Free Food

Wu

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The first thing I'd like to introduce in this column is a group of edible wild plants found in almost all parts of the United States and Canada. They grow in dry soil in open waste areas like roadsides and yards, as well as in country fields. Look for them from now till late fall. They are all very rich in vitamins and minerals, organically grown, free from pesticides, and really delicious. Here they are:

Creamed dandelion: Boil one quart of young leaves, strain and chop. Save the water. Make a sauce by melting a tablespoon of butter, and mixing in a tablespoon of flour, as well as some salt and pepper. Slowly add the water in which the dandelions have been cooked. Stir in the chopped dandelion leaves. You can serve them with fried croutons and sour cream.

Sauteed dandelion: Sauté dandelion leaves in a pan with 3: tablespoons of melted oil or butter. Fry about 10 minutes. Season with salt and pepper.

Boiled dandelion. Make the same way as plantain, below.

Dandelion salad: Make it with any dressing you like. Use only young leaves.

Sorrel soup: Cook approximately 1 lb. of sorrel with 2 cups of diced potato in salted water for about 30 minutes. Mash it through a strainer, or use a food mill or blender. Put back on stove and slowly add a tablespoon of flour dissolved in a cup of sweet cream. Cook for 10 minutes. Serve with sour cream.

Lamb's Quarters Fritters: Boil one quart of lamb's quarters. Strain them and chop. Add one tablespoon of butter, two egg yolks, tablespoon of grated parmesan, some nutmeg and some salt. Mix well and leave to cool. When almost ready to serve, add beaten egg whites. Drop the mixture by spoonfuls into hot deep fat or oil. Fry till golden on both sides.

Boiled lamb's quarters: Pick only the young leaves from plants less than one foot high, Boil them for about 10 minutes. Drain and season with lemon, butter and salt. Fry just long enough to dry out slightly and allow the seasoning to permeate them.

Boiled wild mustard: You can pick the lower leaves from any of the ten species of wild mustard. Boil them for about 30 minutes. Strain and season with butter, salt and lemon.

Boiled plantain: Boil young leaves for about 10 minutes. Drain and season them with butter and salt. then fry them just long enough to allow the seasoning to permeate them.

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