

Wild Herb Salad



Recipe for 4 people

Ingredients

- Pick 1 to 2 handfuls of the following meadow and forest herbs: .
Chickweed | Ground elder | Wild garlic |
Garlic mustard | Young dandelion leaves |
Red clover blossoms | Daisies | A few wild strawberries
- Iceberg lettuce
- Lemon juice
- Organic oil (olive oil, flaxseed oil, or hemp oil)
- Salt and pepper

Preparation

1. Gently rinse the herbs and tear them into bite-sized pieces
2. Wash and chop the iceberg lettuce
3. Combine everything in a bowl, then toss with lemon juice, oil, salt and pepper, and let it marinate for a while
4. Plate the salad and garnish with the washed wild strawberries, daisies and red clover blossoms

