

pear before the second year. The leaves can be eaten raw after they have been peeled and the roots are excellent in stews or cooked by themselves.

As a fresh vegetable, take the first-year leaves, peel off the skin and eat them raw with a little salt if desired. As a cooked vegetable, they are best in a stew. Take the roots, clean and scrape them and split them four ways. Use them in a stew as you would normally use carrots or parsnips.

Another weed that is greatly overlooked as a natural food is the Great Burdock. They are a familiar nuisance because of their nasty habit of attaching themselves to your pants or your dog when brushing against them. Some varieties are even cultivated in Japan and the Far East where they are highly prized as food.

In gathering it for food, it is wise to look for the first-year's roots as they are milder in taste. The first-year plant is easily recognized by the biennial stems which have no flowers or burrs. Because it is easily distinguished and cannot be mistaken for anything else, it makes excellent survival food for hikers and hunters lost in the bush.

The tender roots are prepared the same way you would peel a parsnip. Sliced, they make an excellent potherb. If picked early enough, the young leaves can be boiled and served as greens. The rapidly growing flower stalk is the tastiest part of the plant, but every bit of the bitter skin must first be removed by peeling. The pith of the flower stalks

One plant that is certainly overlooked as a source of natural food is the Thistle, for a very obvious reason. Despite the unlikely appearance for an edible plant, this rough-looking vegetable makes a dandy dish when properly prepared. It should be no problem finding enough for a meal as they are a widespread pest in pastures and along roadsides on Prince Edward Island.

As a fresh vegetable, the leaves are edible after the prickles have been removed. Wear gloves! It can be eaten either cooked or raw. The stalks are also edible after the tough skin has been peeled off. A nice salad can be made out of young thistle leaves, hard-boiled eggs and sliced tomatoes.

If you find yourself lost in the woods without food, you can skin the stalks, cut them into two-inch pieces and boil them in salted water. Many an outdoorsman has survived for weeks by using thistles both as a diet and material for making fishing lines and snares.

The Dandelion, a well-known pest on Island lawns, is one of the first wild edibles to appear in the spring. The tender young leaves are excellent in a salad or eaten raw. Later in the spring they become bitter and must be cooked in two lots of water to remove the bitterness.

They are one of the most commonly eaten wild plants and are well known for their high vitamin A content. The plants contain 25 times more vitamin A than tomato juice and 50 times more than asparagus.

Used as a fresh vegetable, the young dandelion leaves impart a nice delicate flavor to a salad. Clean and wash them under cold running water, add to a tossed salad and moisten with a little corn or maple syrup for sweetness. They also make a good tea. For a strong tea that is good for colds, simmer the leaves for about 10 minutes.

If you are one of those people who still removes this weed from your



THISTLE