

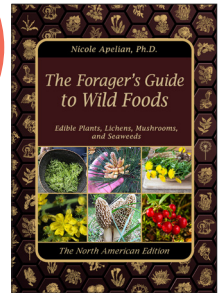
# COMBING FOR CUISINE

A recent book shares how to live off Colorado's land

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Visit our Monthly Contests page at [coloradocountrylife.coop](http://coloradocountrylife.coop) to find out how to win a copy of *The Forager's Guide to Wild Foods: The North American Edition* by Nicole Apelian, Ph.D.



Turn your  
forage finds  
into a feast

Remarkably, there is an abundance of plants all over Colorado that are not only medicinal in nature, but delicious when prepared correctly. Nicole Apelian, Ph.D., is an herbalist, biologist, survival skills instructor and anthropologist who found magic for managing the symptoms of her multiple sclerosis in eating wild foods. Her book, *The Forager's Guide to Wild Foods*, features approximately 300 pages of pickable plants, lichens, mushrooms and seaweeds, and addresses their locales, characteristics, harvesting tips, medicinal uses and more. Apelian shares this recipe from the book. If you try it, share your insights by connecting with us at [coloradocountrylife.coop/reader-engagement](http://coloradocountrylife.coop/reader-engagement).



## Common Burdock / Common in Colorado

Common burdock is widespread in central and north central Colorado, according to Colorado Parks & Wildlife. The weed has sticky, bur-like flowerheads and is sometimes confused with rhubarb.

## Pickled Burdock Roots

- 3 1/2 pounds burdock root
- 4-8 wild onion bulbs
- 4-8 chili pequin peppers, crushed
- 3 cups water
- 1/3 cup canning salt
- 2 teaspoons dill seed
- 3 cups vinegar

Peel burdock roots and cut into 4 1/2-inch sections, slicing each section into quarters. Into four hot, sterilized pint jars, place 1-2 wild onion bulbs, 1-2 crushed chili pequins, and the burdock root. Bring the water, salt, dill seed and vinegar to a boil. Carefully pour it into jars, up to 1/4 inch from the top. Poke the jars' contents to release any air bubbles. Wipe threads dry and seal with sterilized lids. Boil jars in water for 15 minutes. Let jars sit 6-8 weeks before opening.

Recipe by Mark "Merriwether" Vorderbruggen, Ph.D.; Photo by Heather Barnes

Go foraging for Prickly Pear, a cold-tolerant cactus, so you can try the **Prickly Pear Casserole** from Mark "Merriwether" Vorderbruggen. Get the recipe at [coloradocountrylife.coop](http://coloradocountrylife.coop).

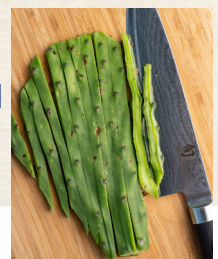


Photo by Heather Barnes