

# Foraging for Food

## Dandelion Fritters

Yellow dandelion flowers, gently washed and dried, with thick stems removed.

Dip flower heads into sugar and set aside.

Mix together:  
1 egg  
1 cup milk  
1 cup flour  
1/2 cup sugar



Using a tablespoon, pour small amounts of the batter into a heated and oiled frying pan to make 2" rounds. Press 1 flower head, face down, into each circle of batter. Let brown. Flip to cook the other side. Remove to cool. Enjoy!

## Chickweed Pesto



2-4 cloves of garlic, minced  
1/2 cup extra virgin olive oil  
2-3 cups freshly picked young chickweed leaves  
1/4 cup freshly grated parmesan cheese  
Dash of sea salt  
Handful of walnuts or cashews (optional)  
Tablespoon of lemon juice (optional)  
Lemon zest (optional)

From 'How to Make Chickweed Pesto' @ learningherbs.com



Stinging Nettle Tea

Wednesday, May 2<sup>nd</sup>  
7:00 PM

# Foraging Do's and Don'ts

- be respectful of others' property
- never ingest a plant that you are not certain is safe to eat
- learn to identify edible weeds and seeds and understand their part in a larger ecosystem
- don't pick where cars are parked or plants have been sprayed
- heed the foragers' rule of thumb: when in doubt, leave it out

**A few of our favorites:** lambsquarters; raspberries; day lily bulbs in Chinese/Korean food; sumac berries in middle eastern foods and to make lemonade pink; yellow wood sorrel; wild sesame/shiso for salads and for wrapping sushi rice and making Korean condiment dishes; dandelion blossom fritters and dandelion greens; violets; purslane with yogurt or in smoothies or just raw in a salad; bamboo shoots in May and their canes as containers for grilling SE Asian sticky rice bundles; hickory nuts; mulberries; crabapples; wild grapes; fieldcress in early spring; black walnuts; chicory leaves for salad; blackberries; linden and sassafras teas; wild onion bulbs for pickles; bee balm; serviceberries; grape leaves for wrapping dolmades and making pickles crunchy,  
**Have anything to add to the list?**

## A note about this evening's talk:

Please enjoy this conversation with a grain of salt. We are not health experts nor do we pretend to be. Use common sense, consult your physician if you have any questions, and remember that just because something is natural doesn't mean it can't be toxic if misused.

Have you seen these in your neighborhood?



### Sassafras

*Sassafras albidum*

- This tree grows along woodland edges.
- There are 3 distinct leaf forms.
- Scratch the stem; it smells like root beer.



### Purslane

*Portulaca oleracea*

- It is juicy, crunchy, with a hint of lemon.
- Very rich source of omega-3 fatty acids.
- Warning: A look-alike plant called hairy-stemmed spurge is poisonous.



### Mulberries

*Morus rubra*

- This fruit is sticky-moist when ripe.
- Adding citrus enhances the flavor.
- Delicious in pies and muffins or just plucked from the tree.