

# Ever Try Picking Dinner In The Woods?

By JAN WILLIAMS

I have always wondered what the green, leafy stuff in won-ton soup was. It bears a striking resemblance to the water leaf, a wild plant which grows in abundance in Plymouth Township's Miller Woods.

And sure enough, Dr. Florence Wagner says it can be made into soup. The true test, of course, is to taste it—accomplished yet.

One who has is Dr. Wagner, wife of University of Michigan botanist Warren H. Wagner. As a botanist and a U-M research associate, she loves the study of plants.

She also loves cooking and has managed a successful combination of the two—she cooks what she studies.

"I enjoy going out and collecting food. It supplements the super market menu and there is a tremendous variety."

Dr. Wagner says he has taken several field trips to Miller Woods to collect edible plants such as spring beauty, trout lily, spring cress, violets and nettles.

Wild leeks can be used like onion, water leaf can be made into soup or soufflé and wild ginger can be candied.

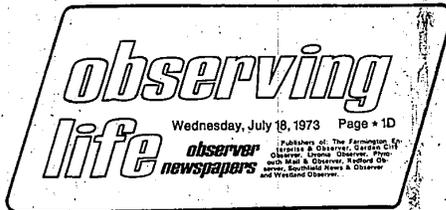
Dr. Wagner stresses that plants shouldn't be collected unless they are extremely abundant.

"And you have to be careful. Many plants, such as the bloodroot, are poisonous."

She admits she doesn't prepare these wild plant dishes at home too often.

"It takes much more time than ordinary food preparation. First you have to collect them and some have to be cooked in several different waters. It's very time consuming."

But when she has the time, she does enjoy it. One of her



menus consisted of creme of nettle soup, spring cress cheese sandwiches, water leaf casserole, winter cress casserole, wild ginger trouffle for dessert and saffras tea.

"Some of these plants are very high in vitamin content," she said. For instance, dandelion greens are higher in vitamin A than carrots, strawberry leaves are higher in vitamin C than any cul-

tivated plants and nettles have more protein than any leafy vegetables, specifically seven grams per 3/4 oz.

Dr. Wagner says her family, which includes her husband and two children, is very critical about the plant food.

"Some they like and some they don't. They evaluate it as they would any new vegetable."

Dr. Wagner says everyone

should sample a plant food, even though some is lacking in flavor.

Dr. Wagner also teaches courses in edible wild plants at the University Center for Adult Education, and gives lectures in universities throughout the state in wild plant food preparation.

Maybe I'll have to attend one to find out the secret of won-ton and the water leaf.

DR. FLORENCE WAGNER, a research associate in the U-M botany department, spots a spice bush in Plymouth Township's Miller Woods. The twigs and flowers make a very aromatic tea, similar to saffras. (Observer photos by Bob Woodring)



WATERLEAF is an edible plant used in soup.



ANOTHER VARIETY of waterleaf can also be used in casseroles.



WILD GINGER-root is used in desserts.

## Area Couples Make Their Nuptials Special

Kathy Knisley and Brian Sullivan invited their guests to go swimming or boating or play tennis after their garden wedding in Farmington.

Noraleen Renauer and Gary LeBeau washed each other's feet and those of the clergyman as part of the Mercy Center ceremony that made them man and wife.

Sue (Schel) and Edward Clark of Plymouth, both University of Michigan students, were married in Ann Arbor's Arboretum. Their guests sat on blankets and folding chairs for the ceremony and then formed a huge circle to greet the newly-married couple.

All three couples wrote the wedding vows they spoke to each other.

Their marriages didn't follow any prescribed pattern but had special meaning to them—and that's the way more and more couples are going these days.

The Sullivans had their June 16 wedding at the home of Sullivan's sister and brother-in-law, Dr. and Mrs. Norman Sage.

The flower-bordered invitations suggested that guests came casually dressed and enjoy the small lake by the home and the tennis courts behind the house.

The ceremony was held beside the lake, with the Rev. Richard Henderson of Northville officiating.

Kathy, a home economics teacher at John Glenn High School, told her husband-to-be:

"Brian, I take you to be my husband, loving you now and in your becoming. I commit myself freely and without reservation. I will love you when we are together or apart; when life is peaceful and when it is in disorder; when I am proud of you and when I am disappointed in you; in times of leisure and in times of work.

"I will not defer my love nor neglect it, for if I wait until tomorrow, tomorrow never comes.

"I am sincerely interested in your happiness and well being. I will honor your dreams and goals and help

you fulfill them. I will try always to respect your individuality and also love our oneness."

Brian, in his turn, told his bride:

"Kathy, I take you to be my wife, loving you now and in your becoming. I will commit myself freely and without reservation. I will always try to communicate and to share; to feel and to grow to be strong when you are weak and to seek your strength when I am not strong.

"I will accept you as you are, peaceful, loving and giving. I will always try to keep our love alive and growing, never letting it become stagnant."

"Together we will find newer, more enriching things in life because of our love. Each day will strengthen the bond love has formed between us."

Dr. and Mrs. Sage were the only adult attendants for this wedding.

Their five children, Kelly, Jeffery, Lori, Marci and Kevin, were in the bridal party.

along with young Todd Knisley, and Kitt Knisley, Chris Knisley and Bruce Sage were ushers.

The bride sewed her own white bridal gown and the dresses and suits worn by her new sister-in-law and young attendants.

The culinary arts students from Schoolcraft College served a buffet before the varied activities of the reception began.

Children also enjoyed and were enjoyed in the celebration of the marriage of Sue Schell and Ed Clark July 14.

"There were many children there, and they loved the whole ceremony and reception," one guest reported.

The bride wore her mother's wedding dress and a wreath of flowers in her hair, and the bridegroom and his best man wore white tunic suits.

In the huge receiving line circle, the 200 or more guests joined hands and sang lines from a Donovan song.

"Happiness runs in a circular motion,

"Thought is like a little boat upon the sea.

"All of us are part of everything, anyway, You can have it all if you let yourself be."

The Renauer-LeBeau rites July 7 involved two active members of the Emmanuel Community, at Mercy Center and the community itself.

Members of the group, which meets weekly and is part of the Catholic Charismatic Renewal, all felt a part of the wedding. As many as 100 of its members took some part in the arrangements for the ceremony, so the bride could remark not long before the big day:

"Everyone is doing so well taking charge of the wedding, I guess we can think about the marriage."

Some 500 invitations mailed out were printed and red and white and bore the legend: "Let the trumpets sound to the glory of God."

The foot-washing that was part of the ceremony also included two members of the

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NEWLY-MARRIED Mr. and Mrs. Brian Sullivan went for a boat ride after their wedding vows.

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