

KNOTWEED RECIPES

KNOTWEED MUFFINS

Collect young Japanese knotweed stalks, up to about 8 inches. Some people peel the outer skin off the shoots, but that can be tedious, and if you're not careful, you may peel too much off. *Makes 16 large muffins*

Japanese knotweed stalks to measure 2 cups, minced

1.5 cups flour

0.5 cup dandelion flower petals, stripped from their base (don't include any green parts)

1 tsp baking powder

1 tsp baking soda

0.5 cup softened butter

1 cup light brown sugar

2 eggs

1 tsp vanilla

1 cup sour cream or yogurt

Snip off the pointy tops of the knotweed stalks and mince.

Combine flour, dandelions, baking powder, and baking soda in a small bowl.

Cream 0.5 cup butter with 1 cup brown sugar until fluffy. Beat in eggs one at a time and then add the vanilla. To this mix, alternately fold in the sour cream and dry ingredients until blended. Fold in the knotweed pieces. Divide the batter into greased muffin forms.

Bake at 350°F for 15 to 20 minutes, until the muffins test done in the center.

Note: This recipe can be adapted to use 1/2 rhubarb & 1/2 knotweed and if dandelion petals aren't available, pull apart red clover flowerheads and use those individual pieces. Feel free to experiment!

STEAMED SESAME KNOTWEED

Japanese knotweed, with its soft texture and lemony flavor, is great in vegetable dishes. The seasonings in this steamed side dish bring out its best qualities.

8 cups young Japanese knotweed stalks, peeled if desired

3 tbs tamari soy sauce

1 tbs chili paste or 1/4 tsp cayenne hot pepper, or to taste 6 cloves of garlic, crushed 6 tbs sesame seeds, toasted

Mix together all ingredients except the sesame seeds. Cook covered, over low heat, in a heavy saucepan, 20 minutes, or until tender. Serve hot sprinkled with the sesame seeds.

Serves 6. Time: 10 + 20 minutes

KNOTWEED WINE

4 pounds (2 kg) of knotweed stems, leaves cut off and cut into chunks

3 pounds (1.5kg) sugar

1 tsp yeast nutrient

Juice of one orange

Wine yeast (all purpose will do, but champagne yeast would probably work very well)

Enough water to make up to 1 gallon (4.5l)

Put the knotweed into a straining bag, and put that into a sterilized bucket. Get the water, sugar, orange juice and yeast nutrient to the boil and pour onto the knotweed. Let it stand, covered, till cool, and pitch in the activated yeast. Keep it in the covered bucket for around a week, till the fermentation dies down a little, and decant into a demi-john. Treat as for other wines from this point, but if you manage to retain a vibrant pink colour then don't stabilize when bottling as the sulfite makes the color vanish.



KNOTWEED CONQUERED...A Surefire Method

DO...

1. Cut knotweed below the lowest node.
2. Place in heavy duty contractor bags. Tie bags at the top and dispose of with regular trash. Do not use paper leaf bags. Do not place in compost pile.
3. Plant reclaimed area with appropriate native grasses and wildflowers.
4. Cut knotweed in early June, mid July, and late August before it flowers.

DON'T...

1. Weed whack.
2. Pull out of the ground.
3. Poison.

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