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Introduction

There is something about cooking with foraged plants that brings out your inner hunter-gatherer instinct. My very first hike with Carolyn, Stewardship Program Coordinator and Administrative Assistant of the Sourland Conservancy, opened my eyes to how agricultural life really was back in those ancient days — and perhaps more significantly, how we should be growing and eating today. All this time, while I had been fussing over my wilted squash and pepper plants that refused to grow in my garden each spring, there were edible native plants growing naturally year-round in my very own backyard.

As part of my capstone project for REACH, a program in Hillsborough High School designed to give students an opportunity to gain internship experience, I decided there would be no better place to conduct my research and further explore this idea of edible native plants in the two places I loved most — the outdoors and my kitchen. I came up with the idea of creating a cookbook after Carolyn told me about Foraging Forests, a restoration project established by the Sourland Conservancy in Hopewell Borough Park. The cookbook features fun and creative sauces, jams, entrees, drinks, and desserts made from the edible native plants that will be grown in Foraging Forests, including recipes that are gluten-free and vegan friendly.

Above all, I would like to thank the Sourland Conservancy for everything it has taught me. When I joined the organization beginning in the second semester of school, I was hoping to learn more about the environment and conservationism, but what I gained was so much more than just this. From hiking in St. Michaels and planting pollinator pockets with Hopewell Elementary School kids, to pulling weeds at the Foraging Forest and calling automobile insurance agencies about deer-related accidents, I learned that nature has so much to offer, if and only if we do our part and protect it together.
Dressings, Sauces & Jams
Black chokeberries, *Aronia Melanocarpa*, get their name from their strong bitter taste that makes people want to choke after trying. However, this recipe infuses the tart sweetness of the berries with apple cider vinegar to create a versatile, basic vinegar that can be used as a salad dressing, meat tenderizer, or simply with some bread and oil—whatever you choose, I promise you will not choke!

**Yield:** 2 cups

❖ **Ingredients**

➢ ½ cup chokeberries
➢ 1 ½ cup apple cider vinegar
➢ 1 Tbsp sugar

❖ **Directions**

➢ Combine all ingredients in a mason jar and stir.
➢ Cover tightly and store in refrigerator for a minimum of 1 week.
American Plum Ketchup
(Prunus americana)

Ketchup is perhaps the most basic condiment, but not *Prunus Americana* ketchup! This recipe takes ketchup to a whole new level by incorporating fresh American plums to create a condiment that is a perfect mixture of sweet and savory. Pair it with sweet potato fries or Chestnut-Glazed Chicken Breast (pg. 11) to get even fancier.

Yield: 2 cups

❖ Ingredients
➢ 4 cups American plums
➢ ¼ cup sliced red onion
➢ ½ Tbsp freshly grated ginger
➢ ¼ cup apple cider vinegar
➢ ¼ tsp nutmeg
➢ ¼ tsp clove
➢ ¼ tsp cinnamon
➢ ¼ tsp cayenne
➢ 1 Tbsp molasses
➢ 2 Tbsp maple syrup
➢ 1 Tbsp canola oil

❖ Directions
➢ Place whole plums in a medium pot with ¼ cup of water. Cover the pot and cook plums on medium heat for about 20 minutes until the plums have shrunk so that only their juice, skin, and pit is left. Shake the pot every few minutes during cooking time to prevent sticking and scorching of the plums.
➢ Once cooled, place a colander over a bowl and pour the plum mixture over the colander to strain plum juice from the skin and the pits. Set aside.
➢ In a medium saucepan, sauté the sliced red onions and ginger in canola oil until the onions are translucent. Stir in the nutmeg, clove, cinnamon, and cayenne. Continue stirring for about 20 seconds until the spices are aromatic.
➢ Pour in the strained plum juice mixture, molasses, and maple syrup. Stir several times to combine and bring to simmer for about 5 minutes until thickened.
➢ Let the mixture cool for 10 minutes off the heat, then pour into a high speed blender and blend on high for 1 minute. If you do not have a high speed blender, you can use an immersion blender but the ketchup will not be as smooth.
➢ Adjust the seasoning to your liking and then pour the ketchup into a mason jar for storage. Keep refrigerated.
There is nothing quite like the smell of chestnuts roasting over a fire... or the taste of this sweet sauce! The combination of maple syrup, red wine, and chestnuts produces a sweet rich sauce that perfectly highlights the caramelized chestnuts.

Yield: 1.5 cups

❖ Ingredients
➢ 1/2 cup chestnuts
➢ 2 Tbsp maple syrup
➢ 1 Tbsp apple cider vinegar
➢ 1/2 cup red wine
➢ 1.5 cups vegetable stock

❖ Directions
➢ First roast the chestnuts. Preheat the oven to 425°F.
➢ Score the chestnut by making an x-shape on the shell. Make sure you pierce the nut underneath about a third of the way.
➢ Roast in the oven for around 20 minutes. Let cool, then peel off the shell.
➢ In a medium saucepan, heat the red wine and chestnuts. Let simmer until the wine has reduced by half.
➢ Combine the rest of the ingredients in the saucepan. Bring to a boil, then reduce to a simmer. Stir with a rubber spatula every 2 minutes.
➢ Once the sauce has thickened so that it coats the back of the rubber spatula, remove the sauce from heat and let cool for 10 minutes.
➢ Pour into a mason jar to store until use.
Huckleberry Jam
(Gaylussacia baccata)

Yield: 1.5 cups

❖ Ingredients
➢ 2 cups huckleberries
➢ ½ cup maple syrup or honey
➢ 2 tbsp lemon juice

❖ Directions
➢ Combine ingredients in a small saucepan and stir.
➢ Bring to a boil, stirring frequently, then reduce to simmer and cook until thickened.
➢ Pour into a mason jar until ready for use.
Entrees

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**Sunchoke Soup**
*(Helianthus tuberosus)*

Sunchokes, also known as Jerusalem artichokes, are like magical potatoes—they can be roasted, baked, and even eaten raw! Their bright yellow sunflowers are also perfect additions to any bouquets. This recipe relies solely on the creamy texture of boiled sunchokes to produce a smooth, velvety soup that is perfect on a chilly fall day... or any day.

Yield: 4-6 servings

❖ **Ingredients**

➢ 2 lbs sunchokes
➢ 2 stalks celery, roughly chopped
➢ 1 diced onion
➢ 2 tbsp olive oil
➢ 1 clove garlic
➢ 4 cups vegetable broth
➢ 1 tsp each of dried oregano, dried basil leaves, and thyme
➢ 1 cup water
➢ Salt and pepper to taste

❖ **Directions**

➢ Scrub the sunchokes to remove any dirt and then rinse under water. Once cleaned, roughly chop the sunchokes into cubes and place in a large pot.
➢ Fill the pot with water until the sunchokes are submerged. Boil the sunchokes until soft, approximately 8 minutes. Drain, then set aside.
➢ In a large dutch oven, heat the olive oil and add the diced onion and minced garlic. Once the onion is translucent, add the chopped celery. Cook for approximately 3 minutes, stirring frequently.
➢ Add the cooked sunchokes, oregano, basil leaves, thyme, stock, and water. Stir to combine.
➢ Bring the soup to a boil, then lower to a simmer. Cook for 40 minutes until the sunchokes are tender and soft.
➢ Let the soup cool, then blend on high speed in a blender until the soup is creamy and smooth.
Chicken is my family’s go-to protein because of its simplicity and versatility. Most times we just grill it on the stove, but to spice things up every once in awhile, I like to whip out this recipe. Although still very simple in terms of ingredients, the flavor of this chicken breast recipe is complex and irresistible.

Yield: 4 Chicken Breasts

❖ Ingredients

➢ Chestnut Maple Sauce (recipe on pg.7)
➢ American Plum Ketchup (recipe on pg. 6)
➢ 4 chicken breasts
➢ 2 minced garlic cloves
➢ 1 sliced onion
➢ 1 tbsp olive oil
➢ Salt and pepper

❖ Directions

➢ Heat the olive in a skillet over medium heat. Once shimmering, add the sliced onion and a pinch of salt. Let cook for 5 minutes, then cover and let caramelize for another 10 minutes. Add minced garlic and cook for 1 minute.
➢ Add the chicken breasts to the skillet and cook both sides until lightly browned and no longer pink.
➢ Brush chestnut maple sauce over each chicken breast and cook each side until chicken has caramelized from the sauce, about three minutes each side.
➢ Pour in an extra ½ cup of chestnut maple sauce in the skillet. Cook with chicken for an additional 2 minutes.
➢ To plate, serve glazed chicken breast with roasted vegetables and a dollop of American Plum ketchup.
Butternut Thai Curry
(Juglans cinerea)

❖ Ingredients
➢ 2 cups groundnuts, soaked in water overnight
➢ 1 can coconut milk
➢ 1 cup vegetable broth
➢ 2 Tbsp Thai red chili paste
➢ 1 Tbsp vegetable or canola oil
➢ 1 shallot, sliced
➢ 2 cloves garlic, minced
➢ 1 tsp grated ginger
➢ 1 red bell pepper, cut lengthwise into strips
➢ 1 cup green beans
➢ ½ tsp cayenne pepper
➢ ½ tsp chili powder

❖ Directions
➢ Drain the water from the soaked groundnuts and place in high speed blender or food processor. Process until smooth and creamy.
➢ In a stock pan or dutch oven, heat vegetable oil over medium heat. Add sliced shallot and minced garlic. Stir until shallots are translucent, about 5 minutes.
➢ Stir in minced ginger, Thai red chili, cayenne pepper, and chili powder. Allow to heat and become fragrant for about 45 seconds.
➢ Add in chopped red pepper and green beans. Stir for 1 minute, then pour in the blended groundnuts and vegetable stock. Bring to a simmer and cook for about 10 minutes over medium-low heat.
➢ Pour in the coconut milk. Stir until mixed through and bring to a boil. Lower the heat and bring to a simmer, then cover and cook for 15 minutes.
Nettle Gnocchi
(Laportea canadensis)

Gnocchi are traditional Italian dumplings made with potatoes, eggs, and flour. In other words, they are squishy pockets of happiness. Although it may sound a bit unconventional to incorporate nettle into a classic dish, the addition of this ingredient, known as ortiche in Italian, is actually quite common in regions like Tuscany.

When picking and handling nettles, make sure to protect bare skin as these plants will sting! Once cooked, these plants are safe to handle and eat, and believe me, you will not want to stop eating these gnocchis.

Yield: 3-4 servings
❖ Ingredients
➢ 2 cups packed nettles
➢ 2 eggs
➢ 2 large russet potatoes
➢ 1 cup all purpose flour
➢ 1 tbsp olive oil
➢ Salt and pepper
➢ lemon zest (for garnish)
❖ Directions
➢ Fill a large pot with water. Add the potatoes and bring to a boil over high heat until the potatoes are fork tender.
➢ Meanwhile, prepare the nettles. Place the nettles in a bowl and fill the bowl with water until the nettles are submerged. Stir the nettles vigorously to remove any dirt. Allow to sit for one minute, then drain the nettles through a colander. Run water over the nettles in the colander to rinse one last time.
➢ Heat the olive oil in a pan over medium heat. Add the nettles and stir. Cook until the nettles are wilted, approximately 5 minutes.
➢ Place the nettles, egg, and a tablespoon of water in a blender. Add a pinch of salt and pepper. Blend the mixture until a paste forms.
➢ Once the potatoes are finished cooking, allow to cool. Rice or grate the potatoes to produce fine clumps of potato, then mash the riced/grated potatoes in a bowl.
➢ Add the nettle paste to the potatoes and mix. Add the flour and knead until a smooth and slightly sticky dough forms. Cut the dough into two pieces.
➢ Place one dough piece on a floured surface and roll into a log. Cut the log into ½ inch pieces. Repeat with the other dough piece.
➢ Bring a large pot of water with a pinch of salt to a boil. Cook the gnocchi in four batches. The gnocchi is done cooking when it rises to the top of the water.
➢ When ready to serve, garnish the gnocchi with a drizzle of olive oil, lemon zest, and pepper.
Elderberry Glazed Tilapia
(Sambucus canadensis)

❖ Ingredients
➢ 1 cup Elderberries
➢ ½ tsp cinnamon
➢ 1 tsp orange zest
➢ 1 tsp lemon zest
➢ ¼ cup water
➢ ¼ cup honey
➢ Tilapia filets
➢ 1 tbsp olive oil
➢ Salt and pepper to taste
➢ Fresh lemon juice to taste

❖ Directions
➢ Combine elderberries, cinnamon, orange zest, lemon zest, and water in a medium saucepan. Bring to a boil over medium heat, then lower to a simmer and continue cooking over low heat until the mixture is thickened and reduced, about ____ minutes.
➢ Allow mixture to cool slightly, then pour over a fine-meshed sieve fitted over a bowl. Discard any solids.
➢ Let elderberry juice sit in the bowl for 15 minutes at room temperature or covered in the refrigerator for 30 minutes. Once cooled, stir in the honey until combined. Set aside.
➢ Meanwhile, preheat broiler. In a shallow roasting pan or casserole dish, arrange tilapia fillets in a single layer. Cook in broiler for 5 minutes.
➢ Remove tilapia from broiler and sprinkle the fish with olive oil and a dash of salt and pepper. Pour the elderberry glaze over the tops of the fillets until they are coated but not drenched.
➢ Cook in broiler again for another 5 minutes until tops of fillets are slightly caramelized. Enjoy with a squeeze of lemon and an extra dollop of glaze.

Recipe adapted from Norm's Farm "Tilapia With Tropical Barbeque Glaze"
Drinks
Non-alcoholic Blueberry Spritzer

(Vaccinium corymbosum)

This drink is like an adult version of a juice box drink that is also kid-friendly! The blueberries provide a tart and sweet kick to the fizzy, refreshing sparkling water. Grab a beach chair, throw on a swimsuit, pour yourself a cup of spritzer, and relive those childhood memories.

Yield: 1 cup syrup
❖ Ingredients
➢ 1 cup blueberries
➢ 1 cup sugar
➢ 1 cup water
➢ Juice of 1 freshly squeezed lemon
➢ 1 bottle sparkling water
❖ Directions
➢ First, make the blueberry simple syrup. Combine blueberries, sugar, and lemon juice in a small saucepan. Stir and bring to a boil. Reduce to low heat and simmer until thickened into syrup.
➢ Pour sparkling water into a pitcher and add ½ cup of the blueberry simple syrup. Stir until syrup is dissolved in the water.
➢ To add a nice tanginess, squeeze in a little more lemon juice. To make the drink sweeter, add more blueberry simple syrup or sugar.
Sarsaparilla Root Beer
(Aralia nudicaulis)

❖ Ingredients
➢ ½ cup Sarsaparilla roots (cut into 1 inch pieces)
➢ 2 cups water
➢ 1 star anise
➢ ¼ tsp nutmeg
➢ ¼ tsp cinnamon
➢ ¼ tsp allspice
➢ ¼ tsp vanilla
➢ 2 tbsp molasses
➢ ½ cup sugar
➢ Sparkling water

❖ Directions
➢ Place the roots, spices (anise, nutmeg, cinnamon, allspice), and 2 cups of water in a medium saucepan. Bring to a boil, then reduce to a simmer on medium-low heat for approximately half an hour.
➢ Add the vanilla and molasses. Continue simmering for 3 minutes and then remove from the heat.
➢ Strain the mixture to separate roots and spices from the liquid by pouring the mixture through a fine mesh sieve covered with cheesecloth (for extra filtration). This will ensure that the mixture is refined and no debris remains.
➢ Add the strained liquid back to the pot (make sure to rinse out the pot before using again) and stir in the sugar. Bring to a simmer for 2 minutes and then remove from heat.
➢ To prepare a glass of root beer, combine the root beer and sparkling water in a 1:2 ratio. For every ¼ cup of syrup, use ½ a cup of sparkling water. Stir well and enjoy.

*Optional: top it off with a scoop of vanilla ice cream to make a root beer float!*

Recipe adapted from Simply Recipes “Homemade Sassafras Root Beer”
Lemon Raspberry Mint Refresher
(Rubus idaeus v. strigos)

Sometimes water just cannot quench your thirst or beat the heat. In moments like these, you can whip up this quick drink and not only feel refreshed, but also a bit fancy. Serve this at your pool party and I guarantee it will be among the stars of the food show.

Yield: 1 cup syrup
❖ Ingredients
➢ 1 cup raspberries
➢ 1 cup sugar
➢ 1 cup water
➢ Juice of freshly squeezed lemon
➢ Sparkling water
➢ Mint leaves for garnish
➢ Slices of lemon for garnish
❖ Directions
➢ Make the raspberry simple syrup by combining raspberries, sugar, and lemon juice in a small saucepan. Stir and bring to a boil. Reduce to low heat and simmer until thickened into syrup.
➢ Pour sparkling water into a pitcher and add 1 cup of the raspberry simple syrup. Stir until syrup is dissolved in the water.
➢ Garnish the drink with a mint leaves, slices of lemon, and a few raspberries. Stir to combine and enjoy!
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Dessert
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Serviceberry Tart with Oat Crust
(Amelanchier laevis)

These berries may be small but pack quite a punch! When baked in the oven, berries become even juicier. In my opinion, there is nothing quite like the satisfaction of bursting a baked berry in your mouth and letting the sweet juice tingle your taste buds.

The use of oats for the tart shell provides fiber and a nice rustic touch compared to the traditional refined flour, and the substitution of berry jam for granulated sugar makes this dessert a healthy, guilt-free indulgence that is perfect for vegans and carnivores alike.

Yield: 1 tarte (6-8 servings)
❖ Ingredients
➢ 2 ½ cups serviceberries
➢ 3 Tbsp berry jam
➢ ¼ cup water
➢ 1 ¾ cup rolled oats
➢ ¾ cup almond flour (or all-purpose flour if nut-free)
➢ 4 tbsp butter or coconut oil
➢ ½ tsp salt
➢ 1 tbsp nut butter (or additional butter/coconut oil if nut-free)
➢ 2 tbsp almond or coconut milk
➢ 1 tsp lemon zest
❖ Directions
➢ Preheat the oven to 350. Oil a tart pan and set aside.
➢ To make the crust, pulse oats in a food processor until grainy. Add almond flour, salt, butter, but butter, and ½ tsp lemon zest. Pulse until crumbly, then add the almond milk and pulse until dough is slightly sticky.
➢ Press oat crust into an oiled tart pan. Blind bake the oat crust for 7 minutes.
➢ In a medium saucepan, combine 1 ½ cups serviceberries, the jam, and the water. Bring to a boil, then lower to a simmer, stirring every 2 minutes. Turn off the heat once the fruit has reduced and thickened to resemble a syrup. If you do not like the texture of seeds, strain the mixture over a fine-meshed sieve.
➢ Sprinkle the remaining 1 cup of serviceberries over the oat crust. Pour the serviceberry syrup over the berries and level the mixture using a rubber spatula.
➢ Bake the tart for approximately 30 minutes until the serviceberries have shrunk.
Spiced Persimmon Cake
(Diospyros virginiana)

- Ingredients
  - 2 soft, ripe persimmons
  - ½ cup maple syrup
  - 2 cups sugar
  - 1 can coconut milk
  - ⅓ cup vegetable oil
  - 1 ½ cup all purpose flour
  - 1 ½ cup spelt flour
  - 1 tsp cinnamon
  - 1 tsp ginger
  - 1 tsp nutmeg
  - ¼ tsp ground clove

- Directions
  - Preheat the oven to 350 degrees. Oil a cake tin or a bundt pan and set aside.
  - Scoop out the flesh of the persimmons and place in a large bowl. Add the maple syrup, sugar, coconut milk, and vegetable oil. Whisk ingredients until combined.
  - In another large bowl, combine all the dry ingredients and whisk until incorporated.
  - Slowly pour the wet into the dry bowl. Stir with a rubber spatula until just combined, making sure not to overmix!
  - Pour mixture into prepared cake pan and place in the oven to bake for approximately _____ minutes. The cake is done baking when a toothpick inserted in the center comes out clean.

Recipe adapted from Delicious Everyday “Upside Down Persimmon Cake with Maple Syrup and Walnuts”
Flourless Chocolate Hazelnut Cake

(Corylus americana)

Why have chocolate cake when you can have flourless chocolate cake made entirely from hazelnuts? By replacing refined flour with hazelnut meal, this cake is not only more nutritious but also gluten-free. How do it get any better than this? It’s transformation—fresh out of the oven, this cake is fluffy and light, but after refrigerated, it becomes fudgy and rich.

Yield: 1 cake (6-8 servings)

❖ Ingredients
➢ 1 cup hazelnuts
➢ ¼ cup cocoa powder
➢ ½ cup bittersweet chocolate
➢ Pinch of salt
➢ 4 large eggs, separate whites from yolks
➢ 4 tbsp butter or coconut oil
➢ ½ cup sugar
➢ 1 tsp vanilla extract

❖ Directions
➢ Preheat oven to 275 degrees. Line a baking sheet with parchment paper, pour hazelnuts, and roast for approximately 10 minutes.
➢ Meanwhile, prepare the cake/bundt pan by spraying a 9 inch springform pan with cooking spray and placing parchment paper on the bottom of the pan.
➢ Once the nuts are cooled, pulse them in a food processor until a coarse hazelnut flour is formed.
➢ Increase the oven temp to 350 degrees.
➢ In a large bowl, beat egg yolks, sugar, and vanilla until smooth and well combined. Mix in hazelnut flour and salt.
➢ In another large bowl, beat the egg whites until stiff peaks form.
➢ Melt the chocolate and butter on the stove or in the microwave in short increments. Allow to cool slightly, then pour the mixture into the bowl with the hazelnut flour, egg yolks, and sugar. Stir to combine.
➢ Fold the egg whites into the chocolate batter and mix until just combined. Scrape the batter into the prepared springform pan.
➢ Bake the cake in the oven for approximately ______min (40).
Wild Strawberry Rhubarb Crumble
(Fragaria virginiana)

Strawberry-rhubarb is a classic combination, and for a good reason. As a dessert, the fruit and vegetable make a delightful duo. Wild strawberries elevate this traditional dessert even more by intensifying both the strawberry flavor and the sweetness. Top off the dish with vanilla bean ice cream for extra smiles.

Yield: 6-8 servings
❖ Ingredients
➢ 2 cups diced strawberries
➢ 2 stalks rhubarb
➢ 2 tbsp strawberry jam
➢ 2 tbsp maple syrup
➢ 1 tbsp lemon juice
➢ 1 tbsp tapioca starch or cornstarch
➢ 2 cups rolled oats
➢ ¼ cup almonds
➢ ¼ cup brown sugar
➢ ¼ cup (half a stick) butter or coconut oil
➢ Pinch of salt
❖ Directions
➢ Preheat the oven to 375 degrees.
➢ In a medium bowl, combine the strawberries and diced rhubarb. Mix in the jam, maple syrup, lemon juice, and tapioca starch.
➢ In a food processor, pulse the oats and almonds until crumbly. Add the brown sugar, butter, and salt. Pulse until the oats are slightly sticky and bind together.
➢ Press down half of the oat crumble on the bottom of a tart or casserole dish. Pour the strawberry-rhubarb mixture on top, and then sprinkle the rest of the oat crumble over the layers.
➢ Cover the dish with aluminum foil and bake for 30 minutes. After 30 minutes, bake the crumble uncovered for another 20-30 minutes to crisp the top layer.
➢ Serve immediately with a scoop of vanilla bean ice cream!
Beach Plum Sorbet
(Prunus maritima)

❖ Ingredients
➢ 400 g Beach Plums
➢ 1 tsp vanilla extract
➢ 1 tsp cinnamon
➢ ¼ cup water
➢ ¼ cup sugar

❖ Directions
➢ Preheat the oven to 375 degrees. Line a baking sheet with aluminum foil.
➢ Cut the plums in half and remove the pits. Sprinkle the vanilla extract and cinnamon over the plums and mix until the plums are evenly coated. Roast the plums until the skin is caramelized, about half an hour. Take out of the oven and let cool.
➢ Blend the plums in a high speed blender or food processor. If using a food processor, strain the resulting mixture through a sieve and discard the pulp for a smooth sorbet.
➢ In a small saucepan over medium low heat, dissolve the sugar in the water for about 2 minutes. Allow to cool, then pour over the plum mixture.
➢ Pour the plum mixture into a bowl and cover. Place in a freezer and allow to chill. After 1 hour, remove from the freezer, whisk the mixture to break up the ice crystals, and place back in the freezer for another half hour. Repeat this until the sorbet is frozen.
➢ Once the sorbet is fully frozen, break up into ice chunks and blend in a high speed blender until smooth. Place the plum sorbet in a container with a lid and freeze until firm.
➢ Before enjoying, allow the plum sorbet to rest at room temperature for 5 minutes to enjoy a smooth, refreshing treat.

Recipe adapted from Leite’s Culinaria “Plum Sorbet”
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About the Author

Born in Switzerland and raised in a town a few hours from the Swiss Alps, Keana Werlen developed a curiosity and passion for nature at a very young age. After moving to New Jersey, Keana built her own vegetable and fruit garden as a way to connect with her new environment. It was through this hobby that she found another one of her passions — cooking. Currently, Keana Werlen is a senior at Hillsborough High School and will be attending the University of California, Berkeley for her undergraduate studies. She began her internship with the Sourland Conservancy in February 2019.