

## EDIBLE WILD PLANTS AND HERBS

Dandelions — two leaves per day provide enough vitamins for a person  
— roots roasted add nutrients to coffee

— blossoms can be used for making wine, also roots and leaves

Nettles — young shoots steamed, like spinach, only richer

Sorrel — leaves used in soups  
— classified as a troublesome weed, survives well in gardens; if seeds are not required clip seed stems

Mint — sauce from green leaves (for lamb)  
— leaves dried for tea

Sage — seasoning for meats

All of the above can be grown in a garden. Requirements are six inches of topsoil and tender loving care.

These are a few examples of Nature's bounty. There is more, much more, awaiting the experimenter who has time to devote. — *Anthony Capusten*, 1139 River Street West, Prince Albert, Saskatchewan. S6V 3A2

## MUSHROOMS - 1985

The warm weather at the end of May brought the first Morels. These are a treat sauteed 3 to 5 minutes with little or no seasoning to enhance the natural flavor.

Mid June produced some Oyster Mushrooms (*Pleurotus* sp.) with a taste reminiscent of steak. There were also a few Edible Bolete (*Boletus edulis*) at their best in the button stage and cooked as soon as possible.

July and August were a time for Field Mushrooms, (Meadow Mushrooms, *Agaricus campestris*); this species has pinkish gills when young and is excellent in salads raw or cooked. Another treat is the Delicious Lactarius (*Lactarius deliciosus*), which is orange colored with a delicate taste.

September saw the beginning of a bumper crop of Honey Fungus, (*Armillaria mellea*) till frost terminated the season.

Where freezer space is available mushrooms may be blanched and frozen. An alternate is to dry and pulverize them. — *Anthony Capusten*, 1139 River Street West, Prince Albert, Saskatchewan. S6V 3A2



*Morel*

*Anthony Capusten*