



 [Get Print Book](#)

## Edible Wild Plants

*By John Kallas Ph.D.*



[Download](#)



[Read Online](#)

**Edible Wild Plants** By John Kallas Ph.D.

Edible wild plants have one or more parts that can be used for food if gathered at the appropriate stage of growth and properly prepared. **Edible Wild Plants** includes extensive information and recipes on plants from the four categories.

Foundation greens: wild spinach, chickweed, mallow, purslane; tart greens: curlydock, sheep sorrel, wood sorrel; pungent greens: wild mustard, wintercress, garlic mustard, shepherd's purse; and bitter greens: dandelion, cat's ear, sow thistle, nipplewort.

Dr. John Kallas has investigated and taught about edible wild plants since 1970. He founded WildFood Adventures in 1993 and is the publisher and editor of Wild FoodAdventurer. He lives in Portland, Oregon.

The definitive work on growing, harvesting, and eating wild greens.



[Download Edible Wild Plants ...pdf](#)



[Read Online Edible Wild Plants ...pdf](#)

# Edible Wild Plants

*By John Kallas Ph.D.*

**Edible Wild Plants** By John Kallas Ph.D.

Edible wild plants have one or more parts that can be used for food if gathered at the appropriate stage of growth and properly prepared. Edible Wild Plants includes extensive information and recipes on plants from the four categories.

Foundation greens: wild spinach, chickweed, mallow, purslane; tart greens: curlydock, sheep sorrel, wood sorrel; pungent greens: wild mustard, wintercress, garlic mustard, shepherd's purse; and bitter greens: dandelion, cat's ear, sow thistle, nipplewort.

Dr. John Kallas has investigated and taught about edible wild plants since 1970. He founded WildFood Adventures in 1993 and is the publisher and editor of Wild Food Adventurer. He lives in Portland, Oregon.

The definitive work on growing, harvesting, and eating wild greens.

## Edible Wild Plants By John Kallas Ph.D. Bibliography

- Sales Rank: #72241 in eBooks
- Published on: 2010-06-01
- Released on: 2010-06-01
- Format: Kindle eBook

 [Download Edible Wild Plants ...pdf](#)

 [Read Online Edible Wild Plants ...pdf](#)

## **Editorial Review**

From the Back Cover

Edible Wild Plants provides what you really need to know to have your own wild food adventures. Whether a beginner or advanced wild food aficionado, gardener, chef, botanist, nutritionist, scientist, or a dieter with special needs, this book is for you. Author John Kallas gives you unprecedented details, maps, simple explanations, and multiple close-up photographs of every plant covered at every important stage of growth. You learn that a plant is not only edible but when, why, and how it is. He can turn you into a successful, well-fed, and happy forager anywhere in North America.

For more information on this book, other publications by John Kallas, and wild foods in general, see [www.wildfoodadventures.com](http://www.wildfoodadventures.com)

### **About the Author**

Dr. John Kallas has investigated and taught about edible wild plants since 1970. He founded Wild Food Adventures ([www.wildfoodadventures.com](http://www.wildfoodadventures.com)) in 1993 and is the publisher and editor of Wild Food Adventurer. He lives in Portland, Oregon.

Excerpt. © Reprinted by permission. All rights reserved.

### **Mallowmallow**



Mallowmallow is my playful answer to the commercial marshmallow. The original marshmallow was made from the root of the marsh mallow (*Althaea officinalis*) plant and was gummier than what we enjoy today. But that recipe was retired over 150 years ago when the modern marshmallow, made with cornstarch, corn syrup, and gelatin, came into being. Mallowmallows are made from the fruits of common mallow.

As I experimented over the years, my goal was to design a confection that was, at least, reminiscent of the modern Kraft Jet-Puffed Marshmallow—light, airy, and soft. There were many experiments. Keep in mind that accomplishing in your kitchen what food scientists do in a commercial laboratory requires some imagination and patience.

If you are going to embark on this journey, remember that you are doing this for fun, not because you want to save on the cost of commercial marshmallows! This is something you should do to entertain yourself on a casual summer day. Do it with a friend, a date, your family, or with members of an outdoor group.

Making mallowmallows requires more steps, tools, and techniques than your average wild food. If you do your homework here and become successful at making this, you will be able to wow even your local wild food skeptics.



#### INGREDIENTS:

- 1 egg white (at room temperature)
- 1/4 teaspoon cream of tartar
- 1/2 cup mallow whites (at room temperature)
- 3/4 cup regular or baker's sugar (ultra-granulated)
- 1 teaspoon vanilla extract (or to taste)
- 1/2 teaspoon maple extract

#### EQUIPMENT:

- Hand beater with blades
- Large glass bowl
- Rubber spatula
- 2 gallon-size ziplock bags
- Food dryer with deep trays (110 degrees F capable)

One or more of the following:

- Food to dry mallowmallow on
- Silicone nonstick baking mats
- Parchment paper

#### DIRECTIONS:

Directions here have been divided into six sections to give you an idea of the considerations you should keep in mind when making mallowmallows. Read the whole thing before you begin so you can plan ahead for success:

1. Whipping the mallowmallow
2. Using a mallowmallow dispenser

3. Using a food dryer
4. Drying mallowmallows on selected foods
5. Drying mallowmallows on a surface
6. Powdering the mallowmallows

### **1. Whipping the mallowmallow**

Follow the directions for "Mallow Meringue," only now include the mallowmallow ingredients (includes extra sugar and maple extract). Continue whipping until the foam is stiff and offers a bit of resistance. You'll see the foam building up on the beater blades. It will be tougher to move the beater blades around through the foam once you whip it thick enough.



### **2. Using a mallowmallow dispenser**

Use a rubber spatula to scoop up the foam. Pack it into a standard gallon-sized ziplock bag. Remind yourself that the mallow whites will separate if the foam is left out too long. Set up ahead of time so you can do things rapid fire—as soon as the foam gets into the dispenser bag.

Once all the foam is in the bag, get as much air out as you can before sealing the zipper. Once sealed, cut a 3/8-inch piece off one of the lower corners of the bag. You now have a dispensing bag for forming the mallowmallows—just squeeze the foam out the hole.

Try squeezing out about half the thickness of a commercial marshmallow on whatever surface you form them on. If you are putting them on some other food for drying, spread them out in a layer covering that food. If you are putting them directly on a drying surface, give each dollop some space so that if you have to bend the surface to pry the mallowmallow free, the adjacent mallows will not be touched. Touching mallowmallows will permanently glue them to each other. With practice, you can make mallowmallows in the shape of large Hershey's Kisses.

### **3. Using a food dryer**

A food dryer is necessary to transform the mallow foam to mallowmallows. Your goal is to get them to an optimal moisture content—not too moist, not too dry.

DO NOT use an oven to do your drying. Heating the mallow foam somewhere above 118 degrees F will begin to cook it, revealing a mild vegetable flavor. If you can set your oven to 110 degrees F and insert a fan to move the air without risking fire, melting plastic, or electrocution, then go ahead and try an oven.

The most popular food dryer I've seen is the round plastic kind with stackable layers. The American Harvester is a common brand that I use. You can buy them new for about \$40 or find them cheap at yard sales.

#### **4. Drying mallowmallows—on selected foods**

A general reality of drying mallowmallows over a several-hour process is that a small portion of the mallow whites re-liquefy and sink to the base of each drying piece. If the whites sink to a solid surface, the mallow sticks to that surface over most of the drying process. So the most practical drying surface is food. For instance, if you are going to make s'mores, then dry them right on chocolate resting on graham cracker squares. That way, by the end of the drying process, you have a finished product ready to eat. Mmmm . . .

If you are drying them on food, remove them from the dryer after 3 hours. This assures a softer, more delicate product. Eat them fresh for maximum enjoyment. Somewhere between three and five hours of drying, the mallowmallows go from soft and delicate to chewier to dry and crunchy.

#### **5. Drying mallowmallows—on a surface**

If you want to make mallowmallows that stand alone and can be eaten and used like regular marshmallows, you have the following considerations within a 3- to 4-hour drying time: 3 hours provide superior quality, but the mallowmallows are difficult to pry from the drying surface; 4 hours make a chewier to crunchier quality, with easier removal from the drying surface.

I have tried every conventional and unconventional surface upon which to dry the mallowmallows—most failed because I could not pry the dried mallowmallows free without destroying them. The best surface I've found are the silicon-based baking mats. These begin to work only when the drying time is extended to somewhere between 3 1/2 and 4 hours at 110 degrees F. After that time, the mallowmallow becomes dry enough at its base to begin separating from the mat. These mallowmallows are soft, spongy, and chewy.

Remember that the size of the mallowmallow you are making and the surface area that the base of that mallowmallow takes up will affect the drying time of your finished product. Other considerations are the accuracy of your food dryer's thermostat (check it with a thermometer), how many trays you have stacked in it, how close to the center of the tray (where the air is circulating) the mallow is, and how close the tray is to the top or the bottom of the food dryer (bottom is hotter). These are all things that may affect your final result.

Sorry if your head is spinning at this point. This is not graduate-level biochemistry. I am just trying to alert you to some things to think about if you are having trouble getting that "perfect" mallowmallow.



## **6. Powdering the mallowmallows**

Most people who have tried these confections cannot wait to get their hands on them right out of the dryer. And this is when mallowmallows are at their best. You can pick them up and eat them without any problem and with great enjoyment.

If, however, you are planning on storing them like regular marshmallow to be eaten later, you have a problem. While they are dry enough not to stick to your fingers, they are still tacky enough to stick to each other. This can become a big gloppy mess unless you do not mind eating one big 30-piece mallowmallow.

To prevent them from sticking to each other, you have to "powder" them. That is, as you pluck them from the dryer, drop them into a bag filled with the following: 1/4 cup powdered sugar mixed thoroughly in 3/4 cup cornstarch.

After you drop some mallowmallows in, close the bag and shake it about. Spoon them out onto a strainer, shake the strainer to remove the excess powder, and your mallowmallows are now ready for bagging. They are best when eaten instantly and are still great within 24 hours. They will be too dried out after 3 days in the bag to be recognized as mallowmallows—still edible and flavorful, but with a texture like Styrofoam.

## **Users Review**

### **From reader reviews:**

#### **Judith Tate:**

In other case, little individuals like to read book Edible Wild Plants. You can choose the best book if you want reading a book. Given that we know about how is important a book Edible Wild Plants. You can add expertise and of course you can around the world by way of a book. Absolutely right, because from book you can learn everything! From your country until foreign or abroad you will be known. About simple issue until wonderful thing you could know that. In this era, we are able to open a book or searching by internet unit. It is called e-book. You can use it when you feel bored to go to the library. Let's go through.

#### **Effie Peoples:**

Book is to be different for every grade. Book for children until eventually adult are different content. We all

know that that book is very important for us. The book Edible Wild Plants has been making you to know about other know-how and of course you can take more information. It is rather advantages for you. The book Edible Wild Plants is not only giving you more new information but also for being your friend when you sense bored. You can spend your spend time to read your publication. Try to make relationship together with the book Edible Wild Plants. You never sense lose out for everything in case you read some books.

**Clayton Bruce:**

Reading a book being new life style in this season; every people loves to go through a book. When you examine a book you can get a lot of benefit. When you read textbooks, you can improve your knowledge, simply because book has a lot of information on it. The information that you will get depend on what sorts of book that you have read. If you wish to get information about your review, you can read education books, but if you act like you want to entertain yourself look for a fiction books, this kind of us novel, comics, and soon. The Edible Wild Plants provide you with a new experience in examining a book.

**Kristopher Lewis:**

Is it an individual who having spare time in that case spend it whole day simply by watching television programs or just laying on the bed? Do you need something new? This Edible Wild Plants can be the answer, oh how comes? It's a book you know. You are thus out of date, spending your time by reading in this completely new era is common not a nerd activity. So what these books have than the others?

**Download and Read Online Edible Wild Plants By John Kallas  
Ph.D. #DCWP6E2VAG5**



## **Read Edible Wild Plants By John Kallas Ph.D. for online ebook**

Edible Wild Plants By John Kallas Ph.D. Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Edible Wild Plants By John Kallas Ph.D. books to read online.

### **Online Edible Wild Plants By John Kallas Ph.D. ebook PDF download**

**Edible Wild Plants By John Kallas Ph.D. Doc**

**Edible Wild Plants By John Kallas Ph.D. Mobipocket**

**Edible Wild Plants By John Kallas Ph.D. EPub**