



NATIVE PLANT RECIPES

NEVER FORAGE FOR MORE THAN YOU NEED
LEAVE ENDANGERED PLANTS ALONE
CONSULT A PLANT IDENTIFICATION GUIDE BEFORE EATING
ANYTHING
DO NOT STRAY OFF MARKED TRAILS
DO NOT FORAGE ON PUBLIC LAND OR SOMEONE ELSE'S
PROPERTY WITHOUT PERMISSION

Mains

Alpine Parsley Pesto Pasta

Ingredients:

- 2 cups fresh mountain alpine parsley leaves, washed and dried
- 1/2 cup grated Parmesan cheese
- 1/3 cup pine nuts, toasted
- 2 cloves garlic, peeled
- 1/2 cup extra virgin olive oil
- Salt and pepper to taste
- 12 ounces pasta of your choice (linguine or spaghetti works well)
- Additional Parmesan cheese for serving (optional)
- Fresh parsley leaves for garnish (optional)

Instructions:

1. Prepare the Pesto:

1. In a food processor, combine the mountain alpine parsley leaves, grated Parmesan cheese, toasted pine nuts, and garlic cloves.
2. Pulse until the ingredients are finely chopped and well combined.
3. With the food processor running, slowly drizzle in the olive oil until the pesto reaches your desired consistency.
4. Season with salt and pepper to taste. Set aside.

2. Cook the Pasta:

1. Bring a large pot of salted water to a boil.
2. Cook the pasta according to the package instructions until al dente.
3. Reserve about 1/2 cup of pasta cooking water, then drain the pasta.

3. Combine Pasta and Pesto:

1. In a large bowl, toss the cooked pasta with the prepared alpine parsley pesto until well coated.
2. If the pesto is too thick, gradually add some of the reserved pasta cooking water to thin it out and help it adhere to the pasta.

4. Serve:

1. Divide the pesto-coated pasta among serving plates.
2. Garnish with additional grated Parmesan cheese and fresh parsley leaves if desired.
3. Serve immediately, accompanied by crusty bread or a green salad, for a delightful meal showcasing the vibrant flavors of mountain alpine parsley.

Weber's Monkeyflower Salad

Ingredients:

- 2 cups Weber's monkeyflower leaves, washed and patted dry
- 1 cup cherry tomatoes, halved
- 1/4 cup red onion, thinly sliced
- 1/4 cup crumbled feta cheese
- 2 tablespoons balsamic vinegar
- 2 tablespoons extra virgin olive oil
- Salt and pepper to taste
- Optional: toasted nuts or seeds for added crunch

Instructions:

1. Prepare the Monkeyflower Leaves:

1. Trim any tough stems from the Weber's monkeyflower leaves.
2. Tear the leaves into bite-sized pieces and place them in a large salad bowl.

2. Add Toppings:

1. Add the halved cherry tomatoes and thinly sliced red onion to the salad bowl.
2. Sprinkle crumbled feta cheese over the salad ingredients.
3. If desired, add a handful of toasted nuts or seeds for extra texture and flavor.

3. Dress the Salad:

1. In a small bowl, whisk together the balsamic vinegar and extra virgin olive oil to make the dressing.
2. Drizzle the dressing over the salad ingredients.
3. Season with salt and pepper to taste.

4. Toss and Serve:

1. Gently toss the salad until the ingredients are evenly coated with the dressing.
2. Transfer the salad to serving plates or a large platter.
3. Serve immediately as a refreshing and flavorful side dish or light meal.

This Weber's Monkeyflower Salad is a vibrant and nutritious dish that highlights the unique taste of this wild edible plant. Enjoy the fresh flavors of the monkeyflower leaves paired with juicy cherry tomatoes, tangy feta cheese, and a balsamic vinaigrette dressing for a delightful culinary experience!

Wild Garlic and Nettle Soup

Ingredients:

- 2 cups young nettle leaves, washed and chopped
- 1 cup wild garlic leaves, chopped
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 4 cups vegetable or chicken broth
- 1 potato, diced
- 1/2 cup heavy cream (optional)
- Salt and pepper to taste
- Olive oil for sautéing

Instructions:

1. In a large pot, heat olive oil over medium heat. Add the onion and minced garlic, sauté until softened.
2. Add the diced potato and cook for another 5 minutes.
3. Pour in the broth and bring to a simmer. Add the nettle and wild garlic leaves, simmer for 10-15 minutes until the vegetables are tender.
4. Using an immersion blender or food processor, blend the soup until smooth.
5. If using, stir in the heavy cream for added richness. Season with salt and pepper to taste.
6. Serve hot, garnished with a drizzle of olive oil and freshly chopped herbs if desired.

Rocky Mountain Berry Salad

Ingredients:

- 2 cups mixed wild berries (such as raspberries, strawberries, and wild blueberries)
- 1 cup arugula or mixed salad greens
- 1/4 cup toasted pine nuts
- 1/4 cup crumbled goat cheese
- Edible flowers for garnish (optional)

For the Dressing:

- 2 tablespoons balsamic vinegar
- 1 tablespoon honey
- 1/4 cup extra virgin olive oil
- Salt and pepper to taste

Instructions:

1. In a small bowl, whisk together balsamic vinegar, honey, and olive oil to make the dressing. Season with salt and pepper to taste.
2. In a large salad bowl, combine the mixed berries and arugula.
3. Drizzle the dressing over the salad and toss gently to coat.
4. Sprinkle toasted pine nuts and crumbled goat cheese over the salad.
5. Garnish with edible flowers for an extra pop of color.
6. Serve immediately as a refreshing side dish or light meal.

Dandelion Greens and Quinoa Salad

Ingredients:

- 2 cups cooked quinoa
- 2 cups fresh dandelion greens, washed and chopped
- 1/2 cup cherry tomatoes, halved
- 1/4 cup red onion, thinly sliced
- 1/4 cup feta cheese, crumbled
- 2 tablespoons lemon juice
- 2 tablespoons extra virgin olive oil
- Salt and pepper to taste

Instructions:

1. In a large bowl, combine cooked quinoa, chopped dandelion greens, cherry tomatoes, and red onion.
2. In a small bowl, whisk together lemon juice, olive oil, salt, and pepper to make the dressing.
3. Pour the dressing over the salad and toss gently to combine.
4. Sprinkle crumbled feta cheese over the salad before serving.
5. Serve chilled or at room temperature as a nutritious and flavorful salad option.

Western Tansymustard and Potato Hash

Ingredients:

- 2 cups Western Tansymustard leaves, washed and chopped
- 2 medium potatoes, diced into small cubes
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 2 tablespoons olive oil
- 1 teaspoon smoked paprika
- 1/2 teaspoon ground cumin
- Salt and pepper to taste
- Optional: chopped fresh herbs (such as parsley or chives) for garnish

1. Prepare the Potatoes:

1. Heat 1 tablespoon of olive oil in a large skillet over medium heat.
2. Add the diced potatoes to the skillet and cook, stirring occasionally, until they are golden brown and crispy on the outside and tender on the inside. This should take about 10-12 minutes. Once cooked, transfer the potatoes to a plate and set aside.

2. Cook the Western Tansymustard:

1. In the same skillet, add the remaining tablespoon of olive oil.
2. Add the chopped onion and minced garlic to the skillet and sauté until the onion is translucent and fragrant, about 2-3 minutes.
3. Add the chopped Western Tansymustard leaves to the skillet and cook, stirring frequently, until they are wilted and tender, about 3-4 minutes.

3. Combine Ingredients:

1. Return the cooked potatoes to the skillet with the wilted Western Tansymustard leaves.
2. Sprinkle the smoked paprika and ground cumin over the mixture.
3. Season with salt and pepper to taste.
4. Stir everything together until the potatoes and Western Tansymustard are well combined and heated through.

4. Serve:

1. Transfer the Western Tansymustard and potato hash to a serving dish.
2. Garnish with chopped fresh herbs, if desired.
3. Serve hot as a flavorful and satisfying side dish or main course for breakfast, brunch, or dinner.

Chicken and Salsify Stir-Fry

Ingredients:

- 2 boneless, skinless chicken breasts, thinly sliced
- 1 bunch of salsify, peeled and thinly sliced
- 2 cloves garlic, minced
- 1-inch piece of ginger, minced
- 1 bell pepper, thinly sliced
- 1 small onion, thinly sliced
- 2 tablespoons soy sauce
- 1 tablespoon oyster sauce
- 1 tablespoon hoisin sauce
- 1 teaspoon sesame oil
- 2 tablespoons vegetable oil
- Salt and pepper to taste
- Cooked rice or noodles for serving
- Sesame seeds and chopped green onions for garnish

Instructions:

1. Prep the Ingredients:

1. Thinly slice the chicken breasts and set aside.
2. Peel and thinly slice the salsify. If you're not familiar with salsify, it's similar in appearance to a skinny parsnip or a long, thin carrot with a creamy white interior. Make sure to peel it before slicing as the skin can be tough.
3. Mince the garlic and ginger. Slice the bell pepper and onion. Set aside.

2. Make the Sauce:

1. In a small bowl, mix together the soy sauce, oyster sauce, hoisin sauce, and sesame oil. Set aside.

3. Cook the Chicken and Salsify:

1. Heat one tablespoon of vegetable oil in a large skillet or wok over medium-high heat.
2. Add the sliced chicken and cook until browned and cooked through, about 3-4 minutes per side. Remove from the skillet and set aside.
3. In the same skillet, add another tablespoon of vegetable oil.
4. Add the sliced salsify and cook, stirring frequently, until slightly tender, about 4-5 minutes.
5. Add the minced garlic and ginger to the skillet and cook for another 1-2 minutes, until fragrant.

4. Stir-Fry:

1. Return the cooked chicken to the skillet with the salsify.
2. Add the sliced bell pepper and onion to the skillet.
3. Pour the prepared sauce over the chicken and vegetables.
4. Stir-fry everything together until the sauce coats the chicken and vegetables evenly and everything is heated through.
5. Season with salt and pepper to taste.

5. Serve:

1. Serve the chicken and salsify stir-fry hot over cooked rice or noodles.
2. Garnish with sesame seeds and chopped green onions for extra flavor and visual appeal.
3. Enjoy your delicious and nutritious Chicken and Salsify Stir-Fry!

This recipe combines tender chicken with the unique flavor and texture of salsify, all tossed in a savory and aromatic sauce. It's a quick and easy stir-fry that's perfect for a flavorful weeknight dinner!

Weber's Monkeyflower and Prosciutto-Wrapped Stuffed Chicken Breast with Lemon Herb Sauce

Ingredients:

For the Stuffed Chicken Breast:

- 4 large chicken breasts, boneless and skinless
- 6 slices prosciutto
- 1 cup Weber's monkeyflower leaves, cleaned and finely chopped
- 1 cup ricotta cheese
- 1/2 cup grated Parmesan cheese
- 1/4 cup pine nuts, toasted
- 1/4 cup sun-dried tomatoes, chopped
- 2 cloves garlic, minced
- 1 tbsp fresh basil, chopped
- 1 tbsp fresh thyme, chopped
- 1 egg yolk
- Salt and freshly ground black pepper
- Olive oil for brushing

For the Lemon Herb Sauce:

- 1 cup chicken broth
- 1/2 cup dry white wine
- 1/4 cup freshly squeezed lemon juice
- 1 tbsp lemon zest
- 1 tbsp fresh parsley, chopped
- 1 tbsp fresh thyme, chopped
- 1 tbsp unsalted butter
- 1 tsp cornstarch mixed with 1 tbsp water (for thickening)
- Salt and freshly ground black pepper to taste

For Serving:

- Roasted fingerling potatoes
- Steamed asparagus
- Lemon wedges for garnish

Instructions:

1. Prepare the Stuffing:

In a bowl, mix together the chopped Weber's monkeyflower, ricotta cheese, Parmesan cheese, toasted pine nuts, chopped sun-dried tomatoes, minced garlic, basil, thyme, and egg yolk. Season with salt and pepper. Set aside.

2. Prepare the Chicken Breasts:

Preheat your oven to 375°F (190°C). Place each chicken breast between two sheets of plastic wrap. Using a meat mallet or rolling pin, gently pound the chicken to an even thickness, about 1/2 inch thick.

3. Stuff the Chicken:

Spoon the stuffing mixture evenly onto the center of each chicken breast. Carefully roll up each chicken breast tightly, securing with kitchen twine or toothpicks if necessary. Wrap each stuffed chicken breast with prosciutto slices, overlapping slightly to cover the entire breast. Brush lightly with olive oil.

4. Sear and Roast the Chicken:

Heat a large ovenproof skillet over medium-high heat. Add a little olive oil and sear the prosciutto-wrapped chicken on all sides until golden brown, about 4-5 minutes per side. Transfer the skillet to the preheated oven and roast for 20-25 minutes, or until the internal temperature reaches 165°F (74°C). Let the chicken rest for 5-10 minutes before slicing.

5. Make the Lemon Herb Sauce:

In a saucepan, combine the chicken broth, white wine, lemon juice, and lemon zest. Bring to a boil, then reduce heat and simmer for 10 minutes. Stir in the fresh parsley and thyme. Mix the cornstarch with water and add to the sauce, stirring until thickened. Remove from heat and stir in the butter. Season with salt and pepper to taste.

6. Prepare the Sides:

While the chicken is roasting, prepare the roasted fingerling potatoes and steamed asparagus.

7. Serve:

Slice the stuffed chicken breasts into medallions. Arrange on a platter or individual plates with roasted fingerling potatoes and steamed asparagus. Drizzle with lemon herb sauce and garnish with lemon wedges and additional fresh herbs if desired.

This dish combines the distinctive flavor of Weber's monkeyflower with the rich taste of prosciutto and creamy cheese, all enhanced by a zesty lemon herb sauce. It's a sophisticated and complex main course perfect for special occasions. Enjoy!

Desserts

Thimbleberry Swirl Ice Cream

Ingredients:

For the Thimbleberry Swirl:

- 1 cup fresh thimbleberries
- 1/4 cup granulated sugar
- 1 tablespoon lemon juice

For the Ice Cream Base:

- 2 cups heavy cream
- 1 cup whole milk
- 3/4 cup granulated sugar
- 4 large egg yolks
- 1 teaspoon vanilla extract

Instructions:

1. Prepare the Thimbleberry Swirl:

1. In a small saucepan, combine the thimbleberries, granulated sugar, and lemon juice.
2. Cook over medium heat, stirring occasionally, until the berries break down and the mixture thickens slightly, about 8-10 minutes.
3. Remove from heat and let the mixture cool completely. Once cooled, strain through a fine-mesh sieve to remove the seeds. Set aside.

2. Make the Ice Cream Base:

1. In a medium saucepan, combine the heavy cream, whole milk, and granulated sugar.
2. Cook over medium heat, stirring occasionally, until the mixture begins to steam but is not boiling.
3. In a separate bowl, whisk the egg yolks until smooth.
4. Gradually whisk a small amount of the hot cream mixture into the egg yolks to temper them.
5. Pour the tempered egg yolk mixture back into the saucepan with the remaining cream mixture, stirring constantly.
6. Cook over medium heat, stirring constantly, until the mixture thickens enough to coat the back of a spoon, about 5-7 minutes. Do not let it boil.
7. Remove from heat and stir in the vanilla extract. Let the mixture cool to room temperature.

3. Churn the Ice Cream:

1. Once the ice cream base has cooled, transfer it to an ice cream maker and churn according to the manufacturer's instructions until it reaches a soft-serve consistency.
2. While the ice cream is churning, place a shallow container in the freezer to chill.

3. Once the ice cream reaches the desired consistency, spoon a layer of the churned ice cream into the chilled container, then drizzle some of the thimbleberry swirl on top.
4. Repeat layering the ice cream and thimbleberry swirl until all of the components are used, ending with a final layer of thimbleberry swirl on top.
5. Use a knife or skewer to gently swirl the thimbleberry mixture into the ice cream.
6. Cover the container with plastic wrap or a lid and freeze for at least 4-6 hours, or until the ice cream is firm.

4. Serve:

1. Once the ice cream is fully frozen, scoop it into bowls or cones.
2. Garnish with fresh thimbleberries or a sprig of mint, if desired.
3. Serve and enjoy this delightful Thimbleberry Swirl Ice Cream on a hot summer day!

This Thimbleberry Swirl Ice Cream captures the essence of summer with its creamy texture and bursts of tangy thimbleberry flavor. It's a perfect treat to enjoy on its own or as a refreshing dessert after a meal.

Glacier Lily Panna Cotta

Ingredients:

For the Panna Cotta:

- 2 cups heavy cream
- 1/2 cup granulated sugar
- 1 teaspoon vanilla extract
- 2 teaspoons powdered gelatin
- 2 tablespoons cold water
- Glacier lily petals, washed and dried

For the Glacier Lily Syrup:

- 1/2 cup water
- 1/2 cup granulated sugar
- 1/2 cup glacier lily petals, washed and dried

Instructions:

1. Prepare the Panna Cotta:

1. In a saucepan, heat the heavy cream and sugar over medium heat, stirring occasionally, until the sugar has dissolved. Do not let it boil.
2. Remove the saucepan from the heat and stir in the vanilla extract.
3. In a small bowl, sprinkle the powdered gelatin over the cold water and let it sit for about 5 minutes to bloom.
4. Once the gelatin has bloomed, add it to the warm cream mixture and stir until the gelatin has completely dissolved.
5. Strain the mixture through a fine-mesh sieve to remove any lumps.
6. Arrange glacier lily petals in the bottom of serving glasses or ramekins.
7. Carefully pour the cream mixture over the glacier lily petals, dividing it evenly among the glasses.
8. Refrigerate the panna cotta for at least 4 hours, or until set.

2. Make the Glacier Lily Syrup:

1. In a small saucepan, combine water and sugar. Heat over medium heat, stirring occasionally, until the sugar has dissolved.
2. Add glacier lily petals to the saucepan and simmer for 5 minutes.
3. Remove from heat and let the syrup cool completely.
4. Once cooled, strain the syrup through a fine-mesh sieve to remove the glacier lily petals.

3. Serve:

1. To serve, drizzle the chilled panna cotta with the glacier lily syrup.
2. Garnish with additional glacier lily petals for a beautiful presentation.
3. Enjoy the delicate and floral flavors of this Glacier Lily Panna Cotta!

This dessert highlights the subtle and floral flavor of glacier lilies in a creamy and elegant panna cotta. It's a perfect way to showcase the unique taste of these mountain wildflowers.

Alpine Parsley Lemon Bars

Ingredients:

For the Crust:

- 1 cup all-purpose flour
- 1/4 cup powdered sugar
- 1/2 cup unsalted butter, softened

For the Filling:

- 3 large eggs
- 1 cup granulated sugar
- 1/4 cup fresh lemon juice
- 1 tablespoon lemon zest
- 2 tablespoons finely chopped alpine parsley leaves
- 2 tablespoons all-purpose flour
- 1/2 teaspoon baking powder
- Powdered sugar, for dusting

Instructions:

1. Preheat the Oven and Prepare the Pan:

1. Preheat your oven to 350°F (175°C). Grease an 8x8-inch baking dish or line it with parchment paper, leaving an overhang on two sides for easy removal.

2. Make the Crust:

1. In a mixing bowl, combine the flour and powdered sugar. Add the softened butter and mix until a dough forms.
2. Press the dough evenly into the bottom of the prepared baking dish.
3. Bake the crust in the preheated oven for 15-20 minutes, or until lightly golden brown.

3. Prepare the Filling:

1. In another mixing bowl, whisk together the eggs, granulated sugar, lemon juice, lemon zest, and finely chopped alpine parsley leaves until well combined.
2. In a separate bowl, sift together the flour and baking powder. Gradually add the flour mixture to the egg mixture, stirring until smooth.

4. Assemble and Bake:

1. Pour the filling over the baked crust, spreading it out evenly.

2. Return the baking dish to the oven and bake for an additional 20-25 minutes, or until the filling is set and the edges are golden brown.
3. Remove from the oven and let cool completely in the baking dish.

5. Serve:

1. Once cooled, use the parchment paper overhang to lift the lemon bars out of the baking dish.
2. Dust the top with powdered sugar.
3. Cut into squares or bars.
4. Serve the Alpine Parsley Lemon Bars as a unique and refreshing dessert, perfect for any occasion.

These Alpine Parsley Lemon Bars offer a delightful blend of tangy lemon flavor with a hint of freshness from the alpine parsley, creating a unique and memorable dessert experience. Enjoy the unexpected harmony of flavors in every bite!

Serviceberry Crumble Bars

Ingredients:

For the Crust and Crumble Topping:

- 1 1/2 cups all-purpose flour
- 1/2 cup granulated sugar
- 1/4 teaspoon baking powder
- 1/4 teaspoon salt
- 1/2 cup unsalted butter, cold and cubed
- 1 teaspoon vanilla extract

For the Filling:

- 2 cups fresh serviceberries, washed
- 1/4 cup granulated sugar
- 1 tablespoon cornstarch
- 1 tablespoon fresh lemon juice
- Zest of 1 lemon

Instructions:

1. Preheat the Oven and Prepare the Pan:

1. Preheat your oven to 350°F (175°C). Grease an 8x8-inch baking dish or line it with parchment paper, leaving an overhang on two sides for easy removal.

2. Make the Crust and Crumble Topping:

1. In a large mixing bowl, whisk together the flour, granulated sugar, baking powder, and salt.
2. Add the cold, cubed butter to the flour mixture. Using a pastry cutter or your fingers, work the butter into the flour mixture until it resembles coarse crumbs.
3. Stir in the vanilla extract until the mixture is evenly combined.
4. Reserve about 3/4 cup of the mixture for the crumble topping. Press the remaining mixture evenly into the bottom of the prepared baking dish.

3. Prepare the Filling:

1. In another mixing bowl, combine the fresh serviceberries, granulated sugar, cornstarch, lemon juice, and lemon zest. Toss until the serviceberries are evenly coated.

4. Assemble the Bars:

1. Spread the prepared serviceberry filling evenly over the crust in the baking dish.
2. Sprinkle the reserved crumble topping evenly over the serviceberry filling.

5. Bake:

1. Place the baking dish in the preheated oven and bake for 35-40 minutes, or until the crust and crumble topping are golden brown and the filling is bubbling.
2. Remove from the oven and let the bars cool completely in the baking dish on a wire rack.

6. Serve:

1. Once cooled, use the parchment paper overhang to lift the bars out of the baking dish.
2. Transfer to a cutting board and cut into squares or bars.
3. Serve the Serviceberry Crumble Bars as a delightful dessert or snack.
4. Optionally, serve with a scoop of vanilla ice cream or a dollop of whipped cream.

These Serviceberry Crumble Bars are a perfect way to showcase the sweet and tangy flavor of serviceberries in a delightful dessert that's perfect for any occasion. Enjoy the taste of summer with these irresistible bars!

Starters

Western Tansymustard Pesto Crostini

Ingredients:

For the Western Tansymustard Pesto:

- 2 cups Western Tansymustard leaves, washed and dried
- 1/4 cup pine nuts, toasted
- 2 cloves garlic, peeled
- 1/4 cup grated Parmesan cheese
- 1/2 cup extra virgin olive oil
- Salt and pepper to taste

For the Crostini:

- 1 French baguette, sliced into 1/2-inch thick rounds
- 2 tablespoons extra virgin olive oil
- Salt and pepper to taste

Optional Garnishes:

- Cherry tomatoes, halved
- Fresh basil leaves
- Grated Parmesan cheese

Instructions:

1. Prepare the Western Tansymustard Pesto:

1. In a food processor, combine the Western Tansymustard leaves, toasted pine nuts, garlic cloves, and grated Parmesan cheese.
2. Pulse until the ingredients are finely chopped and well combined.
3. With the food processor running, gradually drizzle in the olive oil until the pesto reaches your desired consistency.
4. Season with salt and pepper to taste. Set aside.

2. Make the Crostini:

1. Preheat your oven to 375°F (190°C). Line a baking sheet with parchment paper.
2. Arrange the baguette slices on the prepared baking sheet in a single layer.
3. Brush the tops of the baguette slices with olive oil and sprinkle with salt and pepper.
4. Bake in the preheated oven for 10-12 minutes, or until the crostini are golden brown and crispy.
5. Remove from the oven and let cool slightly.

3. Assemble the Crostini:

1. Spread a generous amount of the Western Tansymustard pesto onto each crostini.
2. If desired, garnish each crostini with a halved cherry tomato, fresh basil leaves, or grated Parmesan cheese for extra flavor and visual appeal.

These Western Tansymustard Pesto Crostini offer a unique twist on a classic appetizer, showcasing the distinct flavor of Western Tansymustard in a delightful pesto spread. Enjoy the bold and herbaceous taste of this wild edible plant with every bite!

Wild Ramp and Potato Latkes

Ingredients:

- 2 cups grated potatoes
- 1 cup chopped wild ramps
- 1 small onion, grated
- 2 eggs, beaten
- 2 tablespoons all-purpose flour
- Salt and pepper to taste
- Vegetable oil for frying
- Sour cream or applesauce for serving

Instructions:

1. In a large bowl, combine grated potatoes, chopped wild ramps, grated onion, beaten eggs, flour, salt, and pepper.
2. Heat vegetable oil in a skillet over medium heat.
3. Drop spoonfuls of the potato mixture into the hot oil and flatten with a spatula.
4. Fry until golden brown and crispy on both sides, about 3-4 minutes per side.
5. Remove from the skillet and drain on paper towels.
6. Serve the latkes hot with sour cream or applesauce on the side.

Wild Mushroom and Swiss Chard Tartlets

Ingredients:

- 1 sheet puff pastry, thawed
- 1 cup chopped wild mushrooms (such as morels or chanterelles)
- 1 cup chopped Swiss chard leaves
- 1 small shallot, minced
- 2 cloves garlic, minced
- 1 tablespoon olive oil
- Salt and pepper to taste
- 1/2 cup shredded Gruyere cheese
- Fresh thyme leaves for garnish

Instructions:

1. Preheat the oven to 400°F (200°C). Grease a mini muffin tin.
2. Roll out the puff pastry and cut into small squares to fit into the muffin tin.
3. Press the pastry squares into the muffin tin.
4. In a skillet, heat olive oil over medium heat. Add shallot and garlic, cook until softened.
5. Add chopped wild mushrooms and Swiss chard leaves to the skillet. Cook until mushrooms are browned and chard is wilted.
6. Season with salt and pepper to taste.
7. Spoon the mushroom and chard mixture into the pastry-lined muffin tin.
8. Top each tartlet with shredded Gruyere cheese.
9. Bake in the preheated oven for 15-20 minutes, or until the pastry is golden brown and the cheese is melted and bubbly.
10. Remove from the oven and let cool slightly before serving.
11. Garnish with fresh thyme leaves before serving.

Nettle and Potato Soup Shooters

Ingredients:

- 2 cups chopped nettles, blanched and drained
- 1 tablespoon olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 2 cups diced potatoes
- 4 cups vegetable broth
- Salt and pepper to taste
- Sour cream and chives for garnish

Instructions:

1. In a large pot, heat olive oil over medium heat. Add chopped onion and garlic, and cook until softened.
2. Add diced potatoes and vegetable broth to the pot. Bring to a boil, then reduce heat and simmer until potatoes are tender.
3. Add blanched nettles to the pot and cook for another 2-3 minutes.
4. Use an immersion blender to puree the soup until smooth.
5. Season with salt and pepper to taste.
6. Ladle the soup into shot glasses or small cups.
7. Garnish each shooter with a dollop of sour cream and chopped chives.
8. Serve immediately as a warm and comforting appetizer.

These appetizer recipes showcase the diverse range of edible plants found in Northern Colorado, offering delicious and creative ways to incorporate local flavors into your culinary repertoire. Enjoy exploring the natural bounty of the region!

Quick Appetizer Ideas

1. Wild Garlic Hummus

- Blend cooked chickpeas, tahini, lemon juice, garlic, and olive oil in a food processor.
- Add a handful of chopped wild garlic leaves for a unique twist on classic hummus.
- Serve with pita bread, crackers, or vegetable sticks.

2. Dandelion Fritters

- Dip dandelion flowers in a batter made from flour, eggs, and milk seasoned with salt and pepper.
- Fry until golden brown and crispy.
- Serve with a dipping sauce made from Greek yogurt, lemon juice, and chopped herbs.

3. Nettle and Potato Croquettes

- Cook and mash potatoes, then mix in blanched nettle leaves, grated cheese, and seasonings.
- Form into croquettes, coat with breadcrumbs, and shallow fry until golden and crispy.
- Serve with a tangy dipping sauce.

4. Wild Berry Bruschetta

- Toast slices of baguette and top with a mixture of chopped wild berries, balsamic vinegar, honey, and chopped mint.
- Garnish with a sprinkle of goat cheese or ricotta and fresh basil leaves.

5. Elderflower Goat Cheese Spread

- Mix softened goat cheese with finely chopped elderflower blossoms, lemon zest, and a drizzle of honey.
- Serve with crackers or crusty bread.

6. Pine Needle-Roasted Almonds

- Toss whole almonds with olive oil, chopped pine needles, sea salt, and a pinch of cayenne pepper.
- Roast in the oven until fragrant and golden brown.
- Serve as a crunchy and aromatic appetizer.

7. Thimbleberry and Brie Crostini

- Spread slices of baguette with creamy Brie cheese.
- Top with fresh thimbleberries and a drizzle of honey.
- Broil until the cheese is melted and bubbly.
- Garnish with chopped thyme or rosemary.

8. Wild Onion and Chive Dip

- Mix softened cream cheese with finely chopped wild onions and chives.
- Season with salt, pepper, and a squeeze of lemon juice.

- Serve with crudité or breadsticks.

9. Serviceberry Salsa

- Combine diced serviceberries, tomatoes, onions, jalapeños, cilantro, lime juice, and salt.
- Serve with tortilla chips for a refreshing and tangy-sweet appetizer.

10. Alpine Parsley and Walnut Pesto Crostini

- Blend Alpine parsley leaves, toasted walnuts, garlic, Parmesan cheese, and olive oil in a food processor until smooth.
- Spread the pesto onto crostini and top with a slice of roasted red pepper or sun-dried tomato for extra flavor and color.

These appetizer recipes highlight the diverse range of edible plants found in Northern Colorado, offering delicious and creative ways to incorporate local flavors into your culinary creations. Enjoy exploring the natural bounty of the region!