

Foraging for Food

Sour Grass & Sage-Scented Shortbread Cookies

Sour grass by any other name would still taste as lemony. Also called yellow wood sorrel, its latin name is *Oxalis stricta*.

Blend in a food processor:

- 1 cup flour
- 1/4 cup powdered sugar
- 1/2 Tablespoon fresh sour grass
- 1 Tablespoon fresh sage
- 1/2 teaspoon coarse salt

Add:

- 1/2 cup (1 stick) unsalted butter

Blend again until it forms a dough.



Shape dough into a log; chill at least 30 minutes. Preheat oven to 350° Line baking sheet with parchment paper. Cut dough into 1/3" slices. Bake 18-20 minutes. Makes about 12 cookies.

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



Japanese Mugwort Mochi with Red Bean Filling

Recipe from the350degreeoven.com



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.