

as greens, though even this does not exhaust the list.

European immigrants from central Europe make extensive use of the young tender dandelion leaves which appear in the beginning of the season. These may be used as a salad, like chicory, with the addition of salad oil and seasoning.

Another method is to parboil, like spinach or similar greens, add a little salt when nearly cooked, drain, then season with butter, salt and pepper. A hard-boiled egg or two, sliced, may be used to garnish.

A favorite method in use among old country people (before the war?) is to heat some bacon gravy or fat to the boiling-point and pour it over the raw or uncooked leaves. Some fresh green onions, nicely chopped, are added to this, also some vinegar, and some seasoning if necessary.

Another well-known use of dandelion is the employment of the flowers for making home-made wine; a beer is also made from the young plants by adding a little syrup and yeast.

The edibility of bracken shoots, or "fiddleheads", is apparently quite well-known in Europe, though few seem acquainted with it here. There are few weeds or wild plants which are more plentiful than bracken. In fact, it has become a nuisance in many places in hayfields and pastures. The "fiddleheads" are steamed or parboiled, then served on toast, or otherwise, with a butter or cream sauce. These are easily the most delicious of any of the greens given. The scientific name of the plant is *Pteris aquilina*.

The young shoots of the sensitive fern (*Onoclea sensibilis*) may be used in a similar way to bracken.

Somewhat better known as a food, probably, than the ferns is the marsh marigold, *Caltha palustris*. This is a cosmopolitan plant with a very extensive range in North America. It also is gathered when young and tender, and cooked like spinach. If eaten after the flowers have appeared it is said to be rather bitter. It is better parboiled in any case.

A fine material for greens are the young shoots of the common milkweed, *Asclepias syriaca*. This is found very widely as a weed along roadsides and in waste places generally. The plant is gathered just as the first spike, four to six inches in height, appears above the ground. It is parboiled, that is, the water is poured off after boiling once, and a second boiling is given. The greens are then seasoned, some butter being added if desired. This is a favorite vegetable among the Iroquois, who later on use the upper leaves, as well as the clusters of flower-buds when they first come out.

The waterleaf, *Hydrophyllum virginianum*, is another plant of which the young leaves may be used as greens. The following also have the same

value: yellow dock, *Rumex crispus*; nettle, *Urtica dioica*; wood betony or lousewort, *Pedicularis canadensis* and *P. lanceolata*; skunk cabbage, *Symplocarpus foetidus*; wild leek, *Allium tricoccum* and garlic, *A. canadensis*. All of these should be gathered when quite young. Gloves are required in gathering nettles.

Among the introduced weeds or plants used in the same way are: lamb's quarters, *Chenopodium album*; red-root pigweed, *Amaranthus retroflexus*; black mustard, *Brassica nigra*; and purslane, *Portulaca oleraca*.

Mustard is said to form an excellent salad green. Sandwiches of bacon, cheese, and other materials are certainly improved by a few young, crisp mustard leaves dipped in a salad dressing.

Other familiar wild plants used as salads are: watercress, sheep sorrel, *Rumex acetosella*, and oxalis. The Ojibwa of the Lake Nipigon region eat the bases of the great bullrush, *Scirpus validus*. These are eaten as a sort of refreshment just as they are.

The most recommendable of the greens and salads referred to would certainly include: bracken, leeks, garlic, pigweed, lamb's quarters, milkweed, dandelion, marsh marigold, purslane, sheep sorrel, mustard and cress. Possibly one or two others should be included, to make allowance for differences in taste.

Sorrel, *Rumex acetosella*, prepared in various ways, is a noted European vegetable. It is made into a sort of soup-like beverage, to which is sometimes added sliced cucumbers, or hard-boiled eggs sliced.

The following is a recipe for "cream of sorrel soup": Cook a cupful of chopped sorrel in a tablespoonful of butter, add a little sugar, half a tablespoonful of vinegar, a tablespoonful of salt and two of rice, then a pint of boiling water. Let simmer until the rice is soft. Add three cupfuls of veal or chicken stock and strain. Beat an egg yolk slightly, add a cupful of light cream and turn into the soup; stir until it becomes hot, then strain and sieve.

Mrs. E. Sapir, of Boston, Mass., has kindly given me the following Lithuanian recipes for the preparation of sorrel: Wash the plant; chop well and add boiling water sufficient to make a soup. Let cook for about ten minutes. After cooling "whiten" with eggs and milk or eggs and cream—these being beaten together and seasoned to taste with salt. The soup is eaten cold or warm.

A second way of preparing is to cook with meat. First, cook the meat until tender, then add the sorrel, previously washed and chopped up well. Let cook for ten minutes; then "whiten" with eggs only (beaten), and eat while hot.