

## PROJECT

# Are You Hungry?

Your next meal may come from your own yard. Get ready for a surprise!

Summer's here. If your place is anything like ours, you've got dandelions growing in your yard.

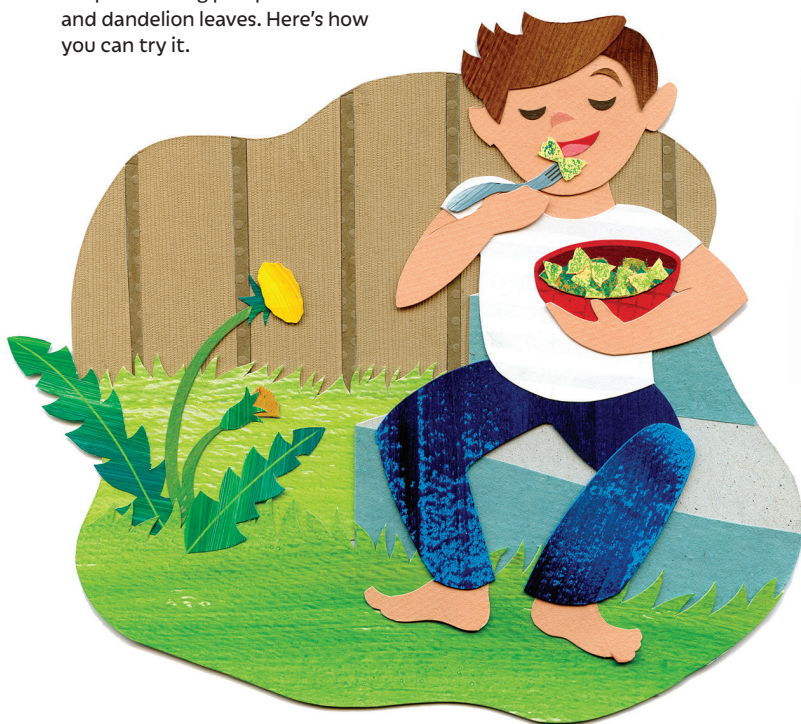
Most people think dandelions are weeds. They spend hours pulling them up and putting them in the composter. But we've got a better idea: we like to eat them.

No kidding. Dandelions can be delicious. And you don't have to take our word for it. Ken Beattie, a gardening expert who works at CWF on habitat issues, has a great recipe featuring pumpkin seeds and dandelion leaves. Here's how you can try it.

### Ingredients you'll need:

- ¾ cup unsalted hulled (green) pumpkin seeds
- three cloves of garlic, minced
- ¼ cup freshly grated parmesan
- 1 bunch dandelion greens (about 2 cups, loosely packed)
- 1 tablespoon lemon juice
- ½ cup extra-virgin olive oil
- ½ teaspoon kosher salt
- Black pepper, to taste

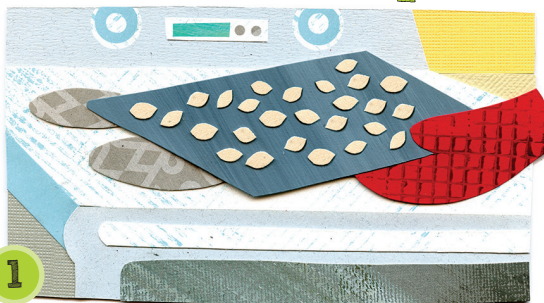
*If you pick your own dandelions, take leaves from plants that haven't flowered. They won't be as bitter.*



## How do you use pesto?

There are lots of ways to use pesto. You can put it on a nice piece of bread and eat it right away. You can toss pasta in pesto for a sauce. You can use it as a marinade for chicken or fish. Or you can mix a bit into your scrambled eggs. Once you know the flavour, get creative.

## Follow these steps:



1

With an adult's help (or permission) preheat your oven to 350 F. Pour your pumpkin seeds onto a shallow-rimmed baking sheet and roast them for about five minutes. After that, take them out of the oven and let them cool.



2

Put your garlic and pumpkin seeds into a food processor (be sure to get permission first). Set the processor on "pulse," and grind the garlic and pumpkin seeds until they are finely chopped.



3

Put your parmesan cheese, dandelion greens and lemon juice in your food processor with the pumpkin seeds and garlic. Turn the processor on and let it mix everything together. Stop the processor every once in a while and scrape down the sides. The pesto will be very thick and difficult to process after a while — but that's OK.



4

With the food processor running, slowly pour in the olive oil and process until the pesto is smooth. Add salt and pepper to taste.