

Wholesome Recipes

from the *Amazing Wheat Book*

by *LeArta Moulton*



WILD HERBS FOR SEASONING

for the outdoor enthusiast

Chamomile (leaves and flowers) in cooked cabbage and broccoli.

Carrot, Wild (seeds, leaves) a salt substitute, in soups, with fish.

Catnip (leaves, flowers) a substitute for peppermint, in sauces.

Clover (leaves, flowers, fruits) soup and stews.

Garlic, Wild (whole plant) soup, salad dressing, sauce.

Juniper (fruits) in vinegars, soups, stew with venison.

Onion, Wild (whole plant, seeds) soup, dressing, sauce.

Peppergrass (leaves, fruit) herb salt, soup, stew, salad, vinegars.

Peppermint (whole plant) jelly, soup, lamb, potatoes.