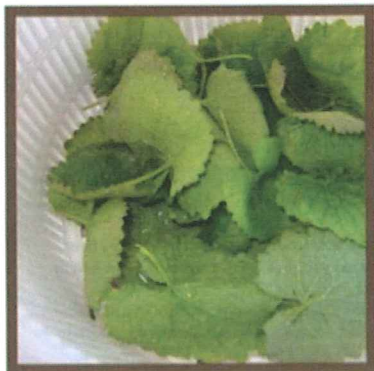


# BITE BACK AGAINST INVASIVE SPECIES



## Garlic Mustard



## Garlic Mustard Pesto and Pasta

- 4 cloves of garlic
- 3 tbs. garlic mustard taproots
- 3/4 cups parsley
- 1 cup garlic mustard leaves
- 1 cup basil
- 1/2 to 1 cup low-sodium olives
- 2 cups walnuts or pine nuts
- 1/2 cup mellow miso
- 1/4 to 1 cups olive oil or as needed



1. Chop the garlic and garlic mustard roots in a food processor.
2. Add the parsley, garlic, garlic mustard and basil and chop.
3. Add the nuts and chop coarsely.
4. Add the olive oil and miso and process until you've created a coarse paste.

## Stir Fried Buds with Garlic Mustard and Mushrooms

Gather from an unsprayed area and wash well:

- 2 cups of 1/2" to 1" daylily (*Hemerocallis fulva*) buds
- 2 cups garlic mustard (*Alliaria petiolata*)

other ingredients:

- 1 T. roasted sesame oil
- 1 T. sesame seeds
- 1 t. grated fresh ginger
- 1 cup mixed wild mushrooms (any kind will be good)



In a large heavy skillet, heat the oil, sesame seeds, and ginger. Lower the heat to medium and add the mushrooms and daylily buds. Cover for 5 minutes. Uncover and turn the heat up to medium high. Add the garlic mustard and stir until wilted and the mushrooms are done.... 3 - 5 minutes.

Note: This is a wonderful side dish. Add chicken or shrimp and serve over wild rice for a main course. This is one dish that will change minds when it comes to eating wild foods!

### **Always take precautions when handling any wild edible:**

- **Secure a positive identification** – a picture may be “worth a thousand words” but it has limited value when it comes to identifying wild plants. You’re always better off to seek guidance from someone with experience before foraging wild plants or edible weeds.
- **Know your location and sources** – you must always avoid harvesting plants from areas that have been sprayed with chemicals or exposed to pollutants. In other instances you should avoid removing plants from areas where they are in short supply or if they have not had a chance to multiply.
- **Beware of food sensitivities** – just because a wild plant is known to be edible does not guarantee that you won’t be allergic or have a food sensitivity to it, so go easy and act accordingly anytime that you choose to sample a new or unfamiliar wild food source.