

# Herbiary Recipes

## Dandelion Salad & Chickweed Pesto



Spring greens! I just saw these beauties in my yard, which means that it's time to get making dandelion salad and chickweed pesto!

Not only are these recipes super-easy and super-yummy, but they also give you a hand with spring cleaning.

### DANDELION SALAD

I recently found out that dandelion flowers are a rich source of xanthophyll, a special carotenoid that helps inhibit the Epstein Barr Virus and keep it dormant: perhaps a colorful addition to the salad?

- 1/2 cup olive oil
- 1/2 cup balsamic vinegar
- 1/4 cup soy sauce
- 1/4 cup maple syrup
- grated ginger to taste
- chopped garlic to taste
- optional: dandelion petals

Mix the marinade and pour over a big bunch of chopped dandelion greens. Marinate 3 hours. So yummy even my little niece and nephews will eat it!

# Dandelion Salad & Chickweed Pesto

## CHICKWEED PESTO

- 3 cups fresh chickweed
- 1/2 cup toasted walnuts
- 3/4 cup good quality olive oil
- salt & pepper to taste

pecorino cheese to taste (I use about 1/4 cup). Note that pecorino is made from sheep's milk so is o.k. for folks who can't do cow dairy.

- Chop the walnuts in the blender first, then add the other ingredients. I blend in short bursts since I like some grit for texture. The longer you blend, the smoother it gets (obviously!); I have answered the phone mid-blend and come back to yogurt-like pesto (um, yuck?)!

Those of you who have cooked with me before know that all my measurements are approximate; I always cook to taste and texture.

If you love this recipe, chickweed will happily and prolifically grow in a container in a shady, moist place, straight through the summer months. It's cooling, refreshing, and high in Omega-3s...

... And it's delicious.

