

## FLORAL GREEN SALAD

### Ingredients

- \* 1 Cup of Cattail Shoots (Young)
- \* Half a Cup Oil
- \* 1 Cup of Leeks
- \* Be Sure They Are Not Unrolled (Open)
- \* Wild Garlic
- \* 3 Cups Fiddle Head Ferns
- \* 2 Cups of Lettuce
- \* Sunflower Seeds

### Directions

Pick the fiddle head fern in the spring when they are young, up to 6 inches in height and unopened wash these and then drain.

Chop leeks add to the fiddle head.

Pick cattails early in the spring also and peel first layer to get to the tender shoots; the roots are also used as well. Wash and chop and then drain.

Add to other ingredients. Cut up some lettuce and add to the others.

Add sunflower seeds.

Then add some oil and salt and pepper, a little wild garlic is the best or regular garlic.