



In her DVD on Wild Food, Linda Runyon states, “Of all the plants in the world, I revere this the most...” The taste is more enjoyable than spinach, and is second only to Amaranth in high nutritional content. Half a cup to a full cup of Lambs Quarters will yield an entire meal in vitamins and minerals. The new leaves have a powdery whitish coloring or lavender tinged powder near the center of the top of the leaves, and it is native to North America; the dessert variety is a bluer grey green color, but identical in taste to the flavor found throughout the Midwest and Eastern states. Other names for this plant include goose foot, pigweed, and wild spinach.

In her book on Wild Food, Linda cautions the foraging of this plant to be vigilant and aware that there is a poisonous look alike called Nettleleaf Goosefoot, but this poisonous look alike would never pass the first test of wild food foraging, that of crushing the leaf and smelling it. The “rank odor” would immediately identify the poisonous plant as being non-edible. Remember Linda’s three wild food foraging tests:

- 1) Crush and smell the plant; if it smells offensive, it is not good for food
- 2) If the plant passes the first test, rub a small amount on your teeth
- 3) If there is no burning or itching of your gums in the next 20 minutes, take a small piece and make a cup of tea with it; if there is no unpleasant response after 20 minutes, you have an edible plant 😊



This plant is *delicious*! I have now transplanted several of these into my garden so that I may enjoy it in my own back yard.