

# Chickweed

**Only** the young tender stems and leaves should be picked since the greens are at their best during this stage. Chickweed can be eaten raw in salads and sandwiches. Chopped it can be added to chicken and egg salads. A pinch of chickweed on a cold soup or salmon mousse makes an attractive garnish. First steamed it can also be used as a filling for omelettes or a stuffing for fish or fowl.

## Strong Bones Cordial

3 parts fresh chickweed	3 parts horsetail
3 parts nettle	3 parts wild oats
3 parts plantain	3 parts rosehips
2 parts yellow dock root	2 parts red clover blossoms
1 part raspberries, fresh or frozen	1 part cherries, fresh or frozen
1 part dandelion leaves	1 part fresh-sliced organic oranges
apple cider vinegar	unsulphured blackstrap molasses

Place all the herbs and fruit into a wide mouthed jar. Cover with twice as much apple cider vinegar. Cover the top of the jar securely (shake daily for 2 – 4 weeks). Strain well, squeezing all liquid possible out of the herbs. Sweeten the cordial with 2 – 3 cups of unsulphured blackstrap molasses per litre of cordial. Take 2 – 3 tablespoons per day.

## Chickweed Pesto

1 cup fresh chickweed	<i>optional:</i>
1 cup fresh basil	100g hard cheese
2 cloves garlic	100g pine nuts
½ cup olive oil	

Put all the ingredients into your blender or food processor add more oil if necessary.

## Mild Curried Chickweed

45ml olive oil	5ml cumin seeds
10ml mustard seed	5ml turmeric
4 cups chickweed	15ml lemon juice
15ml tamari	

Heat the oil in a cast iron pan. Add seeds, stir and cook for two minutes. Stir in the turmeric and cook another minute. Turn off the heat. Add chopped chickweed, lemon juice and tamari. Stir well and serve immediately. Great with Basmati rice and yoghurt soup on a warm spring evening.

## Cooked Chickweed Greens

Don't do it! Ignore all the recipes or suggestions to cook chickweed. It is at its buoyant best raw. Use chickweed like parsley: as a bland but salty herby garnish.

## Chickweed Poultice

- Apply the fresh washed herb directly onto sores, closed eyes and wounds, or:
- Cook the greens and stalks, especially when using older plants or treating deeply. Cool before applying, or:
- Simmer chickweed in half water, half vinegar for about five minutes. Cool and apply.

Then:

- Cover chickweed with cotton towel or a thin layer of clay, and poultice for five minutes to three hours.
- Replace when the poultice feels hot to touch and oozes. (though most poultices are applied warm and removed when they are cool, chickweed poultices actually heat up as they draw out infection and heat.)

Relief often begins within a few hours of the initial application, with pain and swelling diminishing steadily as treatments continue. Poultices used on infections must be disposed of after use. Poultices used on clean wounds and unbroken skin can be reused several times if chickweed is in short supply.

References: Waikato Centre For Herbal Medicine Course Notes