

Guelph Organic Conference 2010

Eat Your Weedies

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Should you decide to use any of the following herbs as medicine, please note that these recipes are written in a general fashion and are not meant to replace the advice of a qualified herbal practitioner. In addition, should you be on prescription drugs or are pregnant or breastfeeding, it is highly recommended that you consult a herbal health care professional before embarking on any programme involving herbs or supplements.

Burdock Bread with Asiago, Onion and Rosemary

¼ cup dried Burdock root (chopped)	2 tablespoons fresh rosemary, chopped
1½ cups water	1 cup asiago cheese, grated
1 tablespoon yeast	1 teaspoon sea salt
1 cup milk	1 tablespoon red pepper flakes
2 tablespoons sugar	3 cups spelt flour
¼ cup plus 2 tablespoons cornmeal	2 to 2½ cups unbleached flour
3 tablespoons unsalted butter	2 tablespoons parmesan cheese, grated
2/3 cup onion, chopped	

Place the dried Burdock root in a pot with 1½ cups water and bring to a boil. Simmer for 15 minutes. Let cool to lukewarm. Strain Burdock root and reserve water. If necessary add water to the Burdock water to make one cup liquid. Pour liquid in bowl and add milk and yeast. Let stand until yeast has dissolved, about five minutes. Add sugar, ¼ cup cornmeal, butter, onion, rosemary, cheese, salt, pepper and spelt flour. Mix together well. Turn onto a lightly floured surface and knead dough for three minutes, adding unbleached flour as necessary to make a workable dough. Let dough rest for 15 minutes. Knead for a further 10 minutes, adding flour as necessary. Lightly oil a large bowl and turn the dough in the bowl to cover the top surface with oil. Cover with a clean cotton cloth and let rise in a warm place for 1½ hours or until doubled in bulk. Punch down the dough and divide into two round loaves. Sprinkle remaining cornmeal on a baking sheet and place loaves on it, seam side down. Sprinkle parmesan cheese on top of the loaves. Cover and let rise in a warm spot for 45 minutes or until doubled in bulk. Preheat oven to 350°F. Bake bread for 45 minutes. Let cool. Makes two loaves. Especially good dipped in olive oil and balsamic vinegar.

Chickweed and Shrimp Curry

2 handfuls of almonds	1 bunch broccoli, chopped
4 green onions, chopped	¼ red pepper, chopped
5 cloves garlic, minced	2 tablespoons fresh ginger, grated
2 tablespoons extra virgin olive oil	1 cup water
1 pound raw shrimp, shells removed	2 cups fresh Chickweed, chopped
1 cup carrots, chopped	4 tablespoons curry powder

Toast almonds in a 350°F oven for 5 – 8 minutes until they are fragrant. Set aside. Sauté green onion and garlic in one tablespoon olive oil for 2 minutes; add shrimp. Sauté until pink and cooked through. Remove shrimp, onions and garlic. Add one tablespoon oil to pan and sauté carrots, broccoli, red pepper and ginger. Add water and chickweed. Cook until chickweed has wilted. Add curry powder and cooked shrimp, onions, garlic and toasted almonds. Stir all ingredients until heated through. Serve on brown rice. Serves six. (Adapted from “Identifying and Harvesting Edible and Medicinal Plants in Wild and Not So Wild Places” by Steve Brill)

Dandelion Quiche

One 9 inch unbaked pastry shell	2 teaspoons extra virgin olive oil
1 tablespoon spelt flour	4 cups fresh Dandelion greens
1¾ cup milk	2 cloves garlic, minced
3 eggs	½ pound portabella mushrooms, chopped
2 cups Swiss cheese, grated	

Bake pastry shell at 450°F for 5 to 7 minutes or until lightly browned. Remove from oven and set aside. Reduce heat to 325°F. Steam Dandelion greens until wilted and chop into small pieces. Sauté greens, garlic and mushrooms in oil, then stir in flour. In a separate bowl, beat eggs and milk together and add vegetables. Sprinkle cheese in bottom of pastry shell and cover with egg/vegetable mixture. Bake for 40 – 45 minutes or until an inserted knife comes out clean. Let stand for 10 minutes and serve. Serves six.

Dandelion Bread

½ pound Dandelion leaves	2½ cups spelt flour
2 cloves garlic, minced	2½ cups organic unbleached wheat flour
2 tablespoons extra virgin olive oil	1 tablespoon sea salt
Red pepper flakes to taste	2½ tablespoons yeast
100 grams parmesan cheese, grated	2 tablespoons melted butter
2 cups warm water	2 tablespoons parmesan cheese

Preheat oven to 350°F. Steam Dandelions until tender and chop into small pieces. Add garlic, oil, pepper flakes and cheese and mix well. Make bread dough by combining water, flour, yeast and salt. Roll out thinly. Spread dandelion mixture over the dough and roll into a loaf. Place on a greased 9x13 glass baking pan. Brush the top with melted butter and cut slits across the top of the loaf. Sprinkle top with 2 tablespoons parmesan. Let rise in a warm place for 20 minutes. Bake for one hour or until done. Serves six. (Adapted from “A Celebration of Dandelions” by Peter Gail)

Ground Ivy Ale

2½ pounds malted barley, cracked	Ale yeast
2 gallons water	1/3 cup corn sugar
1 pound brown sugar	1 cup water
1½ ounces dried Ground Ivy leaf, chopped	

Mash: cover the malted barley in water and simmer at 150°F for 90 minutes. Strain barley and measure remaining water. Sparge with boiling water until you have a total of 2 gallons of liquid. Boil the mixture with the Ground Ivy for one hour. Strain and stir in brown sugar. Cool to 70°F and pour into a glass carboy. Add yeast. Ferment approximately one week or until fermentation is complete. Siphon mixture into a clean pot or carboy, discarding collected sediment. Bring corn sugar to a boil in 1 cup water and simmer until dissolved. Add to mixture. Siphon into clean beer bottles and cap. Your ale should be ready to drink in ten days to two weeks. Makes twenty-one 341 ml bottles of ale at approximately 3% alcohol. (Adapted from “Sacred and Herbal Healing Beers” by Stephen Harrod Buhner)

Common Mallow Harira

2.75 litres vegetable broth	1 cup green lentils
8 green onions, chopped	1 can chickpeas (540 ml)
4 cloves garlic, minced	12 fresh roma tomatoes, chopped
4 stalks celery, chopped	3 tablespoons parsley, chopped
3 teaspoons cinnamon, freshly ground	100 grams Common Mallow, chopped
1 teaspoon turmeric	3 tablespoons spelt flour
1 tablespoon fresh ginger, grated	3 tablespoons extra virgin olive oil
2 cloves, freshly ground	Fresh juice of ½ lemon
1 teaspoon nutmeg, freshly grated	Red pepper flakes to taste
1 bunch cilantro, chop stalks and leaves separately	

Bring vegetable stock to a boil in a large pot and reduce to a simmer. Add green onions, garlic, celery, cinnamon, turmeric, ginger, cloves, nutmeg, cilantro stalks, lentils and chickpeas. Cook for 30 minutes. Add tomatoes and parsley and cook for 10 minutes. Add Common Mallow and cook for a further 5 minutes. Mix flour with olive oil and stir briskly into pot. Add cilantro leaves and lemon juice. Season to taste with red pepper flakes. Cook for a final 10 minutes or until lentils are soft. Serve on whole wheat couscous. Serves four. (Adapted from “The Forager Handbook” by Miles Irving)

Plantain Leaf Tea, and Infused Oil

To make an infused tea: take either 1 teaspoon dried herb or 2 teaspoons fresh (chopped) to cup of boiling water. Let steep (covered) for 10 minutes, strain and drink. This can be done up to three times per day. Plantain leaf also makes a great infused oil; please follow the recipe listed under Self-Heal (below). Particularly useful in first aid: stops bleeding, heals wounds, bruising and broken bones. This herb has also been employed in Irritable Bowel Syndrome (IBS), peptic ulcers and a number of other digestive complaints.

Plantain Seed Bread

1 tablespoon yeast	1 teaspoon sea salt
½ cup lukewarm water	1/3 cup lukewarm water
1 teaspoon sugar	2 tablespoons extra virgin olive oil
1 cup unbleached flour	2 tablespoons honey
1 cup spelt flour	2/3 cup cooked brown rice (cooled)
¾ cup muesli cereal	1 – 2 teaspoons Plantain seeds for topping
¼ cup Plantain seeds	

Combine the yeast, water and sugar in a small bowl. Let sit until it is foamy, 5 – 10 minutes. In another bowl, stir together flours, muesli, Plantain seeds and salt; then add water, olive oil, honey and yeast mixture. Stir well until the mixture forms a ball. Turn dough out onto a lightly floured board and knead until smooth, about 10 minutes. Place the dough in a lightly oiled bowl, cover with a clean cotton tea towel and let rise in a warm spot until it has doubled in size, about an hour. Punch dough down on a lightly floured board and knead in cooked rice. Shape dough into a loaf and place in a buttered 9x5x3 inch loaf and sprinkle remaining Plantain seeds on top. Cover with a clean cotton cloth and let rise in a warm spot until it has doubled in size, about an hour. Preheat oven to 375°F. Bake the bread for 30 minutes. Remove from oven and place on a flat baking sheet. Bake for a further 5 minutes. Cool on a wire rack. Makes one loaf.

Purslane Potato Salad

6 potatoes, chopped and steamed
6 hard boiled eggs, chopped
1 cup fresh Purslane, chopped
6 green onions, chopped

1 cup organic mayonnaise
1 tablespoon mustard with horseradish
Red pepper flakes to taste

Place cooked and chopped potatoes, eggs, purslane and green onions into a bowl. Mix mayonnaise and mustard and add to bowl. Stir. Season with red pepper flakes to taste and chill completely before serving. Serves six. (Adapted from “The Wild Vegetarian Cookbook” by Steve Brill)

Red Clover Corn Bread

1 cup spelt flour
½ teaspoon baking soda
1½ teaspoons baking powder
¾ cup organic cornmeal
1 cup dried or fresh Red Clover flowers

1½ cups fresh kefir
2 eggs
1 tablespoon maple syrup
4 tablespoons butter, melted

Preheat oven to 425°F and butter an 8x8 inch glass cake pan. Mix together dried ingredients. In a separate bowl, mix together wet ingredients. Add wet ingredients to dry and stir until just moistened. Turn into cake pan and bake for 25 to 30 minutes or until inserted knife comes out clean. Serves four.

Self Heal Infused Oil and Salve

Pick enough Self Heal blossoms to fill a small glass jar. Cover with extra virgin olive oil and seal with jar lid. Set in a warm place for one month. Strain and press out oil from flowers. Take one cup of the oil and place it in a pyrex measuring cup and add 30 grams chopped beeswax. Place measuring cup in a pot of water. Slowly bring water to a boil, then simmer until beeswax has melted (a double boiler could also be used). Pour into clean 25 or 50 gram jars for use. Let cool, then label jars and store in a cool dark place. Makes approximately ten 25 gram jars or five 50 gram jars. Use externally, primarily to stop bleeding and heal wounds.

Stinging Nettle and Sesame Rice

¼ cup sesame seeds

3 cups water

1½ cups brown basmati rice

¼ cup wild rice

¼ cup amaranth

3 cloves garlic, minced

½ cup dried Stinging Nettle leaves,
chopped into small pieces

2 tablespoons tamari sauce

2 tablespoons toasted sesame seed oil

Red pepper flakes to taste

Place sesame seeds in a dry frying pan and toast over medium heat for 2 minutes or until seeds become fragrant. Set aside. Place water, both types of rice, amaranth, garlic and Nettle leaves in a pot and bring to a boil. Reduce heat and simmer for 40 minutes or until all the water is absorbed. Stir in sesame seeds, tamari sauce and sesame oil. Season to taste with red pepper flakes. Serves six. Adapted from “The Wild Vegetarian Cookbook” by Steve Brill)

Resources: Books

- Brill, Steve. Identifying and Harvesting Edible and Medicinal Plants in Wild and Not So Wild Places. New York: Hearst Books, 1994.
- Brill, Steve. The Wild Vegetarian Cookbook. Boston: The Harvard Common Press, 2002.
- Buhner, Stephen Harrod. Sacred and Herbal Healing Beers. Boulder: Siris Books, 1998.
- Gail, Peter. The Dandelion Celebration. Cleveland: Goosefoot Acres Press, 1990.
- Henderson, Robert K. The Neighborhood Forager. Vermont: Chelsea Green Publishing Company, 2000.
- Irving, Miles. The Forager Handbook. UK: Ebury Press, 2009.
- Popescu, Charlotte. Wild Food Garden Food. UK: Cavalier Paperbacks, 2008.

Resources: Internet

- www.eatweeds.co.uk
- <http://www.foraging.com> (resource lists)
- www.natureskills.com/edible_wild_plants.html
- www.sacredearth.com (see: Foraging Wild Edibles)
- www.wildfoodkitchen.com (under construction)
- <http://www.wildmanwildfood.com/pages/recipes.htm>
- www.wildmanstevebrill.com (see Wild Plant recipes)