



Braised Burdock Root

Serves 4

INGREDIENTS

**1 lb Burdock root, sliced
thinly on the diagonal**

1 tbs olive oil

1 small onion

1 tbs soy sauce

1/4 cup vinegar

1/2 cup water or stock

2 tbs miso or bouillon

1 tbs honey

INSTRUCTIONS

Heat olive oil and sauté onion and burdock roots.

Add remaining ingredients and simmer, covered, until Burdock is tender.

Uncover and continue to simmer until the liquid has evaporated.

Serve with white rice and marinated chicken (or tofu!).

Recipe by Bibi Snelderwaard Brion
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Common Burdock

(*Arctium minus*)

ID Characteristics

- Burdock is a biennial plant: it forms a rosette of leaves the first year, before bolting and going to seed the second year.
- Purple flowers on green circular burs with hooked, prickly bristles.
- Eventually, the flowers turn into brown burs which stick to everything (and were the inspiration for velcro!)
- Leaves are large and heart-shaped, with wavy edges. Sometimes confused for rhubarb.
- Burdock has a thick, fleshy taproot

Lookalikes

- Not to be confused with rhubarb, which has shinier leaves and red stems. Rhubarb also flowers much earlier in the season than Burdock.

Vectors of Spread

- Burred seeds stick to animals, clothing, and gear, and can easily be carried great distances.

Impacts

- Burdock's large leaves shade out and outcompete native vegetation.
- There have been occasional incidences where birds and bats have become entangled in the burs and died.
- Burdock crowds out forage grasses in pastures.
- Livestock willingly eat Burdock, but it taints milk products.
- Burdock hosts powdery mildew and root rot, which can spread to farmers' crops and gardens.
- Burs can become entangled in horses' manes and sheep's wool, damaging their quality and reducing their value.