

### SALAO 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

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# Sələd with wild herbs

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

### SALAO WITH WILD HERBS

Nutty and slightly sweet

taste 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.

Daisies

Wood Sorrel

Violets



Fresh, aromatic and lightly bitter taste

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 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.



Chickweed

### Tastes a bit like peas

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

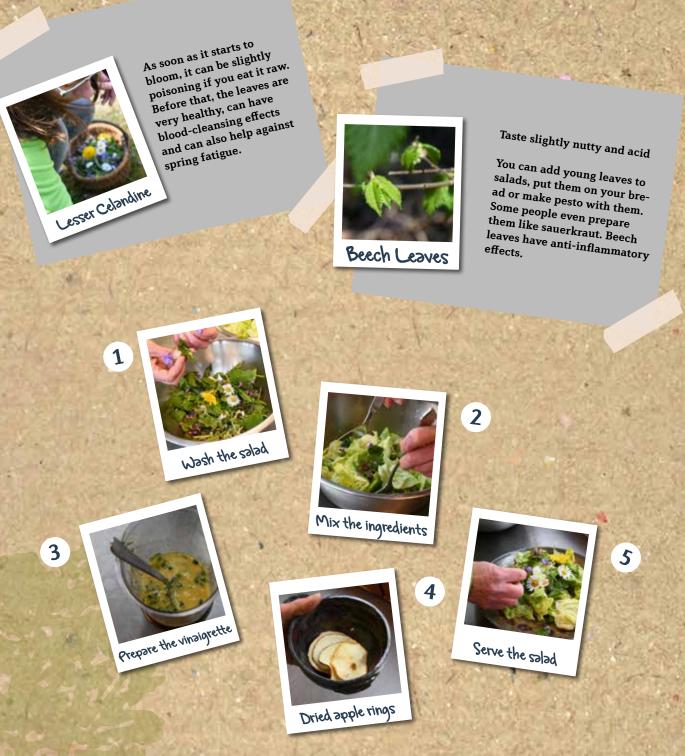
You can use the leaves and the flowers from to make jam or tea or add it to a salad. Voilets contain vitamin A, can help relax, are good for the skin and can help if you have a cough as they have an expectorant effect.



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

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Enjoy the salad with wild herbs!

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