

SALAD WITH WILD HERBS

It's spring, finally! Did you know that today we celebrate Earth Day? This year's Earth Day is especially about sustainable food. The theme is "Restore our Earth". Matching this year's theme, we decided to collect wild herbs at our BEAR SANCTUARY Müritz. We found beech leaves and different herbs. Behind a tree we discovered wood sorrel. A few bears watched us looking for the herbs. We made a tasty salad with wild herbs. Good for the health and our Earth and beautiful to look at!

The recipe:

Lettuce and wild herbs

Vinaigrette made with

3 tbsp of mustard

½ onion

125 ml white balsamic vinegar

500 ml rapeseed oil

80 g sugar

Salt & pepper

You can add basil and chive if you like. Mix all ingredients.

Decoration:

Flowers and dried apple rings



Salad with wild
herbs

We hope you enjoy the salad with
wild herbs as much as we did!



SALAD WITH WILD HERBS

Nutty and slightly sweet taste



Daisies

Daisies contain iron, magnesium and many vitamins. They can ease pain, are good for the skin and help against cough and colds. Daisies can stimulate the metabolism in spring.

Fresh, aromatic and lightly bitter taste



Dandelion

The flowers are also edible, you can take a good dose of the young dandelion leaves. Dandelions contain bitter substances and essential oils. They can stimulate the metabolism, can have antispasmodic effects and are especially good for the urinary system, joints and the skin. Dandelions can help detoxifying in spring.

Acid and spicy taste



Wood Sorrel

You can make soups, sauces, salads and even refreshing drinks with wood sorrel. The plant contains lots of vitamin C and was often used against scurvy. You shouldn't eat too much of it though, as wood sorrel contains oxalic acid.

Tastes a bit like peas



Chickweed

You can eat them raw or cooked, in salads, smoothies or soups. Chickweed contains a lot of vitamin C, iron and other minerals. It can help against spring fatigue, stimulate the metabolism and relieve cramps.

You can use the leaves and the flowers from to make jam or tea or add it to a salad. Violets contain vitamin A, can help relax, are good for the skin and can help if you have a cough as they have an expectorant effect.



Violets

Even though the flowers are beautiful, we'd recommend better collecting the leaves as they are less felled. Besides, bees like the flowers a lot! Deadnettle stimulate the kidney activities and can help detoxifying. The plant contains vitamin B and different minerals.



Deadnettle



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Lesser Celandine

As soon as it starts to bloom, it can be slightly poisoning if you eat it raw. Before that, the leaves are very healthy, can have blood-cleansing effects and can also help against spring fatigue.



Beech Leaves

Taste slightly nutty and acid
You can add young leaves to salads, put them on your bread or make pesto with them. Some people even prepare them like sauerkraut. Beech leaves have anti-inflammatory effects.

1



Wash the salad

2



Mix the ingredients

3



Prepare the vinaigrette

4



Dried apple rings

5



Serve the salad

Enjoy the salad with wild herbs!

