

# **BITE BACK AGAINST INVASIVE SPECIES**



## **Japanese Knotweed**



## Knotweed Squares makes 1-11"x7" pan

### filling:

2 eggs, beaten  
2/3 c. sugar  
1/4 c. flour  
1 tsp. vanilla  
1 tsp. cinnamon  
1/2 tsp. allspice  
1/2 tsp. nutmeg  
3 cups of young, peeled, and chopped Japanese knotweed stalks

### crust:

1 c. flour  
1 c. confectioners sugar  
6 T cold butter



1. Heat the oven to 350°. Grease a 11"x7" pan.
2. Put crust ingredients into a food processor and pulse to coarse crumbs. Press the crumbs into the bottom of the pan and bake for 12 minutes.
3. For the filling, whisk all ingredients together except for the knotweed pieces. Stir in the knotweed, and spread the mixture over the hot crust.

## Glazed Strawberry-Knotweed Pie

### Ingredients:

1 1/4 c Sugar  
1/8 ts Salt  
1/3 c Flour  
2 c Fresh strawberries  
2 c Fresh young knotweed shoots (peeled and chopped in 1/4 inch length)  
2 T Butter or margarine  
1 T Sugar  
1 Pastry for 2-crust pie

### Procedure:

Combine 1 1/4 cup sugar, salt, and flour. Arrange half the strawberries and knotweed in a pastry-lined 9 inch pie pan. Sprinkle with half the sugar mixture. Repeat with remaining fruit and sugar mixture. Dot with butter. Install top crust and flute edges to make high-standing rim. Brush top of pie with cold water and sprinkle on 1 tablespoon sugar. Cut steam vents in top crust. Bake in hot oven (425 F) 40 to 50 minutes or until the fill is tender and crust is browned.



Knotweed shoots are very tender and crisp when the shoots are young as pictured above. It can be eaten raw by peeling off the outer thin layer. The taste is very similar to rhubarb, but without the stringy texture of rhubarb.

Knotweed shoots can be use as substitute for rhubarb recipes.

### Always take precautions when handling any wild edible:

- **Secure a positive identification** – a picture may be "worth a thousand words" but it has limited value when it comes to identifying wild plants. You're always better off to seek guidance from someone with experience before foraging wild plants or edible weeds.
- **Know your location and sources** – you must always avoid harvesting plants from areas that have been sprayed with chemicals or exposed to pollutants. In other instances you should avoid removing plants from areas where they are in short supply or if they have not had a chance to multiply.
- **Beware of food sensitivities** – just because a wild plant is known to be edible does not guarantee that you won't be allergic or have a food sensitivity to it, so go easy and act accordingly anytime that you choose to sample a new or unfamiliar wild food source.