

The First Annual

Westmoreland & Dudgeon Monroe Neighborhood Associations

Sunday

2008

May 18th



Weed Feed

Glenwood Children's Park
Madison Wisconsin

ROLL UP YER SLEEVES & EAT THE WEEDS

Garlic Mustard Recipes

WEED 'EM AND EAT!

Tips on Cooking with Garlic Mustard

- * Use garlic mustard in any recipe calling for mustard greens.
- * Young plants have a mild mustard flavor with hints of garlic and can be used raw.
- * Older, larger leaves and plants have a more bitter, stronger flavor.
- * The round leaves are less bitter than the triangular ones on the flower stalk.
- * If the plant is in full flower or has produced seeds, it will be much more bitter.
- * DO NOT USE plants that may have been treated with weed killer.
- * Pull up the entire plant gently. The roots will keep it fresh until you are ready to use it. Then cut off the leaves, discard the flower stalk, wash and use.
- * DO NOT PLANT IT!!! That is like planting dandelions-absolutely not necessary!
- * Have fun being creative; experiment with this weed while helping to control it!

Garlic mustard is great raw in salads, mixed with more mild greens. It's also good steamed, simmered, or sautéed. In Europe, they use it in sauces. Cook no longer than five minutes, or the leaves will become mushy.

Sometimes you'll find garlic mustard with exceptionally large leaves. These may have large, whitish, fleshy taproots, which taste like horseradish. They're good from late fall to early spring, before the flower stalks appear. Use them like horseradish, grated into vinegar, as a condiment. I love chopping these roots into thin slices, and handing them out to children during classroom visits. Overwhelmed by the pungency, chaos reigns as the kids rush to the water fountain. Then they all want seconds!

Garlic Mustard Biscuits

From Margaret Nelson

2 cups flour
½ teaspoon salt
4 teaspoons baking powder
½ teaspoon cream of tartar
½ cup butter
2/3 cup milk
½ cup grated sharp cheddar cheese
1-2 cups garlic mustard leaves, chopped (about ½ cup after chopped)

Preheat oven to 425 F. Grease two 8-inch cake pans. Put flour, salt, cream of tartar and cheese in a bowl. Cut the shortening into the flour until the mixture resembles coarse meal. Add the milk and garlic mustard, stir until it forms a ball. Then turn on a floured surface and knead 14 times. Pat until ½-inch. Cut into rounds and place touching each other into the pans. Bake for 15-20 minutes.

From: <http://www.wildmanstevebrill.com/Plants.Folder/Garlic%20Mustard.html>

Garlic Mustard Pesto

When I served this on one of my Central Park tours, people couldn't believe how good it was, and I had to post it on my website pronto, because everyone was collecting the plant to make the recipe.

4 cloves of garlic
3 tbs. [garlic mustard](#) taproots
¾ cups parsley
1 cup [garlic mustard](#) leaves
1 cup basil
1-½ cup low-sodium olives
2 cups walnuts or pine nuts
½ cup mellow miso
1-¼ 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.

Makes 4 cups

Garlic Mustard in Lemon Sauce

Garlic mustard is a great vegetable, but it must be handled correctly so its intrinsic bitterness is held in check and prevented from running rampant. Stir-frying followed by simmering in a strongly seasoned sauce does the trick. Serve this Asian-flavored side dish with brown rice.

4-1/2 tbs. kuzu or tapioca flour
3 tbs. vegetable glycerin, barley malt, rice syrup, or honey
2 cups water
1/2 tbs. liquid stevia
6 tbs. lemon juice
1/2 tbs. lemon extract
3/4 tsp. salt
3/4 tsp. cloves, ground
3/4 tsp. allspice, ground
3/4 tsp. star anise, ground
4-1/2 tbs. peanut oil
6 cups young garlic mustard leaves, chopped
3 cloves of garlic, chopped

1. Mix together all ingredients except the garlic mustard leaves, garlic, and peanut oil in a saucepan with a whisk, bring to a boil over medium heat, stirring constantly, reduce the heat to low, cover, and simmer 5 minutes stirring occasionally.
2. Meanwhile, heat the oil in a wok or skillet and stir-fry the garlic mustard and garlic 1.5 minutes, stirring constantly.
3. Pour the sauce over the garlic mustard mixture and cook over high heat 3 minutes or until the garlic mustard leaves are tender, stirring constantly.

Serves 6

Wild Mustard Seed Mayonnaise

From THE WILD VEGETARIAN COOKBOOK

Some wild mustards have seeds you can gather in abundance and use as you'd use commercial mustard seeds. They're great in this wild mayonnaise, and you'll never miss the eggs—they're not really necessary. Use the result on sandwiches or as a salad dressing.

1-2 cloves of garlic or to taste
1/4 cup fresh parsley
1 19-oz. package silken tofu, drained
1/4 cup olive oil
1/4 cup light (mellow) miso
2 tbs. lecithin granules
1 tsp. any edible wild mustard seeds or commercial yellow mustard seeds, ground
1 tsp. white pepper, ground
1 tsp. tarragon, ground
1/2 tsp. turmeric
The juice of 1 lime (2 tbs.) or 2 tbs. lemon juice
2 tbs. red wine vinegar
1 tsp. dried hot pepper, ground, or 1/2 tsp. cayenne hot pepper
1/4 tsp. liquid stevia (optional)

1. Finely chop the garlic and parsley in the food processor with the chopping blade, or chop finely by hand.

2. Add all the remaining ingredients and process or hand-mix until smooth.

Use on vegetables, and in sauces, sandwiches and salad dressings.

Makes 2 cups

From: <http://www.ma-eppc.org/morerecipes.html>

Garlic Mustard (*Alliaria petiolata*) Pesto

Submitted by Jennifer Chesworth, Centre Hall, Pennsylvania 16828

½ Cup Olive Oil

1 Cup Pine Nuts or Walnuts

½ Cup finely grated Parmesan Cheese

Enough Garlic Mustard leaves to choke a horse (or to clear a forest floor)

Finely mince the walnuts and garlic mustard. (An electric coffee grinder works like a charm.)

Add Oil and Cheese.

Serve with pasta or rice or other whole grain.

For vegan pesto use Nutritional Yeast instead of Cheese.

Harvesting Garlic Mustard: take out the entire plant including the roots early in the season before it has a chance to flower. Young first leaves are best for pesto (and for salads or as a steamed green). Use only the leaves for this recipe. Remove the roots from the area you are clearing as they will re-establish themselves if left in a pile on the ground. If you pull up garlic mustard after it has flowered beware as it will develop the seedhead even after it is pulled from the ground.

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!

Pesto Petiolata

Submitted by: Andrea Hoerr ahoerr@yahoo.com

Ingredients:

3/4 cup extra virgin olive oil

1 garlic clove

2 Tbl pine nuts or walnut pieces

1/4 tsp salt

1/3 cup freshly grated Parmesan cheese, about 1 ounce

4 cups of garlic mustard leaves (*Alliaria petiolata*),

or 2 cups garlic mustard with 2 cups basil leaves

Instructions:

Place all of the ingredients except the basil in a blender or food processor. Blend until smooth, then add the garlic mustard and/or basil a handful at a time, blending until all of the greens are incorporated and the pesto is smooth.

Makes about 1 cup.

Notes:

For the best flavor, pick the leaves before the plant has flowered. I personally wouldn't use leaves from roadside plants because I don't know what the roadside crews use on the roads or along the roads.

If freezing, omit the cheese and add in when ready to use the pesto. I like to freeze 1/4 scoops of pesto in baggies, then cut the corner off and squeeze the pesto out.

GARLIC MUSTARD PESTO

3 cups garlic mustard leaves, washed, patted dry, & packed in measuring cup
2 large garlic cloves, peeled and chopped
1 cup walnuts
1 cup olive oil
1 cup grated parmesan cheese
1/4 cup grated Romano cheese (or just use more parmesan)
Salt & pepper to taste

Combine garlic mustard leaves, garlic and walnuts in a food processor and chop. Or you can divide the recipe in a half and use a blender. With motor running, add olive oil slowly. Shut off motor. Add cheese, salt & pepper, and process briefly to combine. Scrape into refrigerator container and cover. It can be frozen, although the garlic taste will diminish in the freezer.

This makes 2 cups, enough to use as sauce for 2 lbs. of pasta. It's good on crackers as an appetizer. It is also super on baked fish. Just spread some on your filets before you bake them. Yum!

If you make this pesto with basil as it is usually made, use 3 cups of basil leaves and 4 cloves of garlic.

From: <http://www.ma-eppc.org/recipes.html#app>

APPETIZERS

Garlic Mustard Ricotta Dip

Submitted by Lucy McLean, Garlic Mustard Cook's Challenge 2001

1/4 cup chopped garlic mustard

3/4 cup non-fat ricotta cheese

1/4 cup non-fat mayonnaise

McCormick's steak seasoning

White wine

Worcester sauce

Salt

Fresh ground pepper

Mix all ingredients together. Adjust seasonings to taste. Serve with French bread, crackers, chips or fresh cut vegetables for dipping.

Garlic Mustard Salsa

Submitted by Cam MacLachlan

2 cups finely chopped tomatoes

1 cup finely chopped green pepper

½ cup finely chopped onion

1 to 2 jalapenos seeded and minced

1 small green chili, seeded and minced

1 tablespoon olive oil

1 tablespoon minced garlic mustard or to taste

Salt to taste (optional)

Combine ingredients in a bowl, cover, and chill. For more intense flavor, chop garlic mustard ahead of time and let stand for several hours or overnight.

Stuffed Garlic Mustard Leaves

Submitted by Alex Streat, The Garlic Mustard Cook's Challenge 2001

20 medium garlic mustard leaves, washed and dried on paper towels

5 wooden spoonfuls of cooked sausage

4 wooden spoonfuls of cooked rice

2 Tbsp chopped garlic mustard leaves

1 Tbsp lemon juice

Mix rice and sausage and stir well. Add chopped leaves and lemon and toss. Put a teaspoon of this mix on a medium leaf of garlic mustard. Hold leaf together with a toothpick. Serve on a plate.

Rabbit Pate with Garlic Mustard

Submitted by Sally Voris, The Garlic Mustard Challenge 2002

¼ lb of fresh rabbit livers

White wine

Chicken broth

1 Bay leaf

1 tsp salt

2 Tbsp butter

¼ tsp nutmeg

2 Tbsp minced onion

1 tsp dry mustard

2 Tbsp chopped garlic mustard

Soak rabbit livers overnight in salt water. Boil in white wine and chicken broth (enough to cover) and 1 bay leaf for 15-20 minutes. Chop liver in food processor. Add remaining ingredients and blend until mixed. Pack in crock and serve with cocktail rye bread, sliced cucumbers and bronze fennel. Serve immediately, refrigerate or freeze.

EGG DISHES

Patapsco Frittata

Submitted by Lucy McLean, The Garlic Mustard Cook's Challenge 2001

8 large eggs

2 Tbsp grated Parmesan cheese

½ red bell pepper, chopped

1 cup chopped yellow squash

1 small potato, chopped

2 Tbsp vegetable oil

¼ cup chopped garlic mustard

1/3 tsp dried basil (or 1 Tbsp chopped fresh basil)

Heat 1 T oil in non-stick skillet over medium heat. Cook squash and pepper and garlic mustard for 2 minutes. Remove and set aside. Cook potatoes with remaining oil and basil. Pour mixture of eggs and cheese over potatoes. Sprinkle cooked vegetables on top. Cook over medium heat until thickened, but moist.

PASTA

Garlic Mustard Pasta

Submitted by Alex Streat, The Garlic Mustard Challenge 2002

1 lb uncooked linguini

2 Tbsp butter

½ cup garlic mustard, washed, crisped and chopped

Cook linguine according to directions on box. Saute garlic mustard in butter. Blend with cooked linguine. Garnish with garlic mustard stems. Serve hot or chilled.

Pesto Petiolata

Submitted by: Andrea Hoerr ahoerr@yahoo.com

3/4 cup extra virgin olive oil

1 garlic clove

2 Tbl pine nuts or walnut pieces

1/4 tsp salt

1/3 cup freshly grated Parmesan cheese

4 cups of garlic mustard leaves or use 2 cups garlic mustard and 2 cups basil leaves

Place all of the ingredients except the basil in a blender or food processor. Blend until smooth, then add the garlic mustard and/or basil a handful at a time, blending until all of the greens are incorporated and the pesto is smooth. Makes about 1 cup.

Notes: For the best flavor, pick the leaves before the plant has flowered. Don't use leaves from roadside plants because you won't know what the roadside crews use on the roads or along the roads. If freezing, omit the cheese and add in when ready to use the pesto.

SALADS

Corn and Black Bean Salad

1 can (12 oz.) whole kernel corn, drained

1 can (12 oz.) black beans, drained and rinsed

1 red bell pepper, finely chopped

½ cup diagonally chopped green onions

½ cup chopped red onion

1 clove garlic, minced

1 medium tomato, chopped

1 jalapeno pepper, seeded and finely chopped

Red onion wedge for garnish

In a large bowl, combine corn, beans, bell pepper, green onions, red onion, garlic, tomato, and jalapeno pepper.

Dressing: $\frac{3}{4}$ cup Italian salad dressing; $\frac{3}{4}$ tsp hot pepper sauce; $\frac{1}{2}$ tsp chili powder; 1 Tbsp fresh lemon juice; 2 Tbsp chopped garlic mustard leaves

In a jar with a tight-fitting lid, combine Italian salad dressing, hot pepper sauce, chili powder, lemon juice, and chopped garlic mustard. Close lid and shake well. Pour dressing over corn-bean mixture and stir to mix well. Refrigerate covered for at least six hours or overnight. To serve, put salad in an attractive bowl. Garnish with the red onion wedge and some garlic mustard greens.

Sally's Tossed Salad

Submitted by Sally Voris, The Garlic Mustard Cook's Challenge 2000

4-6 leaves Romaine lettuce

1-2 handfuls tender garlic mustard leaves

1 leaf French sorrel

1 leaf bronze fennel

$\frac{1}{3}$ cup Mandarin orange slices, drained

1 slice smoked salmon

$\frac{1}{2}$ cup sunflower seeds

Fresh herbed croutons

Italian vinaigrette

Wash and crisp all the leaves and tear the lettuce leaves into a salad bowl. Cut the garlic mustard leaves, the French sorrel, and the fennel into narrow strips and add to the salad. Cut the oranges and the smoked salmon into thin strips and place in the salad. Sprinkle on sunflower seeds and fresh herbed croutons. Dress lightly with Italian dressing. Serve immediately.

SIDE DISHES

Alex's Bulgur with Garlic Mustard

Submitted by Alex Streat, The Garlic Mustard Cook's Challenge 2000

1 c. bulgur
pinch salt
one or two handfuls, fresh, tender garlic mustard leaves
1 TB butter
Cayenne pepper
Soy sauce

Put two cups of water, a pinch of salt and one cup bulgur into a saucepan. Cover the container, bring contents to a boil and cook slowly for about 15 minutes. Place bulgur into a serving dish, cut the garlic mustard leaves in thin strips onto the steaming bulgur. The mustard will wilt. Add the butter, cayenne pepper, and soy sauce to taste and serve immediately. (It can be chilled and served cold as well.)

Stir-Fried Buds with Garlic Mustard and Mushrooms

Submitted by [Tina Sams](#)

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!

SOUPS

Garlic Mustard Soup

Submitted by Gaelyn Reid and Sarah Yalov

1 ½ cups shredded garlic mustard leaves and stems

2 chopped carrots

3 potatoes

4 Tbsp dried oregano

6 Tbls dried basil

3 Tbsp minced garlic

½ cup soy sauce

Boil 6 cups of water, add potatoes and carrots and let cook for 15-20 minutes. Add the remaining ingredients and cook 20-25 minutes.

Garlic Mustard Vegetable Soup

Submitted by Justin McMillion, The Garlic Mustard Cooks Challenge 200? (slightly

edited by J Swearingen)

2 med potatoes, chopped into ½ in. pieces

2 carrots, chopped into ¼ in pieces

1/8 cup onions, chopped

4 cups chicken broth (or vegetable broth)

2 ½ tsp fresh garlic, minced

1 (8oz) can corn or ½ lb fresh corn

1 (8 oz) can peas or ½ fresh peas

3 Tbsp garlic mustard, chopped

In a soup pot or large pan, put potatoes, carrots, onions, broth, and garlic and simmer for 25 minutes until carrots and potatoes are soft. Add corn and peas and chopped garlic mustard and cook for about 10 minutes until corn and peas are cooked.

DESSERTS

Apple and Knotweed Pie

Recipe from Steve Brill's "Shoots and Greens of Early Spring in Eastern North America"

Crust

2 cups whole wheat pastry flour or buckwheat flour

1/4 tsp. salt

1 tsp. dried spearmint

1 tsp. cinnamon

1/4 cup almond oil, vegetable oil, or butter

1/2 cup apple juice, or as needed.

1. Chill all ingredients
2. Mix the flour with the seasonings
3. Cut in the oil. Mix until you have the consistency of wet sand. Use your judgment to determine exactly how much oil or butter you need.
4. Slowly mix in the cold apple juice until you have a dough that's elastic and pliable but not mushy.
5. Press this into an oiled 9" pie pan. (A 50/50 mixture of liquid lecithin and oil makes the best substance for oiling baking surfaces.) Save the excess dough. You can use it on top of the pie filling or you can freeze it for later use.

Filling

2-1/4 cups sliced tart apples

1/4 cup sliced Japanese knotweed

1/2 cups apple juice

1 tsp. cinnamon

1 tsp. powdered ginger

1/2 tsp. nutmeg

1/4 tsp. ground cloves

1/2 cup sunflower seeds

1/4 cup each black walnuts and English (commercial) walnuts, or 1/2 cup English walnuts

3 tbs. tapioca, arrowroot, or kudzu

1. Mix all filling ingredients together.
2. Prick holes in the crust with a fork, then fill it with the filling.
3. Put excess dough on top, lattice style, if desired.
4. Bake at 425 degrees ten minutes, checking to see that the crust doesn't burn.
5. Reduce the heat to 350 degrees and turn the pie pan so the heat is better distributed.
6. Bake another 30 minutes or until the crust is crisp and the filling is bubbly.

From: <http://www.fosc.org/GM-Recipe.htm>

Garlic Mustard and Spinach Raviolis with Garlic Mustard Pesto

Developed by Robert Dunn, Executive Chef, Belmont Conference Center

Ravioli:

4 shallots / 1 clove garlic
2 cups spinach
2 cups garlic mustard
4 oz. ricotta cheese
2 oz. Parmesan cheese
2 oz. chopped sundried tomatoes
6 sheets fresh pasta

Saute shallots and garlic in 2 Tbl butter until tender. Add spinach and garlic mustard greens & wilt. Season with salt and pepper. Remove from pan and cool slightly. Squeeze excess liquid from green and chop. Combine all ingredients and season to taste. Cut pasta sheets to desired size. Eggwash pasta and fill with garlic mustard and spinach mixture.

Pesto:

1 cup garlic mustard
1/2 cup basil
3 cloves garlic
2 oz. toasted pinenuts
4 oz. olive oil
juice of 1 lemon
In food processor combine all ingredients except olive oil. Puree and add olive oil with processor running. Toss cooked raviolis with pesto.

Time required: 1 hr. Serves 10.

From: <http://www.prodigalgardens.info/garlic%20mustard%20recipes.htm>

Garlic Mustard Pesto

Pesto is the only method I have found for using fresh Garlic Mustard, otherwise its bitterness is overpowering for most. Somehow the pesto seems to neutralize the bitterness. I make several batches of this and freeze it for winter. It's very good!

3 cups (packed) fresh Garlic Mustard leaves
3-4 cloves garlic
1/3 cup olive oil
1/3 cup grated parmesan cheese
1/3 cup pinenuts (optional)
 $\frac{3}{4}$ tsp salt

1. Put all ingredients together into a food processor
 2. Run at high speed until all ingredients are finely chopped. It should resemble a dark green paste.
 3. Taste, and add up to $\frac{1}{4}$ tsp more salt if necessary
- Note: This pesto has a very intense flavor by itself. Let sit 3 or 4 hours to mellow. When added to pasta or other recipes it performs beautifully!!!

Mondo Bizarro di Garlic Mustard

This is a variation of pesto using tomatoes instead of olive oil for the liquid. Garlic Mustard does well in this recipe as well.

3 cups Garlic Mustard
4 cloves garlic
 $\frac{1}{2}$ tsp salt
2 cups tomatoes, either fresh or canned

1. Put all ingredients together into a food processor.
2. Run at high speed until it forms a paste. This will be a little wetter than a standard pesto.

3. Taste, and add salt if necessary.

Notes: This pesto is not a pretty color by itself but when spread on crackers or pizza crust, or mixed into pasta noodles it looks fine.

Reconstituted sun-dried tomatoes are the ultimate for this recipe, giving it a much more concentrated flavor.

Maple-Garlic Mustard Mustard

Homemade mustards are incredibly easy to make and endlessly variable! I find the hot, the vinegar, and the sweet flavors all combine and out-compete the bitter flavor of the fresh raw Garlic Mustard.

1 cup yellow mustard seeds (whole)

1 cup Garlic Mustard Vinegar

(<http://www.prodigalgardens.info/march%20weblog.htm#Garlic%20Mustard%202>)

1/4 cup Maple Syrup

1 cup fresh Garlic Mustard, minced

1/2 tsp salt

1. Soak the mustard seeds in the Garlic Mustard vinegar for several hours or overnight.
2. Add the rest of the ingredients.
3. Let it all sit together in a covered container for several days to mellow.
4. Put in small jars (1/4 pints work nicely).

Note: Mustard keeps well in the fridge for many months or you can can it in a boiling water bath for 10 minutes to seal.

From:

<http://www.dnr.state.wi.us/org/caer/ce/eeek/teacher/invasivesguide/Inspired%20by%20Wrath.pdf>

Mrs. Z's Garlic Mustard Mashed Potatoes

Submitted by Steve Wecker

4 large baking potatoes
 $\frac{1}{2}$ cup sour cream
 $\frac{1}{4}$ pound butter
2 slices salt pork, chopped
 $\frac{1}{4}$ cup garlic mustard leaves, chopped
Pepper to taste.

Boil the potatoes until soft. Peel and mash. Saute garlic mustard with salt pork. Drain. Add to potatoes with butter. Add sour cream and pepper. Bake for 25 minutes at 350 degrees.

From: <http://www.thedailypage.com/isthmus/article.php?article=22265>

Garlic mustard-spinach pizza with caramelized onions, blue cheese and walnuts

From Terese Allen

1 tablespoon butter
1 tablespoon olive oil
2 medium onions, thinly sliced
salt and pepper
4-5 lightly packed cups spinach

4-5 lightly packed cups young garlic mustard leaves

a 12-inch-round thin whole-wheat pizza crust

1/3 cup coarsely crumbled blue cheese (2-3 ounces)

1/4 cup walnut halves, coarsely broken up

Place a baking stone in oven (if you have one); heat oven to 425 degrees while you prepare the pizza. Heat butter and olive oil in large skillet over medium flame. Stir in onions; season with salt and pepper, and cook, stirring often, until onions are very limp, golden and sweet, 25-35 minutes. Meanwhile, rinse all the greens in a colander; place the damp leaves in a large pot over medium-high flame; cover and cook until wilted, about 5 minutes. Drain in colander and press to remove excess liquid. Coarsely chop the greens. Stir them into the cooked onions. Spread greens mixture over pizza crust. Place on hot baking stone or a baking sheet.

Bake 6-8 minutes. Sprinkle with blue cheese and walnuts; bake another 3-5 minutes. Cut into squares or wedges and serve.

From: <http://www.econetwork.net/~wildmansteve/>

Garlic Mustard Pesto

4 cloves garlic, peeled

3 tablespoons garlic mustard taproots

3/4 cups parsley

1 cup garlic mustard leaves

1 cup basil

1 1/2 cups low-sodium olives, pitted

2 cups walnuts

1 cup pine nuts

1/2 cup mellow miso

1 1/4 cups olive oil or as needed

Chop the garlic and garlic mustard roots in a food processor. Add the parsley, garlic mustard leaves, and basil and chop. Add the nuts and

chop coarsely. Add the olive oil and miso and process until you've created a coarse paste. Makes 4 cups.

From:

<http://forums.gardenweb.com/forums/load/edible/msg0420561126968.html>

Garlic Mustard Pesto

1 1/2 cups fresh garlic mustard leaves

1 clove garlic

1/4 cup pine nuts or walnuts

3/4 cup grated Parmesan cheese

3/4 cup olive oil

In a food processor, finely chop the garlic mustard leaves, garlic and nuts. Slowly mix in the cheese and olive oil. Pesto may be eaten on bread or crackers, on spaghetti or frozen in ice cube trays and stored for future use in sauces.

Garlic Mustard Pizza

1 package of ready-made pizza crust

1/2 jar white sauce (lite Alfredo or Parmesan- mozzarella)

2-3 cups chopped, cooked and drained garlic mustard leaves

6-8 ounces mozzarella cheese

1/4 cup chopped onion

1/2 cup chopped bell pepper

1/2 cup chopped mushrooms

Prepare pizza crust. Top with sauce and layer with cheese and vegetables. Bake according to package directions.

From: <http://www.wnbc.com/producepete/16018502/detail.html>

Seared Salmon with Porcini Crust and Wild Garlic Mustard Greens

For Salmon

4 salmon fillets -- 4 oz., boneless, skinless
4 tbsp. dry Porcini mushrooms ground to a powder in a coffee mill
Salt and black pepper to taste
2 tbsp. vegetable or olive oil

Preheat oven to 400° F. Heat sauté pan over medium high heat. Pat salmon fillets dry with a paper towel and dredge the presentation side of the fillets with the seasoned mushroom powder. Add oil to pan and place salmon portions in pan, cook for about 2 minutes or until browned and slightly crusty. Flip over and cook one minute. Transfer fish to a sheet pan and place in oven for about 6 minutes or until fish is just cooked, or until a thermometer reads 145° F. Serve salmon over sautéed wild garlic mustard greens (recipe below). Enjoy!

For Wild Garlic Mustard Greens

2 tbsp. olive oil
1/4 cup red onion, sliced thinly
2 garlic cloves, sliced thinly
2 cups wild garlic mustard greens, stems removed, washed, spin-dried
Salt and black pepper to taste

Heat sauté pan on high heat, add oil and red onions. Cook for about 1 minute or until slightly softened, then add the garlic and greens. Cook just until wilted. Remove from heat and season to taste with salt, black pepper. Serve warm under the seared salmon.

From: <http://vielmetti.typepad.com/vacuum/2008/04/garlic-mustard.html>

Lazy caldo verde

Shred a double handful of greens very thin. In a medium or large pot, saute in olive oil with garlic, salt and black pepper. Pour in one carton of potato-leek soup (not a small can, I use a 32-oz carton from the soup aisle of my food co-op). Heat and serve.

Garlic Mustard Mexicali Cornbread

Sally Voris

Measure out 1/4 batch Golden Cornbread. Mix. Add 2 cups buttermilk; 1/2 cup chopped garlic mustard leaves; 1/2 cup frozen Mexican vegetables. Bake in greased bread pan 20-30 minutes until bread springs back. Time required: 30 minutes. Serves 8. Preheat oven to 450.

Garlic Mustard Scallion Cakes

Jay Voris

2 eggs
1 bunch scallions, chopped
1 pkg flour tortilla
1 cup garlic mustard, chopped
2 tsp sesame oil
oil for frying

Mix scallions and garlic mustard. Beat together eggs and

sesame oil. Brush on side of a tortilla with egg mixture. Sprinkle on scallion/garlic mustard mixture. Brush egg mix on another tortilla, then put on top of 1st tortilla with egg side down (repeat until all tortillas are used). Cover with plate and weigh down with cans to seal tortilla (about 15 minutes). (Separate cakes with wax paper.) Heat oil in heavy pan. Brown cakes on both sides (~2 minutes total). Drain on paper towel. Cut into wedges and serve.

Ham Salad Spread

Becky Valentine

1/2 c mayo
2 t spicy brown mustard
1 - 2 T garlic mustard (minced)
Mix together and set aside

1 lb cubed ham (put through food processor 'til almost desired consistency)

Add to ham mixture:

1 med. onion (cut in quarters)
2 small or 1 large Kosher Dill pickle (cut in 1/2)
Run through food processor 'til desired consistency
Add mayo mixture and stir thoroughly (if not quite moist enough you may add more mayo to taste)

Put ham salad spread on crackers.

Optional: Garnish with garlic mustard (minced)

Deviled Eggs Ala Garlic Mustard

Becky Valentine

Cook 1/2 eggs approximately 12 minutes
Peel and cut 1/2; scoop out yolk; put whites aside
Mash yolk with a fork
Add: 2 T mayo

1 T Miracle Whip
1 t spicy brown mustard
1 t wine vinegar
1 - 2 t garlic mustard (minced)
salt & pepper to taste

Mix until smooth and creamy. Refill egg whites with yolk mixture. Sprinkle with paprika and top with a slice of green olive.

FROM : *MARLYN'S
GARDEN*

Marlyn Dicken Sachtjen
Chicago Review Press 1994

BURDOCK STRIPS

Burdock *Arctium minus*

Burdock is a native of Eurasia, cultivated there for its root and tender stalk. Most of us know this weed for its burr-covered seed head which sticks to clothing with a terrible ferocity.

Burdock is a biennial which means it grows vegetatively for one year and then goes to flower and seed in year two after which it dies.

For this recipe you will need about 6 clumps of Burdock. When two or three new leaves appear early in the second year, dig up the root.

INGREDIENTS

- Burdock Roots, well scrubbed
- Milk & Water in equal parts
- Cracker crumbs and parmesan cheese in equal parts
- Butter
- Salt & Pepper

Use a vegetable peeler to the root surface to remove the outer skin, then pare it into long thin strips. The root will darken if exposed to air, so drop the strips immediately into cold salt water as you peel.

Combine the milk & water and simmer the strips in this mixture solution until just tender. Drain & plunge into cold water to stop cooking. Drain again, and shake the strips in a paper or plastic bag containing the crumbs and cheese. Melt the butter in a skillet and fry the strips on both sides. Serve hot with salt & pepper. This is good!!!