Many are edible

Weeds may be culinary delicacies



weed-toked yards.

WEATHERBEE, AN authority on edible wild plants, teaches courses on the subject at the University of Michigan and, more recently, at Schooleraft College. Interest in her courses is so lively that many of her Ann Arbor students drive to Livonia to take the Schooleraft course.

(The edible plants course will be offered 7-9 p.m. four Wednesdays beginning Sept. 2.1. Weatherbee also will teach a course called the Fall Hither. Replication of the second stratum information is available from the college's community services office at 591-6409, Ext. 409. She bubbles with enthusiasm when she speaks of

the mouth-watering delights of wild plants. To the knowledgeable, back yards, roadside fields, rail-road embankments and construction sites can be treasure troves of edible delicacies. This summer, berries of all kinds are available for picking, along with wild rice, pokeweed, water-cress, sheep sorrel and lambs quarters. "All of these plants can be fixed in a very fine fashion when they are small and tender," Weather-

bee said. "But when they get old, it's like eating dirt."

dirt.*

SHE IS CO-AUTHOR with botanist James Garnett Bruce, of "Edible Wild Plants: A Guide to Collecting and Cooking" (1979, Macmillan Co., New York, 127 pages).

The book details the collecting process and the preparation of edible wild plants native to the Great Lakes region. Recipes bear such exotic sames as pursiane gumbo, sunnac chicken and pawpaw pudding.

Weatherbees started eating wild edibles during graduate school days in Ann Arbor. "My mother and father could never understand why I at weeds. Vegetables," she recalled wild edibles are available year around, Weatherbee said. This fall, collectors will find a host of fruits and nuts and a second crop of nettles.

buting winter, tupers — underground foots or stem structures — will provide tempting fare, "It's an obnoxious time to be digging for plants," she admitted, "but the harvest is worth it."

DANGERS DO exist for those unschooled in

DANGERS BO exist for those unschooled in plant lore.
While most people have learned to be wary of mushrooms, Weatherbee warns that plant look-alikes can spell trouble. For example, polson hemiock and water hemiock look similar to their constitution of the polson of the polson hemiock and water hemiock look similar to their constitution of the polson of their constitution. To ensure safe eating, Weatherbee recommends learning wild plant basics before setting off on a collecting spree.

"It doesn't take a lot of time to learn the edibles," she said. "Most people need to be shown only once or twice."

Antiques at Botsford

Botsford Inn will serve as the backdrop for an antique show that will be held at the historic hostel-ry Sunday and Monday, Sept. 4 and 5. Botsford Inn will also be selling some of its an-

Botsford Inn will also be setting some or the audiques.

Show hours are noon to 5-9 p.m. Sunday and noon to 7 p.m. Monday. Botsford Inn is located on Grand River at Eight Mile Road in Farmington Hills. There is no admission charge coming to the show, add show coordinator Marjoric Kulliay. A spinning wheel, wash stands and textiles from the Pennsylvania area will be featured. The handmad to extiles will include towels, quilts and bed linens.



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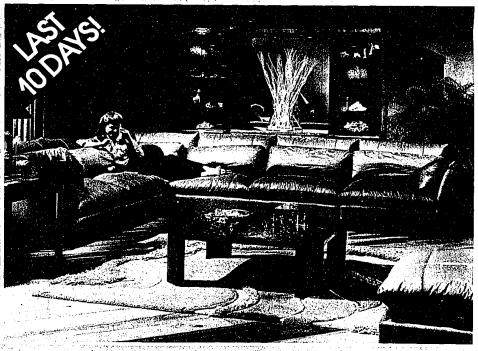
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