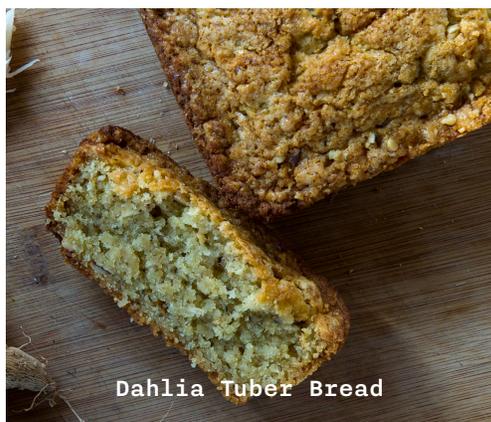
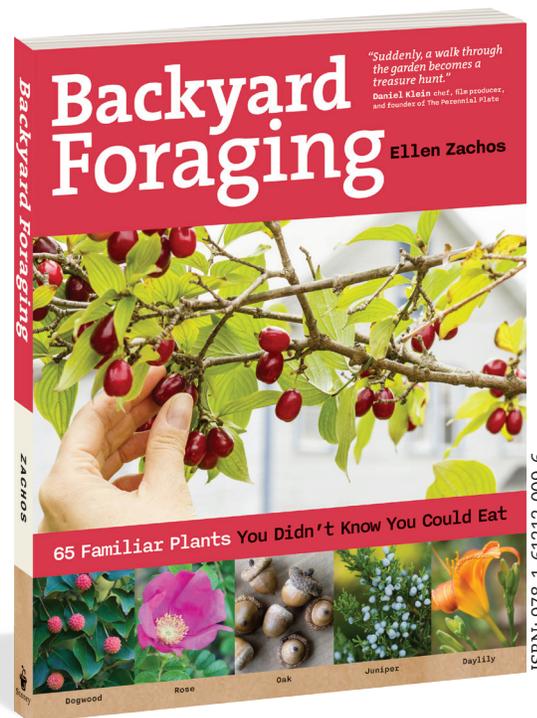


# The Double Duty Garden

with Ellen Zachos

When you think about hostas and daylilies, you probably focus on their appealing foliage and vibrant blooms. But did you know these perennials are delicious as well as lovely? A surprising number of our favorite garden plants (and a few ubiquitous weeds) can feed both body and soul. Learn how to harvest the edible parts of plants you already have growing at home and prepare tasty treats like wintergreen sorbet, stir-fried hosta shoots, rose hip soup, and dahlia tuber bread.



Dahlia Tuber Bread



Spruce-Tip Sorbet



Acorns

## Acorn Brown Bread

In New England, empty baked bean cans are used to make a superb moist brown bread that's practically a meal on its own. Acorn flour takes this bread over the top, drops it on your plate, and says, "Eat me!"

In a bowl combine  $\frac{1}{2}$  cup cold-leached acorn flour, 1 cup whole wheat flour, 1 cup buttermilk,  $\frac{1}{2}$  teaspoon salt, 1 teaspoon baking soda,  $\frac{3}{8}$  cup molasses (not blackstrap; it's not quite sweet enough), and 1 cup chopped raisins. Remove one end cap from each of two 16-ounce baked bean cans, then clean the cans and grease them with butter or cooking spray. Fill each can three-quarters full and seal with aluminum foil fastened with a thick rubber band. Place the cans upright in a roasting pan, and pour water in the pan until it's almost full, but not so full you can't pick it up and move it without spilling! You should have at least 2 inches of water in the pan. Cook for 2 hours, checking at half-hour intervals and adding water to the pan if necessary. Then remove and let cool 10 minutes before sliding the bread out onto a plate to finish cooling. With a little butter, the bread is dense, flavorful, and satisfying.



Ellen Zachos, author of many books on gardening, leads foraging walks and teaches at the New York Botanical Garden, where she received her certification in Commercial Horticulture and Ethnobotany.

## *more recipes to enjoy!*

### **Rose Hip Soup (a.k.a. *nyponsoppa*)**

There is no denying the elegance of a cold, smooth fruit soup. In Sweden, *nyponsoppa* is traditionally served for dessert; similar soups are popular throughout Scandinavia and Eastern Europe. This recipe highlights the sweet/tart flavor of rose hips and calls for no additional spices or flavors. It's a great way to get acquainted with the pure taste of rose hips, which is difficult to describe: mostly fruity with a touch of the vegetal.

Combine 2 cups of rose hip purée, 2 cups of water, and  $\frac{1}{8}$  to  $\frac{1}{4}$  cup sugar over low heat and stir to dissolve the sugar. (I recommend starting with less sugar and adjusting it according to your taste as you cook.) Separately, mix 1 tablespoon cornstarch with 1 tablespoon cold water to create a paste. Whisk the paste into the rose hip base and stir over medium heat until the soup begins to thicken. The soup may be allowed to simmer slightly, but be sure to keep stirring to avoid scorching it.

When the soup has reached the desired thickness, remove it from the heat and refrigerate to cool. To serve, swirl in whipped cream or pour it over vanilla ice cream. A few crunchy cookies, like ginger-snaps or almond biscotti, are the perfect garnish for this richly colored and flavored soup.

### **Juneberry Jam**

Juneberries don't have much natural pectin, so you'll need to add pectin to make a jelly. However, because Juneberries don't have large seeds, they lend themselves well to jam, which uses the entire fruit rather than just the strained juice. Firmly set jams can be made with commercial pectin, but you can make a soft jam without additional pectin if you have the patience to cook the fruit down slowly. I'm not usually a patient person, but when it comes to food, I'm willing to sacrifice speed and convenience for great taste. Since commercial pectin recipes require considerably more sugar than recipes made without commercial pectin, the taste of the fruit can be overwhelmed by generic sweetness. The unique taste of the Juneberry deserves better than that. For a soft-set jam that shows off the complex taste of the berry, try this recipe without added pectin.

Measure your Juneberries and place them in your jelly pan. Barely cover the berries with water, and bring the mixture to a boil, then reduce to a simmer. As the fruit softens, mash with a potato masher. For every cup of fruit, add  $\frac{3}{4}$  cup of sugar and whisk it into the fruit. Taste your mixture and evaluate. If you like the taste, increase the heat to medium, to create a regular but not rolling boil. If you'd like a little acidity, add 1 tablespoon of citrus juice for each cup of fruit. Personally, I think the sweetness of Juneberries is nicely highlighted by the tartness of lemon, lime, orange, or grapefruit juice.

Continue to stir your fruit mixture with a large metal spoon, testing for thickness every few minutes. Remember that the jam will continue to thicken as it cools. When you're satisfied with the consistency, remove from the heat, pour into jars, and process as you would any jam: 10 minutes in a boiling water bath.

## 25 delicious ornamentals!

*Amaranthus caudatus*

*Amelanchier* species

*Asarum* species

*Basella alba*

*Chaenomeles japonica*

*Cornus kousa*

*Cornus mas*

*Dahlia* species

*Gaultheria procumbens*

*Helianthus tuberosus*

*Hemerocallis fulva*

*Hosta* species

*Lavendula* species

*Mahonia aquifolium*

*Malus* species

*Magnolia* species

*Matteucia struthiopteris*

*Monarda didyma*

*Phyllostachys* species

*Rhus typhina*

*Rosa rugosa*

*Sambucus* species

*Sedum* species

*Tropaeolum majus*

*Viburnum trilobum*