pitseed, white goosefoot, goosefoot, pig weed, wild spinach, fat hen, bathua, and huauzontle

What is edible? The leaves.

- The **leaves** can be eaten raw, steamed, or sautéed or added to soups and stews.
- The leaves are exceptionally high in vitamins A and C, as well as in calcium, iron, and protein.
- Lambs quarters has a long history of cultivation for its leaves and as pseudograin (grain-like plant). It's related to quinoa and kaniwa.

Note: If you dislike the texture of raw spinach, or it gives you a funny feeling in your mouth, you probably won't enjoy raw lamb's quarters.

Did you know? 1 cup of lambsquarter greens contains about 73% of the recommended daily allowance of vitamin A and 96% of the RDA of vitamin C. It's also high in iron and B vitamins, including thiamine, riboflavin, and niacin, and has over 600 mg of calcium.

Chicory

Scientific Name Cichorium intybus

Often called a “blue dandelion”
Belongs to the sunflower and daisy family



What is edible? The leaves and roots.

Note: The flower is also edible, but is quite bitter.

The **leaves** are the tastiest in the spring and autumn, they become bitter when the weather gets hot. Can be used in salads or lightly sautéed.

- The **leaves** are a good source of vitamins A, B complex, C, E and K as well as several minerals, potassium, calcium, phosphorus, copper, zinc and magnesium.

The roots can be eaten raw, or boiled, or can be dried and ground and used as seasoning or added to coffee or used as a substitute for coffee.

- The **roots** are also nutrient rich, they contain oligosaccharide-enriched inulin, a prebiotic that stimulates the growth and activity of probiotics, which helps improve digestive and gut health and enhancing metabolic functions.



Did you know? Chicory herb plants have long been used to detoxify the liver and reportedly cleanse the skin. It has anti-bacterial, anti-inflammatory, and anti-oxidant properties. Over the years, the plant has been used as a liver tonic, gastronomic soother, detoxifier, nerve tonic, and to treat gout, diabetes and arthritis.

Burdock

Scientific Name: Arctium minus



Recognized mainly for its burrs, burdock is an interesting biennial plant because it consists primarily of carbohydrates, volatile oils, plant sterols, tannins, and fatty oils.



- Burdock is known for its large taproots which are commonly eaten in Asia as a medicinal food with significant blood purifying properties
- Traditionally taken internally for staph infections, impetigo and other skin infections and can be used to treat eczema (both externally and internally)
- First-year roots and second-year stems can be cooked by boiling for about 20 minutes, then season to taste. Before cooking however, the stems should be peeled, and roots scrubbed in order to remove the bitter rind.
- Immature flower stalks may also be harvested in late spring, before flowers appear; their taste resembles that of artichoke.



List of online resources and print resources

Edible Wild Food website: www.ediblewildfoods.com

Two recommended “field guides”

Edible Wild Plants, A North American Field Guide, Elias and Dykeman

Foraging New York, Finding, Identifying and Preparing Edible Wild Foods, S. Brill

These field guides are excellent with detailed photos of the plants, how and when to harvest, and recipes for preparing and cooking.

~ Both books are available in the Mid-Hudson Library System or one may choose to purchase them.

