

BITE BACK AGAINST INVASIVE SPECIES



Yellow Rocket



Sautéed Yellow Rocket

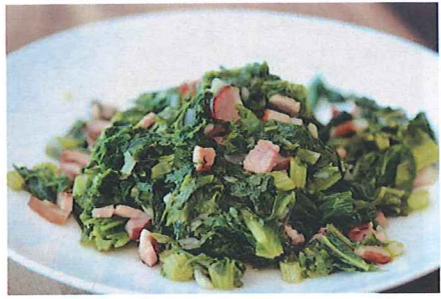
- 1 bunch of young yellow rocket shoots, washed and trimmed
- 1 tablespoon of olive oil
- 2 cloves of garlic, minced or grated
- ½ teaspoon of red chili flakes (optional)



In a large pan, heat olive oil over medium-high heat. When smoking hot, add garlic and red chili flakes and sauté for 30 seconds; add the yellow rocket shoots, quickly tossing to coat with the garlic and chili infused oil. Sauté until greens shoots are crisp and tender, about 3-5 minutes. Makes a great side dish for pork-chops, steak, or sausages.

Yellow Rocket With Bacon And Shallots

- 1 pound yellow rocket greens, stemmed and chopped
- 2 pieces thick-cut bacon, cubed
- 1 shallot, diced
- 1 tablespoon unsalted butter
- 1 teaspoon sugar
- ¼ cup water
- 1 tablespoon apple cider vinegar
- ½ teaspoon red pepper flakes



1. Prep the yellow rocket greens, bacon and shallot. Melt the butter in a large saucepan over medium-high heat. When the butter melts, add the bacon and shallots. Cook, stirring often, until the bacon renders most of its fat, 4-6 minutes.
2. Add the yellow rocket greens to the pan and cover. Remove the cover and stir when the greens have begun to wilt after 2-4 minutes. Add the water, sugar and a light sprinkling of salt and pepper. Stir the greens to combine with the bacon and shallots. Cover the pan and cook, stirring occasionally, until the greens are soft and turn dark green, 5-10 minutes.
3. Stir in the vinegar and red pepper flakes. Add more salt and pepper to taste.

Simple recipe:

Blanched for 30 seconds to a minute and eat as is or sprinkle with salt, garlic, and red pepper flakes. Or you can blanch and put in the freezer where you can thaw and mix with meat as greens.

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.

