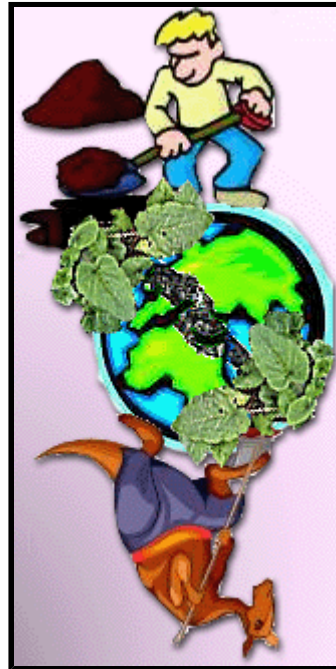


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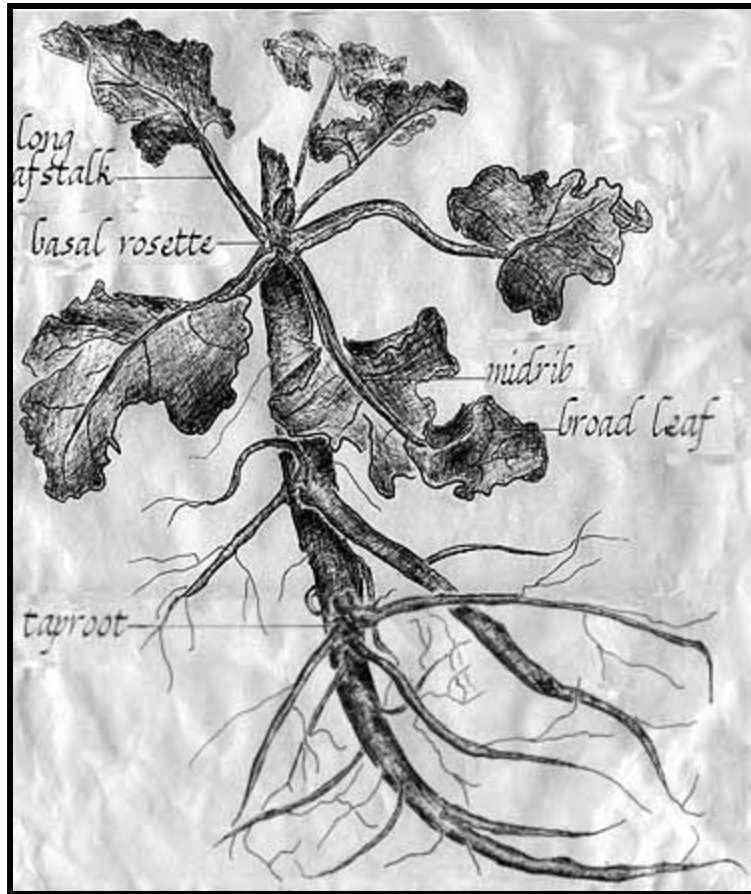
# Burdock (*Arctium* *species*)

From [THE WILD](#)  
[VEGETARIAN COOKBOOK](#)

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*I'll uproot this weed if it's the last  
thing I ever do!*



### ***Burdock Rosette and Root***

*Pen and ink drawing by "Wildman"*

This major wild food has long-stalked wedge-shaped leaves reminiscent of elephants' ears, 2 feet long and 1 foot across. Unlike similar leaves, they're white and fuzzy underneath.

The basal rosette of leaves stays close to the ground the first year and the beginning of the second.

**Burdock Basal Rosette**

Then, in mid-spring of year 2, a central flower stalk 2-9 feet tall arises.



**Second-year Burdock with Immature (Edible) Flower Stalk**

The flowers resemble purple shaving brushes.

**Burdock Flower**

The fruits that follow are brown globular burrs that stick to clothing and anything else.



**Burdock Fruit**

After thus dispersing its seeds, this biennial dies.



### **Burdock Seeds**

These crescent-shaped black seeds fall to the ground when you remove the burrs from your clothing.

Look for burdock in disturbed habitats, roadsides, vacant lots, and fields. It grows throughout North America except in the Deep South.





**Burdock leaves are delicious too, but only if you're a goat!**

You can harvest the large, deep, beige taproot from the basal rosette form (as soon as the flower stalk appears, the root becomes tough and woody) from early spring to late fall. Its hearty flavor is a little like that of potatoes, although it's related to artichokes.

**Burdock Root**

Scrub the root with a coarse copper scouring pad, but don't peel it. Slice it razor-thin on a diagonal, oriental-style, or use the finest slicing disk of a food processor.

Simmer 20 minutes or until tender. You may also sauté it, but add liquid and cook it in moist heat another 10 minutes afterwards, or it may not get tender.

You may also harvest the immature flower stalk in late spring, before the flowers appear, while it's still tender and very flexible.



Peeled and parboiled for 1 minute to get rid of the bitterness, it tastes like artichoke hearts, and it will enhance any traditional recipe that calls for the heart of artichokes. Cook this for another 5-10 minutes.



**Immature Burdock Flower Stalk**

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*Drawings, photos, and design by "Wildman"*

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