

EAT YOUR WEEDS

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= Known by many names, wintercress is at its finest in, yep, the wintertime. It has a sharp, pungent taste like radish, wasabi, or its close cousin, watercress.

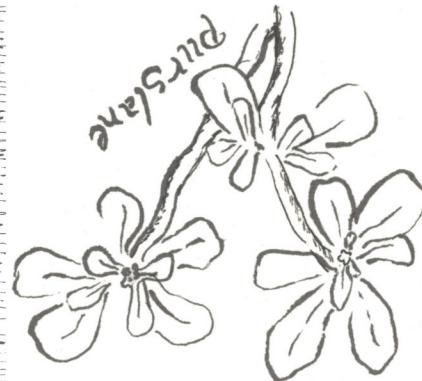


chickweed

Reminiscent of tender, young
spinach, chickweed is prolific in
spring and in fall, though it makes
for good eating at all times of the
year. Try it fresh in a salad, or add
it to a green smoothie.



Plantain, which frequents
grows at roadside and in dense,
compact soil, tastes exactly
like fresh button mushrooms.
Try adding it to a soup, a salad,
or an herb pesto.



Creeping along the ground in summer, purple bursts in the mouth with a tart, lemony flavor. Beautiful in salads, it is also an excellent addition to gazpacho.



Wood sorrel looks like a traditional Irish shamrock, though it may be a dark, reddish purple instead of green. It tastes the same as sheep sorrel, and is greater in a salad, as a late addition to soup, or in pesto.



The leaves of sheep sorrel look like the tip of a spear, with distinctive bottom spikes. Try eating it fresh and you will be pleasantly surprised by its tart flavor.