



Wild Garlic Shoots

(*Allium vineale*)



- ◆ **FOUND** in lawns, and edges of forests and fields throughout the United States.
- ◆ **ALSO KNOWN AS** onion grass.
- ◆ **LEAF** is a long green shoot and smells like onion.
- ◆ **TO HARVEST LEAVES** pull off in handfuls of thinner shoots or cut at the base.
- ◆ **BEWARE** of pesticides, fertilizers, animal droppings, etc. as you forage.
- ◆ **FORAGE** this plant freely.



Maxelgran//cc

Matsuoka Won, Tama and Eddy Leroux. 2012. [Foraged Flavor: finding fabulous ingredients in your backyard or farmer's market](#). New York: Clarkson Potter Publishers.



Garlic Mustard

(*Alliaria petiolata*)



- ◆ **FOUND** in forests, and shady roadsides throughout the United States, excluding Texas, Florida, and the Southwest.
- ◆ **LEAF** is green, rounded, and has a pointed tip.
- ◆ **TO HARVEST LEAVES** pull off in clumps. Use within a couple days of picking or leaves will wilt.
- ◆ **CHECK** that underside of leaf is not spotted and has no milky sap.
- ◆ **BEWARE** of pesticides, fertilizers, animal droppings, etc. as you forage.
- ◆ **FORAGE** this plant freely.



Alan Wolf//cc

Matsuoka Won, Tama and Eddy Leroux. 2012. [Foraged Flavor: finding fabulous ingredients in your backyard or farmer's market](#). New York: Clarkson Potter Publishers.

Cream Cheese with Wild Garlic Shoots

Courtesy of Sara Morris-Marano

Makes 8 ounces

Ingredients:

- 1 – 8 oz. block cream cheese, softened
- ¼ cup finely minced wild garlic shoot
- ½ tsp. sea salt
- ½ tsp. cracked black pepper

Directions:

1. In a standing mixer, combine cream, salt and pepper. Mixer on low until combined and slightly airy.
2. Beat in the wild garlic shoots until combined throughout.
3. Serve on crackers or crostini.

Recipes are prepared at your own risk. Rutgers, The State University of New Jersey is not responsible for any damage, medically or otherwise, resulting from the preparation of food using instructions or recipes provided on this recipe card.

Garlic Mustard Hummus

Courtesy of Sara Morris-Marano

Makes about 2 ¾ cups

Ingredients:

- 1 cup packed garlic mustard
- 2 cups canned chickpeas, no salt added
- 1 tsp pepper
- 1 tsp cumin
- 1/3 cup tahini (sesame paste)
- 6 Tbs. freshly squeezed lemon juice
- 6 – 10 dashes Tabasco sauce
- Salt, to taste
- Water
- Veggies and/or crackers, for serving

Directions:

1. In a food processor, combine drained chickpeas, pepper, and cumin. Pulse until contents are minced.
2. Add the remaining ingredients to the food processor and process until coarsely pureed.
3. Adjust consistency using water and process until smooth and spreadable.
4. Salt to taste. Taste and adjust seasonings.
5. Chill or serve at room temperature.

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