

Field of Greens

Digging Deep with Cynthia Brian

"Sitting quietly, doing nothing, Spring comes, and the grass grows by itself." Zen Saying

By Cynthia Brian



Tender, spicy shoots of wild arugula....Cynthia's favorite forage. Photos Cynthia Brian

All winter long the Lamorinda hillsides struggled to shed their golden grasses as they thirsted for showers of life giving rain. Finally the precipitation carpeted the landscape in lush emeralds where grass seeds sprouted producing weeds that feed.

My husband believes that I was born to be a bunny. Not the curvy sirens published in the pages of men's magazines, but the hungry hares hopping over hillsides breakfasting in our backyards.

Yes, I confess. I eat weeds. I am a forager. Everyday I scour my property for edible flowers and leaves. I've never met a field of greens that I haven't snipped, sampled, and savored.

Both wild and propagated, I assure you that you, too, can fill your pantry with nutritious, delicious fresh herbs, lettuces, shoots, leaves, and vegetative discoveries if you take the time to get to know the genuine food of nature.

In my obsession to get you up, out, and gardening this year, I aim to introduce you to the scrumptious salad bowl of edible weeds awaiting your dressing.

First, a cautionary warning: Before eating an unknown plant, make sure to definitely identify it to be certain that it doesn't contain poisonous or irritant properties. Poison hemlock and wild carrot truly look alike, especially to the untrained eye. Hemlock killed Socrates and it can kill you. ... continued on page D8

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