



Wild Edible Plants Recipes

Featured at the Evolve Expo 2016

Green Power Drink

(Adapted from *Medicinal Herbs: A Beginner's Guide* by Rosemary Gladstar)

Ingredients:

- 2-3 cups fresh or canned (unsweetened) pineapple juice
- ½ Cup Almond Milk
- A handful of plaintain leaves (and/or other nutritive herbs, such as mallow, dock, dandelion, mint leaf, etc.)
- 1 banana, peeled

Instructions:

Combine all the ingredients in a blender and blend thoroughly. Adjust flavor to taste

Dock Pesto

(Adapted from *The Front Yard Forager* by Melany Vorass Herrera)

Makes about 1.5 cups

Ingredients:

- 2 cups packed, coarsely chopped dock leaves
- 3 large cloves garlic
- ¼ c. toasted sunflower seeds
- ⅔ c. extra virgin olive oil
- ½ c. grated parmesan cheese
- Salt and pepper to taste

Instructions:

Combine dock, garlic, and sunflower seeds in a food processor. Pulse until chopped. Add ½ c. oil and process until smooth. Add cheese, salt and pepper. Pulse until blended. Add remaining oil and pulse 3 more times. Taste and adjust seasoning. Serve immediately or transfer to an air-tight container and freeze (dock pesto can be stored frozen for up to one year).



Dandelion Blossom Cookies

(Adapted from *Cooking with Dandelion Flowers* by Peter A. Gail, Ph.D)

Ingredients:

- ½ c. oil
- ½ c. honey
- 2 eggs
- 1 t. Vanilla
- 1 c. unbleached flour
- 1 t. Baking soda
- 1 t. salt
- 1 c. dry oatmeal
- 1 c. dandelion flower petals
- ¼ c. sunflower seeds
- ¼ c. coconut flakes

Instructions:

1. Preheat oven to 375°F
2. Blend oil and honey and beat in the two eggs and vanilla.
3. Stir in flour, oatmeal and dandelion flowers.
4. Drop the batter by teaspoonfuls onto a lightly oiled cookie sheet and bake for 10-15 minutes.

To Prepare Dandelion Flowers for Use in Recipes:

1. Wash them thoroughly.
2. Measure the required quantity of intact flowers into a measuring cup.
3. Hold flowers by the tip with the fingers of one hand and pinch the green flower base very hard with the other, releasing the yellow florets from their attachment. Shake the yellow flowers into a bowl. Flowers are now ready to be incorporated into recipes.

Great Recipe Books:

- Ballerini, Luigi. *A Feast of Weeds: A Literary Guide to Foraging and Cooking Wild Edible Plants*. Berkeley: U of California, 2012. Print.
- Gladstar, Rosemary. *Rosemary Gladstar's Medicinal Herbs: A Beginner's Guide*. North Adams, MA: Storey Pub., 2012. Print.
- Herrera, Melany Vorass. *The Front Yard Forager: Identifying, Collecting, and Cooking the 30 Most Common Urban Weeds*. Seattle, WA: Skipstone, 2013. Print.



- Williamson, Darcy. *The Rocky Mountain Wild Foods Cookbook*. Caldwell, ID: Caxton Printers, 1995. Print.