Recipes for Revenge

Why not eat our invasive species problems! Try out some of these recipes, but be careful. Even a plant that is edible by many people may not be edible by everyone. Remember, some people are hypersensitive to foods. If you experiment with eating invasive species, take the same precautions you would take trying any new food in a foreign country.

Cooking with Garlic Mustard

- Use the leaves year-round in any recipe calling for mustard greens.
- Harvest the roots before the plant flowers and use them like horseradish.
- Save the seeds and use them as a spicy condiment.
- Young plants have a mild mustard flavor with hints of garlic and can be used raw.*
- Older, larger leaves and plants have a stronger, more bitter flavor.*
- The round leaves are less bitter than the triangular ones on the flower stalk.*
- If the plant is in full flower or has produced seeds, it will taste more bitter.*
- Pull up the entire plant gently. The roots will help keep the plant fresh until you are ready to use it. Then cut off the leaves, discard the flower stalk, wash, and use.*

Tips with (*) are from the Garlic Mustard Challenge, co-sponsored by the Patapsco Valley State Park and the Friends of the Patapsco Valley and Heritage Greenway (Maryland).

Winning Recipes from the Garlic Mustard Challenge

**Garlic Mustard Pesto**
Submitted by Robert Dunn, Executive Chef, Belmont Conference Center

- 1 cup garlic mustard
- ½ cup basil
- 3 cloves garlic
- 2 ounces toasted pinenuts
- 4 ounces olive oil
- Juice of 1 lemon

In food processor, combine all ingredients except olive oil. Puree and add olive oil with processor running. Toss cooked raviolis with pesto.

**Mrs. Z’s Garlic Mustard Mashed Potatoes**
Submitted by Steve Wecker

- 4 large baking potatoes
- ½ cup sour cream
- ¼ pound butter
- 2 slices salt pork, chopped
- ¼ cup garlic mustard leaves (chopped)

Pepper to taste


**Garlic Mustard Pasta**
Submitted by Alex Streat, age 12

- 1 pound linguine
- 2 tablespoons butter
- ½ cup garlic mustard (washed, crisped, and chopped)

Cook linguine according to directions on box. Saute garlic mustard in butter. Blend with cooked linguine. Garnish with garlic mustard stems. Serve hot or chilled.

**Sally’s Tossed Salad**
Submitted by Sally Voris

- 4-6 leaves ruby red leaf lettuce
- 4-6 leaves romaine lettuce
- 1-2 handfuls tender garlic mustard leaves
- one leaf each French sorrel and bronze fennel
- 1/3 cup mandarin orange slices (drained)
- 1 slice of smoked salmon
- 1/8 cup sunflower seeds

Croutons

Wash and crisp all the leaves and tear the lettuce leaves into a salad bowl. Cut the garlic mustard leaves, the French sorrel, and the fennel into narrow strips and add to the salad. Cut the oranges and the smoked salmon into thin strips and place in the salad. Sprinkle on sunflower seeds and fresh herbed croutons. Dress lightly with Italian dressing. Serve immediately.