

Edible Weeds Recipes

When eating weeds or wild food, you should only eat plants where you are certain you have identified them correctly. Do not harvest weeds from areas that may have been sprayed. It is recommended that you try a small amount the first time you eat a weed or wild food. This document is intended only as a guide.

Dandelion (*Taraxacum officinale*)



You can also make dandelion feta tart, dandelion jelly, dandelion bread, dandelion wine, and can use young dandelion leaves in salads and as greens.

Dandelion Pesto

This recipe for dandelion pesto is from the Alchemy of Herbs book by Rosalee de la Forêt via Colleen @ Grow Forage Cook Ferment.

Ingredients

- 1/2 cup shelled pine nuts
- 3 garlic cloves minced
- 2 cups chopped fresh dandelion leaves loosely packed
- 1 Tbsp lemon juice
- 1 Tbsp lemon zest
- 1/2 cup extra virgin olive oil
- 1/2 tsp salt
- 1 tsp turmeric powder
- 1/2 tsp freshly ground black pepper
- 1/4 cup freshly grated Parmesan cheese

Method

1. Place all ingredients except the Parmesan into a blender or food processor. Process until smooth. If it's too thick, slowly add a bit more olive oil.
2. Add the Parmesan and continue to blend until the mixture has a smooth consistency.
3. Refrigerate, and eat within 3 days.

Makes 1 cup

Ground elder (*Aegopodium podagraria*)



You can also make ground elder pesto, soup, quiche, risotto

Pernicious pasta (1 serving)

<https://scottishforestgarden.wordpress.com/2013/05/26/growing-and-eating-ground-elder/>

Pick young leaves before they have unfurled. The stem is the best part.

Ingredients

100 g dried linguine
half an onion, finely chopped
garlic
a few mushrooms, finely chopped
5 nettle tops
10-20 ground elder shoots
50-100 ml double cream
1 tsp stock powder
finely chopped herbs

Method

Break the linguine in half so it is about the same length as the nettles and ground elder shoots. Cook the linguine until nearly al dente and drain. Fry the onion or other alliums in olive oil for a couple of minutes. Add the garlic (if using wild garlic, chop in near the end) and mushrooms (ideally shiitake, otherwise cultivated) and fry for a couple of minutes more. Then add the nettle tops and fry for 5 minutes or so, followed by the ground elder stems and another 5 minutes frying. Add the linguine and stir. Add the cream and a little water, a teaspoon of bouillon or other stock powder and fresh, finely-chopped herbs such as parsley, wild celery, Scots lovage and sweet cicely. Cook gently for a couple more minutes and serve.

Nettle (*Urtica dioica*)



You can also make nettle beer, nettle and lemon cake, nettle crisps, nettle ravioli

<https://deps.washington.edu/proplnt/Plants/Urtica%20dioica.htm>

River Cottage Nettle Soup

<https://www.rivercottage.net/recipes/nettle-soup>

Pick the top four leaves (wear gloves)

Early spring is best

Serves 4

Ingredients

- Half a carrier bagful of stinging nettle tops, or fresh-looking larger leaves
- 50g butter
- 1 large onion, peeled and finely chopped
- 1 litre vegetable, chicken stock or light fish stock
- 1 large potato, peeled and cut into cubes
- 1 large carrot, peeled and chopped
- Sea salt and freshly ground black pepper
- 2 tbsp crème fraîche
- A few drops of extra-virgin olive oil
- A few drops of Tabasco

Method

Wearing rubber gloves, wash the nettles and drain in a colander.

Melt the butter in a large saucepan, add the onion and cook gently for 5-7 minutes until softened. Add the stock, nettles, potato and carrot. Bring to a simmer and cook gently until the potato is soft, about 15 minutes. Remove from the heat. Using an electric hand-held stick blender, purée the soup and then season with salt and pepper to taste. Ladle into warmed bowls and float a teaspoonful of crème fraîche on top. As this melts, swirl in a few drops of extra-virgin olive oil and Tabasco.

Plantain (*Plantago spp.*)



Photo from https://organicseeds.top/plantain_weed

Young leaves can be eaten raw. All leaves can be steamed with garlic and other seasonings. Seed pods can be cooked like asparagus.

Plantain Smoothie

alongthegrapevine.wordpress.com/2014/06/26/plantain-plantago-major/

Ingredients

1 cup of young raw plantain leaves
2 sprigs of mint
a little honey
2 cups of almond milk
1 banana
1 apple

Method

Puree all ingredients and chill.



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