



Nutritious Delicious Cooking Resources
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Nutritious Delicious!

Spring Cleansing with Wild Edibles

Fresh Food from the Wilds of the North Country Edible Landscape

Wild Greens

Plant	Harvest Period	Parts Used	Consume "Raw"	Consume Cooked	Cooking Techniques
Rhubarb	April – September	Stalks only; Leaves are poisonous	Yes	Yes	You can enjoy the stalks raw, cook into a dessert, blend into smoothies or dips, and use in soups, stews, and casseroles.
Nettles	Spring – must be 6-8 inches high	Young sprouts	No	Yes	Steamed 2-3 minutes, canned, or dehydrated; best in soups. Before cooking, make sure all leaves are separated from the stalks. Let the leaves sit in a bowl of warm water for about ten minutes which remove a lot of the "Stingers" from them. You should be left with brown-orange colored water. Dispose of the water and transfer the leaves into a large pot

					for cooking.
Leeks/Ramps	Early Spring is best for more mild leeks while late summer is best for a robust flavored ramp.	Leeks, ramps, and the leaves.	Yes	Yes	They taste similar to onions and can be substituted in any dish. Excellent for flavoring stir-fry, salads, or soups. If using the leaves it is best to use them as soon as possible. Try to keep the leeks moist until cooking so they do not dry out.
Fiddleheads	Early Spring	They should be cut close to the ground before the frond has opened and reached full height. The recommended harvest is three out of the seven tops produced per plant.	Never	Yes	It's advised to remove the yellow/brown skin and then boil the sprouts twice with a change of water after each time. Removing the water reduces the risk of food-borne illness and also reduces their bitterness. They are best when steamed lightly until crisp but still tender.
Spring Beauties	April - June	Tuberous Roots in the fall, Flowers in the Spring, and seeds in June.	Yes	Yes	Best roasted and warm in soups or stews.
Morel Mushrooms (There are a wide variety of mushroom types but the Morel is most prevalent in out area)	Early April – Late June	Whole plant	Not recommended	Yes	Brush off any dirt or bugs with a cloth, rinse them in water and pat dry. Leave in a bowl of salted water for a few hours. Once soaked, you can fry, sauté, grill, steam, or add to soups.
Young Milkweed	Spring- must be 5-6 inches high	Early shoots in Spring, Pods and Flowers during the Summer	No	Yes	Steamed until soft like asparagus. Pods and Flowers are best in soups.
Milk Thistle	All of Spring	Flower heads and Seeds. Be sure to wear gloves to protect you from the	No	Yes	Boil or steam until tender just like you would spinach. When preparing the seeds, be sure to store in a cool, dry spot for 48 hours and then brush the

		thorns. When selecting seeds wait until they are brown.			seeds out of the head and onto the screen. Proceed to storing the seeds or bake them with seasoning. Milk thistle has potent medicinal properties. Check with your physician before consuming it in any form, especially if you are on any medication.
Cattail	Spring, Summer, and Fall	Young shoots during the Spring months	Yes	Yes	Young shoots are best cooked in soup or added to salad.

Cultivated Vegetables

Plant	Harvest Period	Parts Used	Consume "Raw"	Consume Cooked	Cooking Techniques
Asparagus	May or whenever temperature reaches about 50 degrees most days.	Snap each spear from near soil level while harvesting. They should stand about 6-8 inches high when ready to harvest.	Yes	Yes	Steam, boil, bake, grill, or consume raw in a salad. Also, they tenderize well in a soup or casserole.
Beets	Can be harvested any time from spring until before the ground freezes in the fall at any stage of their development.	Beets and their greens.	Yes	Yes	The greens are terrific raw in a fresh salad and the beets can take about 25- 30 minutes.
Sweet Onion	Late Spring and early Summer	Whole onion	Yes	Yes	Best when cooked into food for seasoning or raw in a salad.
Green Onion/Scallions	All of Spring	Whole plant, seeds	Yes	Yes	Best when cooked in soups, dressings, salads, dips, or to season a main course. Can be cooked anyway.
Carrots	True baby carrots are	The Carrot	Yes	Yes	Can be steamed, added to soups, stews,

	only available in Spring and early Summer but carrots can be harvested year-round in temperate climates.				cold or warm salads, consumed raw or added to stir fry.
Chard/Cardon					
Radishes	May	Whole Radish	Yes	Yes	Boil radishes whole or sliced and simmer until they become tender. Usually this is about ten minutes. To keep their red hue vibrant, add some lemon juice into the water. You can also roast at 425 degrees for 30-45 minutes or steam whole in a steamer for 5-15 minutes.
Artichokes	All of Spring when they reach about 2 – 4 inches in diameter.	The base of the bud leaves, the fleshy part of the flower base and the stem.	yes	yes	Soak artichokes in salted ice water for 30 minutes to ensure all bugs are off. Cut off about one inch of the top leaves and trim the tips with kitchen shears. Boil for 30-45 minutes or until fork tender.
Spinach	March through September	Spinach leaf	Yes	Yes	Sautee, steam, boil, cook into casseroles and soups or eat raw.
Fava beans	May and June	Beans and top shoots	Yes	Yes	The top shoots are cooked similarly to spinach. The beans can be eaten raw in salads or parboiled which will remove the waxy outer coating. They are perfect for any recipe calling for fresh beans or peas.
Collard greens	Throughout Spring	The leaves from the stalk	Yes	Yes	Can be boiled or steamed. May take up to 20 minutes to one hour to cook depending on the cooking method and maturity of the leaves.

Rainbow Swiss Chard	Throughout Spring when they have reached maturity and have slightly tougher stems.	Leaf and stem	Yes but is highly perishable	yes	Is cooked similarly to spinach.
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Fruits

Plant	Harvest Period	Parts Used	Consume "Raw"	Consume Cooked	Cooking Techniques
Wild Strawberry	Late Spring/Early Summer	Fruit and leaves	Yes	Yes	Fresh, dried and crushed for tea, dehydrated, frozen, used for syrups, canned as jam or jelly or used to make an extract.

Herbs

Plant	Harvest Period	Parts Used	Consume "Raw"	Consume Cooked	Medicinal Herbal Interactions	Cooking Techniques
Wild Ginger	All of Spring	Roots	Yes	Yes	Ginger Root has been shown to interact with 68 over the counter or pharmaceutical drugs. Check with your healthcare provider.	Best when crushed to be used for pickling, for tea, or to make candy with.
Mustard	All of Spring	Leaves	Yes	yes	Medicinal usage of mustard during	Steamed, in a cold salad or when cooked into a soup.

					pregnancy has been shown to be unsafe. Some evidence suggests it might start your menstrual period or cause miscarriage.	
Peppermint	June – July before they flower.	leaves	Yes	Yes	The body breaks down cyclosporine(Neoral; Sandimmune) to get rid of peppermint. Taking peppermint along with cyclosporine may increase the risk of side effects for cyclosporine.	Can be used fresh in soups, salads, dishes or dried and crushed to be used for tea.
Chives	All of Spring	Greens and Flowers	Yes	Yes	Do not use chive in larger than food amounts if pregnant or breast feeding.	Great cooked into mashed or booked potatoes, scalloped, or used in soups instead of onion.
Dill	Late Spring – Early Summer just before the flowers begin to form.	Seeds	Yes	Yes	Dill in high amounts can have a diuretic effect and alter how your body gets rid of lithium products.	Best if used fresh in recipes or dried to keep for long – term usage.
Parsley	Spring when it reaches about one inch high.	The whole plant can be used but the leaves are most common.	Yes	Yes	An excessive amount of parsley can be dangerous if pregnant or lactating Large amounts of parsley may also increase blood clotting. Do not consume with any other substance that has a diuretic property such as caffeine, alcohol, or	Parsley leaves are great to add to dishes, soups and stews while the stems are better to use when making sauces.

					certain medications.	
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Teas

Plant	Harvest Period	Parts Used	Consume "Raw"	Consume Cooked	Cooking Techniques
Dandelion	All of Spring	Leaves in Spring, flowers in Summer and roots in the fall.	Yes	Yes	Dried and crushed to add to hot water. Simmer for 2-3 minutes. Combine with other herbs if desired.
Peppermint	June – July before they flower.	Leaves	Yes	Yes	Dried and crushed to add to hot water. Simmer for 2-3 minutes. Combine with other herbs if desired.
Wild Ginger	Late Spring	Root	Yes	Yes	Dried and crushed to add to hot water. Simmer for 2-3 minutes. Combine with other herbs if desired.
Nettle	Spring – must be 6-8 inches high	Young Sprouts	No	Yes	Dried and crushed to add to hot water. Simmer for 2-3 minutes. Combine with other herbs if desired.
Strawberry	Late Spring/Early Summer	Fruit and leaves	Yes	Yes	Dried and crushed to add to hot water. Simmer for 2-3 minutes. Combine with other herbs if desired.

**BE SURE TO WASH ALL GREENS THOROUGHLY
BEFORE EATING.**

Wild animal fecal bacteria can be harmful to your health.