

## **Cooking: Cattails**

Peel like an ear of corn,  
**Blanch in boiling salted water for  
3 minutes**, drain and then  
**Finish in butter over low heat**

## **Cooking : Milkweed**

**\*\*\*It is necessary to cook milkweed  
before eating\*\*\***

- **The shoot** (like a spear of asparagus)
- **The ‘Brocoli’** (unopened flowers)
- **The pod or fruit** (similar to okra)

**Wash** in two changes of cold water,  
**Blanch for 5 minutes** in boiling salted water  
(or 2 x 2 minutes changing the water), refresh.  
Serve warmed in butter or cold, in vinaigrette.

***Bon appétit!***

*Les Jardins Sauvages*  
17 Chemin Martin, St-Roch de L’Achigan, QC  
450-588-5125, [www.jardinssauvages.com](http://www.jardinssauvages.com)