

The Future of Food

Edible Wild Plants - recipes

European Learning Partnership

Wild Herb Smoothie

- Chickweed
- 1 big apple chopped
- Stinging Nettle
- 1/4 lemon chopped
- Dead Nettle
- 1 banana
- Mallow
- Raisins/dates (optional)
- Small amount of Ground Ivy

Wash the herbs well in clean water. Place all of the ingredients in a high speed blender and whizz until smooth. Enjoy!

Nettle Soup

Nettles are rich in vitamin C and iron. The young tips should be collected in April when they are at their best. Wear gloves while collecting. Once they hit boiling water the sting will be gone.

- 150 grams nettle tops
- 2 Tbsp olive oil
- 1 onion
- 1 leek
- 2 celery sticks
- 1 clove garlic
- 1 Litre vegetable stock
- Yoghurt and chives to serve

Heat the oil and gently sweat the onion, leek, celery and garlic until soft. Add the stock and nettle tips and simmer for about 10 minutes. Season with salt and pepper and puree. Serve with a dollop of yoghurt and freshly picked chopped chives. ENJOY!!

Wild Herb Pesto

- Mixture of wild herbs:
- Wild rocket, Nettle tips and Fat hen (large bowl)
- Walnuts (2 cups)
- Garlic (1-2 cloves)
- Olive oil (2 cups)
- Salt (1/2 tsp)
- Juice of 1/2 lemon

Preparation: Mix all of the ingredients together in a food processor and blend to smooth pesto.

Roasted Dandelion Root Coffee

Roasted dandelion root coffee is full of vitamins and minerals, trace minerals and micronutrients and helps to stimulate the digestive system.

Start by collecting a 5 gallon bucket of nice fat dandelion roots (this will yield about 1 gallon of roasted roots) shaking off the excess soil. Cut off the green tips and wash the roots as best as possible. Cut the roots into 1" pieces and place on a dehydrator tray allowing to dry for 1 hour. Once dried, place about 2 cups at a time into the food processor and whizz on high until they are coarsely chopped. Arrange the coarse ground dandelion roots on baking trays about 1/2" deep. Roast in an oven at 200°C for about 30 minutes or until they change from a blonde to a dark coffee colour. Allow the dandelion root to cool and finely grind. Roast a second time for 5 minutes at 180°C. Store in an airtight container.

To make the coffee:

Use 1 tablespoon of roots per cup of water and simmer over a medium heat for 10-15 minutes. Strain and serve with milk and honey.

Enjoy!!

Dandelion Salad

salad:

- Bunch of dandelion leaves chopped
- Small apple diced
- Small onion chopped

Dressing:

- Olive oil
- Balsamic vinegar

Place dandelion leaves and apple in a large bowl. Fry the onion in a small amount of olive oil until softened and add into salad while still hot. Add a dressing made up of olive oil, balsamic vinegar, salt, pepper and a little lemon zest.