

## Recipes from Primitive Skills Week Bixby School 2016

**Green Juice** (from *Local Wild Life: Turtle Lake Refuge's Recipes for Living Deep* By Katrina Blair):



This is an excellent alkalizing tonic that gives you an extra burst of energy in the morning! The kids at our camps really enjoyed it and were begging for more. Give it a try when you're at home foraging the backyard.

Ingredients (Makes 2 Servings):

- 1 handful of edible, young greens (such as dandelion, mallow, plantain, dock, clover, purslane, etc.)
- Juice from one half of a lemon
- 1 half of an apple
- 1-2 cups water

Mix all ingredients in a blender until smooth. Use a fine mesh strainer to pour into cups and strain out the pulp. Enjoy!

**Mallow Mint Ice Cream** (from *The Wild Wisdom of Weeds* By Katrina Blair):



← (Mallow Plant)

Who thought that you could make ice cream from those pesky garden weeds? This is a healthy treat that uses the demulsifying effects of mallow to give the ice cream a delicious creamy flavor.

Ingredients:

- 1 cup mallow plant (all parts)
- 2 cups water
- 1 avocado
- ½ cups honey
- 1 cup fresh mint leaves
- 3 drops essential oil of mint (food grade)

Chop up all parts of the mallow plant, including roots, leaves, stems, flowers and fruits. Place in water and let sit at room temperature for 1-8 hours. Blend the water mixture and strain out the fiber. Place the mallow water back into the blender and add the avocado, honey, mint and oil. Blend until creamy and freeze in a metal bowl, stirring every hour to maintain a creamy texture. Delicious!

**Wild Curly Dock Sweet Sun Bread** (from *Local Wild Life: Turtle Lake...* By Katrina Blair)



← (Curly Dock, ready to be harvested for seed)

**Ingredients:**

- 1 cup dock seeds
- 1 cup walnuts
- 1 cup soaked figs
- ½ cup fig water
- ½ tsp salt and a pinch of kelp
- 1 tsp cinnamon

Harvest the curly dock seeds in late summer or fall when they are highlighting the landscape with their rustic reddish brown stalks. It is easy to gather a large amount of these seeds to store for the winter. Grind the dock seeds in a coffee grinder or blender to make fine flour. Add the dock flour to the food processor with the walnuts and grind well. Add the rest of the ingredients and mix into a dough consistency. Add small amounts of the fig water if needed. Knead it all together and form into small, one inch thick loaves. Dry until bread is ready, approximately eight hours in a dehydrator or for a full day in the hot sun