

## It's Wild Greens Time

By Neely Shaddock  
UK College of Agriculture

little water, salt to taste, cover with a lid and cook until tender.

Once again it's wild greens (wild sals) time and, according to an old eastern Kentucky legend, picketing and eating wild plants started at Booneham. After a long winter on a diet of deer meat, salt pork, noshing and other dried foods, the settlers desperately craved fresh fruits and vegetables. A group of women tending cattle outside the fort one day in early spring decided that whatever their cows ate, they could eat also. So they gathered up some of these wild plants and cooked them with a piece of fat pork. They found them not only delicious, but also the answer to their craving for fresh greens.

In this article we list a few of the most popular, time-tested and easy to identify wild greens. They taste especially good when gathered in early spring when they are young and tender. Few springtime activities are more measurable than collecting wild greens, and few foods are more satisfying to winter-jaded appetites. The main thing to remember when going out to hunt them is to be sure you are getting the right one, and if you intend to preserve properly, be sure to get permission first.

green, finger-sized spears. The best time to gather it is when the shoots are about six inches high.

Just about everybody can recognize the dandelion, which is best for eating when the plants are very young. Cut off the whole crown close to the ground, pluck out the flowers and pick out the trash. It can be cooked by itself, but is much better when mixed with other greens. The leaves of this lowly lawn weed can be mixed with other greens and made into a sort of tossed salad that is a treat to the taste.

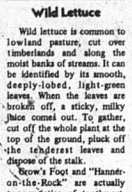
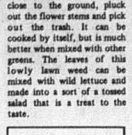
**Poke**

UK College of Agriculture food specialists say wild greens should not be cooked long or with much water. They add that while some cookbooks recommend parboiling, this is not really necessary if the plants are young and tender. In parboiling and changing the water once or twice, vitamins and minerals are poured out with the water. The bitterness of some greens like upland cress, dandelion, or poke can

be offset by cooking with milder plants. Greens can also be seasoned with bacon drippings. A dash of vinegar or a squirt or two of lemon juice before serving will always add to the taste.

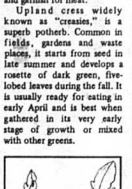
Some of the more common wild greens are poke, dandelion, wild lettuce, crow's foot, evening primrose, watercress, upland cress, shepherd's purse, lamb's quarters, and broad-leaf plantain.

Of all the wild greens, poke seems to be the favorite. It can be cooked by itself or mixed with other greens. It can be found growing along old fence rows, in pasture fields, recently cleared woodlands and other waste places. It comes up in late March and early April and can be identified by its succulent light-green, finger-sized spears.



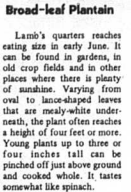
forms. Its leaves emerge in the form of a rosette speckled or tinged with red. The rosettes are harvested in the same manner as dandelions.

Water cress is an aquatic plant. It can often be found floating on the surface of ponds, lakes and streams. It can be found in gardens, in old crop fields and in other places where there is plenty of sunshine. Varying from oval to lance-shaped leaves, the plant often reaches a height of four feet or more. Young plants up to three or four inches in height can be pinched off just above ground and cooked whole. It tastes somewhat like spinach.



leaves. It has a peppery taste and has long been used to top up the taste and flavor of pork, plants and light-green quarters. It can be used raw in tossed salads or sprinkled with salt and eaten by itself. Another name for shepherd's purse is "pepper grass."

Broad-leaf plantain is common to lawns and can be recognized by a spring rosette of broad, light-green leaves. Later in summer it develops seed spikes that look like the tail of a rat. To be good, it must be picked early.



Measuring orange juice

Measuring and serving orange juice are Title I students, from left, Henry Lee Stell, Jessica Jones, Mita Harway and Bertie Tubbs.



Making fudge

Mrs. Edna Cobb, Title I math teacher, observes Tina Mitchell, Alvin Eckler, Lee Ann Garrett and Gary Hall measuring and making fudge.



Time and money

Learning about money and time in the Title I math program at Nicholas County Elementary School are Corsetta Watkins and Patricia Adams.



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### 'Learning by doing' In Title I

According to Mrs. Pat Mastin, Title I math teacher, "The teachers of the Title I Remedial Math Program at the Nicholas County Elementary School decided that the best way to learn about measurement, time, and money was by doing."

Armed with rulers, yardsticks, scales, measuring spoons and cups, play money, and toy clocks, the students have been busy. They have measured their own height and weight and just about everything in the classroom. They have enjoyed using recipes to measure and make candy. A commercial food chain restaurant let them borrow a commercial machine so they could make orange juice by the gallons.

Each class has worked with clocks, calendars and money. Included in the unit for the older students was the making of grocery lists, counting change, and figuring sales tax. The teachers, Edna Cobb and Ellen Martin, and the aide, Wanda Guance, have enjoyed these units of study as much as the students. Mrs. Jane Becker is the Title I Supervisor. Pictures on this page depict children as they are learning in the math program.

**Dandelion**

Some good places to hunt for wild greens are in wood lots, old pasture fields, stream banks and even on the lawn. Many of these plants grow along roadsides, but it is best not to gather them from such places. They are likely to be polluted with the residue of automobile exhaust fumes.

**Upland Cress**

Wild greens are in wood lots, old pasture fields, stream banks and even on the lawn. Many of these plants grow along roadsides, but it is best not to gather them from such places. They are likely to be polluted with the residue of automobile exhaust fumes.

**Watercress**

Wild lettuce is common to lawned pastures and along the moist banks of streams. It can be identified by its smooth, deeply-lobed, light-green leaves. When the leaves are break off, a sticky, milky juice comes out. To gather, cut off the whole plant at the top of the ground, pluck off the tenderest leaves and dispose of the stalk.

"Cow's Foot" and "Honey-on-the-Rock" are actually two varieties of toothwort. They are the earliest of greens and can be cooked alone or mixed with other greens. They are low-growing plants found only in woodlands. Hanner-of-the-Rock has three one-inch broad leaves at the end of a stem. Cow's foot has five narrow, deeply-lobed leaves arranged like toes on the foot of a cow.

**Shepherd's Purse**

Shepherd's purse springs from the ground in a clump of deep-cut, lance-shaped

## Baseballers meet Berea, Frankfort



The Nicholas County baseball team traveled to Berea on Monday, May 1 and met with Berea High School where the Blue-jackets showed Berea what a great game of ball they can play when they are composed and playing their best. Nicholas County played a shut-out game against Berea with the final score: 18-0.

Frankfort scored two runs in the second inning, three in the third, two in the fourth and one in the fifth inning. After the Blue-jackets failed to score, the Panthers followed up ten runs by getting one run in the fifth and thurly balling the game because of a baseball rule which says if a team scores ten runs before the opposing team scores the game must be stopped.

Winning pitcher Mike Matton pitched an excellent game, only giving up three hits in six innings and twin brothers, Tom and Tim Moreland along with Billy Minion skinned out home runs. Nicholas County gained three runs in the first inning, two in the second, four in the fourth and one in the sixth to give them 18-0 win.

As they say "shootout in a fair play" Nicholas County's upcoming game with Frankfort was no doubt star crossed. It was one of those games Wednesday when the baseball team seemed unable to get a good hold on the ball but, bravely and determinedly, The Blue-jackets met with the Frankfort Panthers and the Panthers managed to play a shut-out ballgame.

### Bourbon DRIVE-IN Theatre

AT 8:45 THURS.-FRI.-SAT.-SUN.

Burt Reynolds  
"Smokey and the Bandit"  
Sally Field, Jerry Reed  
Jackie Gleason

AT 10:40  
IS IT A DEMON?  
THE CAR  
Starting Tuesday, May 17  
"SUPERJOCKS" & "SISTER-IN-LAW"

### Handy-work



Park and Recreational director Fred Hammond and his crew put the finishing touches on new bleachers for the Nicholas County Recreational Park as a fellow worker checks out a nearby ballgame. — Kerr photo.

### Gotcha covered

A Nicholas County baseball player seems determined to get a hit but it was in vain. The Frankfort Panthers wouldn't give up a single run in Wednesday's game. The Panthers played a shut-out, winning 10-0 after 5 innings.

## Babe Ruth baseball games begin

The 1978 Babe Ruth baseball games got started Thursday night, April 27. The first game resulted in a 10-2 victory for the Senators over the A's. The Senators were ahead of their opponents throughout the game with N. Reid pitching the first four innings and being relieved by S. Fryman. M. Boyken was the losing pitcher and Reid got the win. The Senators were able to get seven hits, while the A's only managed three.

The second game seemed to be leagued in the first few innings with the Dodgers leading the Giants 10-1 after 4 1/2 innings. The Dodgers ran into pitching trouble however in the bottom of the inning. T. Allison was relieved by M. Wooley and then K. Matton, who gave up a double by S. Sadler. The score was 11-10. Dodgers leading, two outs and the bases loaded. Sadler's double drove in the tie and winning run for the Giants who won 12-11. T. Howard was the winning pitcher, having replaced B. Bretz who had arm trouble in the second inning. M. Wooley got the loss.

The May 2 game was a close 13-12 victory for the Dodgers over the Senators. S. Fryman was the losing pitcher being relieved too late by N. Reid in the last inning. Getting the six hits for the Senators were: T. Bunsell, D. Markland, F. Hatfield, M. Duncan, P. Markland and P. Reed. K. Matton pitched the entire game for the winning side. Hits for the Dodgers were made by: Wooley (3), Sorrell (2), K. Matton, (2), Allison, B. Lyons, Withrow, and M. Howard.

## Babe Ruth schedule

Opening Day, Saturday, May 13 — Blue Jays vs. Flyers, 1:00 p.m. 'Cubs vs. Dodgers, 2:30 p.m. 'Cubs vs. Reds, 1:00 p.m.  
Monday, May 15 — Reds vs. Dodgers, Royals vs. Flyers.  
Tuesday, May 16 — Blue Jays vs. Cubs, Dodgers vs. Royals.  
Wednesday, May 17 — Cubs vs. Cubs, Reds vs. Blue Jays.  
Thursday, May 18 — Reds vs. Cubs, Dodgers vs. Flyers.  
Friday, May 19 — Flyers vs. Blue Jays, Reds vs. Royals.  
Saturday, May 20 — Dodgers vs. Reds, Cubs vs. Blue Jays.  
Sunday, May 21 — Cubs vs. Flyers, Royals vs. Dodgers.  
Monday, May 22 — Dodgers vs. Blue Jays, Reds vs. Flyers.

First game starts at 6:00 p.m. Second game starts at 7:30 p.m.

## Transylvania offers camp

The 1978 Don Lane Transylvania Basketball Camp will open its first session June 12-18 on the campus of Transylvania University in Lexington. With six sessions running through the third week of July, the camp will host boys and girls from age 7 to 18. Transylvania head basketball coach Don Lane is in charge of the camp. This year's basketball camp will feature individual and group instruction in basketball fundamentals as well as personal agility programs for each camper. Coach Lane has recruited a staff of high school and college coaches who will instruct the campers.

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