

Feral Weed Foraging

by Silvana Iannello

“A herbaceous plant not valued for use or beauty, growing wild and rank, and regarded as cumbering the ground or hindering the growth of superior vegetation.”

- *Weed*, Oxford English Dictionary

For as long as I can remember, eating from the garden has been part of my life. For me, growing up in Melbourne with an Italian heritage, the garden has been where food came from, including the weeds.

Plant Nutrition

Mallow and Angled Onion are both widespread species of Australia. They grow mostly in poor / well drained soils in urban areas. They are along with many other edible weeds full of carbohydrates, oils, and proteins. In general both plant species are very healthy additions to the diet and available right at home for free.

Warning: When picking its best to have the correct plant identification, also to be aware that the plants have not been sprayed with any herbicides or pesticides.

Angled Onion *Allium triquetrum*

Cholesterol-Lowering Effect

Helps reduce blood cholesterol levels

Act's as a tonic to the digestive system

Tonify the circulatory system

Mallow *Malva species*

Cools and soothes inflammation

Softens the skin

Calms the stomach

Spinach substitute

Where Do They Grow

Pastures

Backyards

Front yards

Side of roads

Parklands

What's in the soup?

Recipe

Serves 4

Mallow and Angled Onion Soup

1 Litre of water
1 Large carrot, diced
5 small potatoes, diced
200g of Mallow, chopped coarsely
200g Angled Onion, chopped coarsely

1 bay leaf
1 tsp black pepper powder
1/3 tsp allspice
1 tsp salt
1 Tbsp olive oil
3 Tbsp coconut cream

In a medium sized sauce pot boil the water together with the bay leaf, black pepper powder, and allspice. When the water starts to boil add the carrot and potatoes. Cook over a medium heat for 15 – 20 minutes, until veggies are soft. Now add the Mallow and Angled Onion and bring back to the boil. Remove from the heat, take out the bay leaf and blend to a soup, using a hand blender or food processor. When the soup is nicely blended, add salt to season, coconut cream and olive oil.

Garnish with white Angled Onion flowers.

To find out more check out the edible weeds website:
<http://edibleweeds.com.au>