



Garlic Mustard Goes Gourmet

Garlic mustard is a fast-growing, invasive plant that readily out-competes native woodland wildflowers and tree seedlings in forests across the US. Brought to the United States as a nutritious, edible garden plant it quickly escaped cultivation. Although unwanted in our local parks and forests, it can be a tasty addition to a savory meal.

The Eloise Butler Wildflower Garden is partnering with Lucia's and Heartland, to bring garlic mustard from our Garden to your table. Both restaurants, known for their commitment to providing locally grown and sustainably produced or foraged foods, will feature garlic mustard in April and May. Call ahead to ensure that it will be on the menu when you visit.

Heartland Restaurant
1806 St. Clair Avenue, St. Paul
651.699.3536
www.heartlandrestaurant.com

Lucia's Restaurant and Wine Bar
1432 West 31st Street, Minneapolis
612.825.1572
www.lucias.com

Garlic mustard served at Lucia's and Heartland was harvested by Minneapolis Park and Recreation Board staff from the Eloise Butler Wildflower Garden & Bird Sanctuary as a part of routine maintenance of the Garden's native plant collections. Garlic mustard is an unwelcome intruder and we are doing our part to maintain the biodiversity of the Wildflower Garden by removing it.

Garlic mustard "harvesting"

Although harvesting of garlic mustard on your own in the park system is prohibited, you are invited on the following days to join staff at the Garden to help remove this plant from our collections. Everything you pick with us is yours to keep!

Evenings 5-6:30pm: Tuesday, April 29; Wednesday, May 7; and Monday, May 19

Register by calling 612.370.4863.

This project has been funded by a new initiatives grant from the Minnesota Recreation and Park Foundation.

PATAPSCO FRITTATA

8 large eggs
2 Tbsp grated Parmesan cheese
1/2 red bell pepper, chopped
1 cup chopped yellow squash
1 small potato, chopped
2 Tbsp vegetable oil
1/4 cup chopped garlic mustard
1/3 tsp dried basil
(or 1 Tbsp chopped fresh basil)

Heat 1 Tbsp oil in non-stick skillet over medium heat. Cook squash and pepper and garlic mustard for 2 minutes. Remove and set aside. Cook potatoes with remaining oil and basil. Pour mixture of eggs and cheese over potatoes. Sprinkle cooked vegetables on top. Cook over medium heat until thickened, but still moist.

From The Garlic Mustard
Cook's Challenge 2001



GARLIC MUSTARD PESTO

3 cups garlic mustard leaves, washed,
patted dry, and packed in measuring cup
2 large garlic cloves, peeled and chopped
1 cup walnuts or pine nuts
1 cup olive oil
1 cup grated parmesan cheese
1/4 cup grated Romano cheese
(or just use more parmesan)
Salt & pepper to taste

Combine garlic mustard leaves, garlic and walnuts in a food processor and chop. Or, divide the recipe in a half and use a blender. With motor running, slowly add olive oil. Shut off motor. Add cheese, salt and pepper, and process briefly to combine. Scrape into a container, cover and refrigerate. It can be frozen, although the garlic taste will diminish in the freezer.

This recipe makes 2 cups, enough to use as sauce for 2 lbs. of pasta. It's also good on crackers as an appetizer and super on baked fish—spread some on the filets before you bake them. Yum!



Eloise Butler Wildflower Garden & Bird Sanctuary
Minneapolis Park and Recreation Board
3800 Bryant Avenue South
Minneapolis, MN 55409