



GTCG WEEKLY

Recipes, Garden Pests and TidBits

Newsletter

Issue #1

Lambsquarters

[Scientific name: *Chenopodium Album* |

GROWTH

This weed typically grows in North American row crops such as corn, soybean, sugarbeet and potato. It can grow under various conditions due to its shallow roots, so you may see it near barnyards or farmsteads too. It is within the same family as spinach and beets, so it attracts similar diseases and pests. It is a seed producer and can produce over 70,000 seeds that can remain dormant for over 20 years, making it tricky to manage.

HISTORY

History tells us that this weed was highly sought after, as it is nutritious and tasty. It was often gathered as a young plant, boiled until tender and served with butter, salt and pepper. Unfortunately, it lost its appeal when spinach was introduced from southwest Asia in the 16th century.



DISEASES/PESTS

Beet leafhoppers are common pests that harm lambsquarters. To protect your plants from these leafhoppers, remove any dead plant matter and practice proper water hygiene methods for your plants. Spinach mildew is a disease that can affect these weeds as well. To prevent mildew, avoid practices that promote rapid drying of plants and minimize the length of time the leaves of the plant are wet.



PRESERVATION

Freezing lambsquarters is one way to preserve the weed when it comes time to plant other produce in your garden. To preserve, follow these methods:

1. Harvest: Pick when they are young and soak in cool water for two minutes and rinse away remaining dirt.
2. Blanch: Place the plant in boiling water until it changes to a deep green color and the leaves become limp. Remove from the pot of water, drain and cool in your refrigerator.
3. Freeze: When cooled, place in the freezer. Pack in small, shallow bags for up to one year.

Recipe of the Week

Lambsquarters Soup



INGREDIENTS

- 2 pounds turkey or preferred meat, ground
- 1 quart chicken broth
- 4 bay leaves
- 2 teaspoons dried oregano
- 1 white onion, sliced
- 1 large carrot, chopped
- 3 stalks celery, chopped
- 1 tablespoon lime juice
- 2 pounds lambsquarters
- 1 (15 ounce) can preferred beans (navy, kidney)

DIRECTIONS

1. Place ground meat in a soup pot and add chicken broth and 2 quarts of water. Bring to a simmer and add bay leaves, oregano, onion, carrot and celery. Let simmer, partially covered, until meat is cooked and comes to an internal temperature of 165 F and vegetables are tender.
2. Add lambsquarters and beans and allow to simmer for 10 minutes. Add lime juice.
3. Serve over rice if preferred.

CONSUMPTION

This weed can be consumed in any way you would normally consume spinach: on salads, in sandwiches, in a stir fry or added to smoothies.

Do not gather this weed in fields treated with herbicides. This weed also contains oxalates, which may cause issues in some people with diseases such as arthritis or gout.



NUTRITION

Recipe makes 8 servings. Each serving provides 260 calories, 8 grams (g) fat, 31 g protein, 8 g fiber and 210 milligrams sodium.

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EXTENSION

See www.ag.ndsu.edu/food