



Burdock Chips

Makes 4 servings

INGREDIENTS

**2 lb of burdock
root**

2 tbsp olive oil

1 tsp salt

1 tsp pepper

INSTRUCTIONS

Preheat oven to 400°F.

Wash burdock roots well to remove any dirt and grit, then slice lengthwise into thin wedges.

Place wedges into a bowl and toss with olive oil, salt, and pepper.

Spread wedges on a sheet pan, cut sides down.

Roast for 15 minutes or until golden on one side, then flip. Return to the oven for another 10-15 minutes, or until desired crispiness.

By Grow Forage Cook Ferment

Try with Catfish Taco!

Common Burdock

(*Arctium minus*)



ID Characteristics

- Biennial plant: the first year, the large wavy leaves are arranged in a rosette and somewhat resemble rhubarb. It bolts on its second year, and sends up a tall flower stalk
- Thick, fleshy taproot
- Globe-shaped purple flowers, covered in hooked green bristles

Fun Fact

Burdock burs inspired the invention of Velcro!

Vectors of Spread

- The burrs hook onto animal fur, clothing and gear and can travel 10+km.
- Common Burdock plants produce 6,000-16,000 seeds per plant, and the burrs can stay on animals for several weeks.

Impacts

- Common Burdock is a host for powdery mildew and root rot; if they grow near gardens or fields, they run the chance of contaminating the nearby crops or ornamental plants.
- It outcompetes native species by reducing the amount of soil moisture, nutrients and light available to them.
- Bats can become entangled in the burrs and die.