Fashions in Weeds

Marilyn Baker
Iowa State College

Follow this and additional works at: http://lib.dr.iastate.edu/homemaker
Part of the Home Economics Commons

Recommended Citation
Available at: http://lib.dr.iastate.edu/homemaker/vol23/iss10/17
EVERY well-dressed victory garden this year will be wearing green; familiar greens, and some whose names are strangers.

Only when the greens are fresh do they contain the vitamins and minerals in which they are so rich: B1, B2, and C, and iron, calcium and phosphorus. As they wilt, they lose much of their vitamin content, especially vitamin C. Greens should be gathered just before cooking so that they will not wilt.

The wild variety of greens, commonly known as weeds, are not to be overlooked. Many of these garden pests have been shown to be edible and are especially rich in vitamin and mineral content.

There are many new taste thrills to be found in these wild greens. Stinging nettle, marsh marigold, dock, milk-weed, lambs-quarter, pokeweed, sorrel, purslane, dandelion and plantain are only a few of the weeds which may add new interest to menus.

Only young and tender leaves should be selected from wild greens for when the plant has flowered the leaves will usually be too strong to be edible.

Dandelion greens are best when they are young and are excellent when boiled and served with tarragon vinegar, olive oil and butter. They are also good in salad with French dressing.

Another common plant is lambs-quarter. This plant should be gathered when it is young, washed, wilted and immediately eaten. It is high in iron and potassium content.

Sorrel, when shredded with green peppers and sweet apple, adds an interesting flavor to potato salad. Violet sorrel, which is especially sour, can be used in combination with other greens.

Plantain may be boiled with dandelion greens and garnished with fresh grated horseradish or served in a salad with celery to augment its flavor. Sour dock added to beef tongue or corned beef also gives a special flavor. The young, green shoots of cattail, may be cooked and served like asparagus.—Marilyn Baker.