

Wild Garlic Toast

In "Backyard Bushcraft, Issue #1", I talked about using violet flowers. Another very common edible lawn and garden weed in our area is wild garlic.

Be careful! When you dig wild garlic with a shovel, make certain that you detect a strong garlic or onion smell when you crush the green leaves or roots. If you do not get this garlic or onion smell, you might have the incorrect plant --- DO NOT EAT IT! Here is a picture of a wild garlic in one of my gardens:



When picking wild plants to eat, always follow these rules:

- Be 100% certain you have correctly identified the plant! If you are not sure, do not eat it.
- Avoid picking plants from areas that may have been treated with any type of lawn or garden chemicals. Likewise, do not use plants that may have been contaminated by outdoor dogs or other animals.
- Select healthy-looking plants that have been growing in high-quality soils.
- Wash your harvested plants just like you would wash salad leaves you buy from the grocery store.
- Have permission to pick the plants.
- Do not over-harvest or take everything!

Here is what they looked like after I dug them up:



After I washed them and cut them up, I sautéed the garlic bulbs and green stems in a frying pan with olive oil. My whole kitchen smelled like delicious garlic while they were cooking in the pan:



Then I spread some on homemade toasted sourdough bread slices. I ate them with my Sunday dinner. Delicious!



To learn more about edible wild plants, here is an excellent book:

Elias, Thomas S. and Dykeman, Peter A. (1982) Edible Wild Plants: A North American Field Guide to Over 200 Natural Foods. New York: Sterling.