



*If you  
can't beat  
'em,  
eat 'em!*



*An Invasive Plant Cookbook*



*Compiled by VT FPR's Invasive Plant Program*

# WARNING!

*Cooking with invasive plants can be lots of fun, but it is important to moderate how much you consume, and keep the invasive plant's roots, plant matter, and seeds out of the compost.*

*Spread the word, not the invasive plant!*

# Garlic Mustard Pesto

*For best flavor, collect garlic mustard leaves in the spring.*

## Ingredients:

*1/4 cup walnuts or pine nuts*

*1 clove garlic*

*1 cup garlic mustard leaves*

*1 cup fresh parsley leaves*

*1 cup olive oil*

*1/4 cup parmesan*

*Salt to taste*

## Directions:

- 1. Blend nuts and garlic in a food processor or blender until finely chopped.*
- 2. Add garlic mustard leaves and parsley and blend until leaves are coarsely chopped.*
- 3. Add olive oil slowly until blended.*
- 4. Add cheese and blend until fully mixed.*
- 5. Toss with pasta, spread on bread, or add to a soup!*

# Wild Parsnip Fries

Harvest 1<sup>st</sup> year parsnip roots in the fall. Use caution and wear gloves when harvesting as the sap from the leaves can cause a skin reaction.

## Ingredients:

3-4 large parsnips

1/4 cup olive oil

1 tsp garlic powder

1/2 tsp minced garlic

1 tsp turmeric

Sea salt, to taste

2 tbsp grated parmesan cheese

## Directions:

1. Preheat oven to 400 degrees.
2. Slice parsnip in even slices and toss in a small bowl with olive oil. Add garlic and turmeric.
3. Transfer parsnips to a baking sheet. Sprinkle with sea salt and parmesan cheese and bake for 15 minutes.
4. Take baking sheet out and carefully flip parsnips with a spatula. Sprinkle with more parmesan. Return to oven and bake for another 15 minutes, until parsnips are evenly browned.

# European Barberry Jelly

## Ingredients:

8 cups ripe European barberry berries

1 ½ cup sugar

1 cup water

## Directions:

1. Wash and stem the fruit and measure 8 cups worth.
2. Place the fruit into a saucepan and mash.
3. Add 1 cup of cold water and cook over moderate heat till the juice starts to flow (up to 10 minutes).
4. Strain the juice through a jelly bag, and for each cup of juice add 1½ cups of sugar.
5. Place the juice in a deep saucepan and mix in the sugar.
6. Place over a high heat and bring to a boil. Hold at the boil for 15 minutes or till the mixture passes the gel sheeting test.
7. Stir the mixture constantly in order to prevent the bottom from burning.
8. Remove the mixture from heat, skim off the red foam and pour the jelly into hot sterilized jelly jars.
9. Seal while hot.

# Autumn Olive Jelly

Berries are ripe from September through late October.

## Ingredients:

8 cups ripe autumn olive berries

1 cup water

3 ½ cups sugar

1 package no sugar Sure Jell

## Directions:

1. Bring washed and stemmed berries and water to a boil. Simmer for 20 minutes.
2. Strain mixture to remove pulp and seeds- you should have about 5 cups of juice.
3. Throw seeds in the trash, not the compost!
4. Mix ¼ cup of sugar with the Sure Jell and add it to the juice. Bring mixture to a boil. Add remaining sugar to the boiling liquid.
5. Simmer (stirring frequently) for 15-20 minutes or until it sheets off of a spoon.
6. Pour into sterilized jars, leaving head space.
7. Cover with sterilized lids and rings and process in a boiling water bath for 15 minutes.

Credit: <http://wildblessings.com/autumn-olive-berry-jam/>

# Knotweed Pie

*Collect young knotweed shoots in the early spring when they are tender!*

## Ingredients:

*3 cups knotweed (peeled & chopped into ½ inch sections)*

*3 cups diced strawberries*

*1 ½ cup sugar*

*3 tablespoons cornstarch*

*3 tablespoons butter*

*1 pie crust*

## Directions:

- 1. Preheat oven to 375 degrees.*
- 2. In a large bowl, mix strawberries, knotweed, sugar, and cornstarch together.*
- 3. Arrange pie crust in pie pan and add knotweed-strawberry mixture.*
- 4. Bake for 40-50 minutes or until filling is bubbly and soft and crust is golden brown.*
- 5. Serve with vanilla ice cream!*

# Dandelion and Chicory Root Coffee

Harvest first year dandelion and chicory roots in the fall for best flavor.

## Ingredients:

4 cups water

2 tablespoons dandelion root,  
roasted and ground

2 tablespoons chicory root,  
roasted and ground

1 stick of cinnamon

Sweetener or milk to taste

## Directions:

1. Combine dandelion root, chicory root, and cinnamon stick in a French press.
2. Add boiling water and allow mixture to steep for 5 minutes.
3. Strain and add sweetener/milk to taste.

## *How to roast dandelion & chicory roots:*

For fresh root, preheat oven to 250°F. Scrub fresh dandelion roots, towel-dry, then cut roots into 1/8-inch-thick pieces. Spread these dandelion discs on a cookie sheet no more than 1/4-inch deep. Place cookie sheet in oven with door cracked open so moisture can escape. Stir every 15 minutes with a spatula. The cream-colored roots shrink then turn golden brown when done. Be careful not to burn them.

A roasted dandelion root should crunch in your mouth and taste mildly of coffee or grain. Pulverize cool, roasted roots in a coffee grinder. Store in an airtight jar.



# Chilled Purslane Soup

## Ingredients:

2 ½ cup chopped cucumber  
1 green tomato, roughly chopped (1/3 cup)  
1 medium green (young) onion (1/3 cup)  
3 young garlic cloves, peeled  
1/2 cup purslane leaves and tips  
1/2 a long fresh green chile  
3/4 cup Greek yogurt  
2 teaspoons sherry vinegar  
1/2 teaspoon sugar  
Large pinch of salt  
1/2 a stale pita bread, broken to pieces  
2 tablespoons olive oil

## Directions:

1. Combine all ingredients in a blender and blend until smooth.
2. Add salt, sugar, ect to taste.
3. Chill in refrigerator before serving.

# Buttered Sow Thistle

## Ingredients:

1 or 2 handfuls sow-thistle leaves - young

Butter or oil

Beef stock or water

Ground nutmeg - pinch

1 tsp. flour

Salt and pepper

## Directions:

1. Heat some butter or oil in a pan and add the leaves.
2. Stir thoroughly to coat the leaves.
3. Add a good slug of stock or water, reduce the heat to a simmer and cover. Cook for about 5 to 10 minutes.
4. Add a pinch of nutmeg, the flour, and some seasoning.
5. Stir everything, then add another knob of butter and melt into the sow-thistle over a low heat.
6. Serve.

# Dandelion Root Ice Cream

## Ingredients

½ cup finely ground, roasted dandelion root  
2 ½ cups heavy cream  
1 ½ cups half and half  
1 ¼ cups sugar  
5 egg yolks

## Directions

1. Grind roasted dandelion roots into powder using a coffee mill and pass through a sifter.
2. Place cream, half and half, and sugar in a double boiler or a slow cooker. Bring mixture barely to a simmer, stirring to dissolve the sugar.
3. Add roasted dandelion root powder. Maintain heat at a bare simmer, being sure not to boil, and let the roots steep for 45 minutes. Strain mixture and discard root material.
4. Whisk egg yolks in another pot. Gradually add warm dandelion root cream. Heat gently and stir until sauce thickens enough to coat the back of a spoon. Strain one more time and chill.
5. Freeze in an ice cream machine according to directions.

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