

*No need to go to the grocery stores for these ingredients. Adirondack's Mother Nature's give to us.*

**Sweet Clover** (red clover). *Trifolium pratense*

Sweet clover may be steamed in a large mass for 15 minutes, then combined with any other cooked green to add protein and other nutrients. Dry the blossoms and use them in soups and stews.

**Stinging Nettle** (nettle). *Urtica* spp.

The nettle is another wild plant that is important in French cooking. Use leather gloves to gather young shoots about six inches tall, blanched if possible. With a scissors, cut the shoots into two-inch segments and place them in a saucepan with boiling water to cover. Let stand for 5 minutes, then drain and steam for 20 minutes. Served with wilted or steamed mustard greens or as spinach. If you dig nettle roots in the fall and transplant them indoors to a cool dark place, they will produce blanched shoots all winter.

**Pond lily** (waterlily). *Nuphar polysepalum*.

This plant is best collected in mid-to late summer when so many others are past their prime. The seeds make good popcorn. The roots or tubers have a high starch content and are sweet and appetizers. To prepare the tubers, first place them in boiling water for about 20 minutes. Then drain and peel them to expose the inner core. The cores may then be steamed for 10 minutes. They may be used in soups, stews or soufflés. Both seeds and tuber cores are useful as flour or meal when dried and ground together.

**Lamb's quarters, goosefoot.** *Chenopodium* spp.

Gathered young and in quantity are excellent when prepared in the same way as spinach, either boiled or steamed. If the plants are to be steamed, they should first be covered with boiling water to which a teaspoon of lemon juice is added. Let them sit without heat for 3 or 4 minutes, then drain thoroughly and steam, tightly covered, for about 30 to 35 minutes. Serve with lemon juice or oil and vinegar.

**Cattails.** *Typha latifolia*

The cattail is the official "outdoor pantry" known to Boy Scouts and foragers everywhere. When the first new plants appear in early spring, pick them off at the root, peel and eat raw, chop into salads, or cook like asparagus. When the pollen stalks are solid green and quite young, you can pull, prepare and eat them exactly like corn on the cob. Through early and sometimes mid-summer, the plant produces sprouts. These are white and tender, similar in texture to bean sprouts, and they appear suddenly at the base of the plant and along the root system. They are best eaten raw in salads, but may also be steamed or boiled or cooked, on roasts or fowl. Young rootstocks are also excellent at any time of the year. These should be peeled and eaten raw or boiled or baked. In all cases, the flavor of cattail is delicate and delicious.