

# Lamb's Quarters

**Lamb's Quarters (*Chenopodium album*, Goosefoot Family: *Chenopodiaceae*)** - This European immigrant is an odorless, branching, annual herb, with stalked, opposite, simple leaves which are clammy-feeling, unwettable, and have a whitish coating on the underside. The first leaves are roughly diamond-shaped and somewhat toothed toward the point, and the later leaves are narrow and toothless.

Lamb's-quarters was introduced to the U.S. as a pot-herb and now grows everywhere. It particularly likes disturbed soil, but it's not above growing through the cracks in the sidewalk. It generally grows from 1 to 3 feet tall, though it may reach over twice that height under favorable conditions. There are many similar edible species in this genus...

Collect the young tender plants whole, and then when the stems become tough, collect just the leaves and tender tips... Use the shoots, leaves and tips in any way that you might use spinach. It tastes a lot like spinach, only milder, with sort of a hint of peapods.

Lamb's-quarters is very high in vitamin A, calcium, and phosphorus and is also a good source of protein, trace minerals, B-complex vitamins, vitamin C, potassium, iron, and fiber.  
<<http://kingdomplantae.net/>>

**Lamb's Quarters** (also called Fat Hen or quelite de ceniza) is an ancient form of spinach. It is a nutrition superstar. Fat hen can be eaten raw in salads, on sandwiches, or used in soups or stir-fry. Steam as spinach and serve as is or put in an omelet or lasagna.

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## Greens Tacos

(recipe by Julia of Mariquita Farm)

1 bunch fat hen, washed and chopped (stems optional)

2 teaspoons cooking oil

2 stalks green or regular garlic, chopped

Pinch red pepper flakes or cayenne

2 Tablespoons cream cheese

4-6 small corn tortillas or 2-3 larger flour ones

Prep your greens. Heat the oil and add the garlic. Cook garlic for about 30 seconds. Then add greens and cook until bright green and wilted, add red pepper (and salt and pepper to taste). Take off heat and stir in cream cheese. Heat tortillas, divide filling among them. Eat and enjoy.

Serves 2-3

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## Quelites and Beans

(adapted from The Vegetarian Times)

1 bunch fat hen

1 tablespoon olive oil

3 stems green garlic or 3 cloves 'regular' garlic -- minced

3 leeks -- finely chopped

1 cup canned pinto beans -- rinsed and drained

1 teaspoon chili powder salt and pepper -- to taste

Rinse fat hen well, remove larger stems. Steam greens in tightly covered pot until wilted. Drain and finely chop them. In large skillet, heat oil over medium heat. Add garlic and leeks and cook, stirring frequently, until leeks are soft, 2 to 3 minutes. Stir in greens, beans and chili powder. Cover and cook over low heat for 5 minutes or until heated through. Season with salt and pepper and serve.

Makes 6 servings.

<[http://www.newfarm.org/columns/CSA\\_journal/2005/0616/multitask.shtml](http://www.newfarm.org/columns/CSA_journal/2005/0616/multitask.shtml)>

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## COMPARATIVE NUTRITIONAL VALUES OF LEAFY VEGETABLES AND WEEDS

NUTRIENT	LAMB'S-QUARTER	PURSLANE	AVERAGE WEED	AVERAGE LEAFY VEG. (SPINACH, KALE, LETTUCE, ETC.)
(PER 100 G)				
Calcium	309 mg	103	186	106
Beta-carotene	7 mg	1.5	5.6	3.6
Fiber	2.1 g	0.9	1.3	1
Iron	1.2 mg	3.5	2.7	2.4
Niacin	1.2 mg	0.5	0.9	0.45
Phosphorus	72 mg	39	57	46
Potassium	— mg	—	382	440
Protein	4.2 g	1.7	2.8	2.7
Riboflavin	0.44 mg	0.1	0.24	0.16
Thiamin	0.16 mg	0.03	0.11	0.08
Vitamin C	80 mg	25	68	57

(Source: Duke, J.A. and Atchley, A.A. CRC Handbook of Proximate Analysis Tables of Higher Plants. CRC Press, 1986)

### Lamb's Quarters Rolls

2 cups cooked Lamb's quarters, chopped  
 1 cup cottage or ricotta cheese  
 1 egg  
 1/2 cup mixed chopped tarragon, parsley or sheep sorrel  
 12 sheets of filo pastry  
 olive oil  
 Preheat oven to 375 C. Combine Lamb's quarters, cheese, egg and herbs. Work with 2 sheets of pastry at a time, keeping remaining pastry covered with a damp towel to prevent drying. Brush one sheet with olive oil, place other on top and divide sheets in 2 lengthwise. Place 2 tablespoons of filling at one end of each strip, tuck in sides and roll up. Brush ends of rolls with oil and press lightly to seal. Repeat with remaining sheets of pastry to make 12 rolls. Place rolls, seam side down on baking sheet. Bake 25 to 30 minutes or until golden brown.

### Lamb's Quarters Quiche

Pie Pastry  
 2 cups flour  
 1/3 cup butter  
 1/3 cup shortening  
 cold water  
 Filling  
 2 cups cooked Lamb's quarter, chopped  
 3 eggs  
 1 cup cottage cheese  
 pinch nutmeg, salt and pepper  
 Preheat oven to 375 C. Sift flour. Cut or rub in butter and shortening until mixture resembles bread crumbs. Add enough cold water to form a soft but not sticky dough. Wrap and chill for 15 minutes. Roll out dough and line pie dish. Combine the filling ingredients, mixing well. Pour filling into pie pastry and bake 30 to 40 minutes.

### Lamb's Quarters Lasagna

2 cups cooked Lamb's quarters, chopped  
 2 cups cooked spinach  
 1 medium onion  
 oil, salt, pepper  
 2 cups cottage or ricotta cheese  
 1 cup grated Cheddar cheese  
 2 cups tomato sauce  
 lasagna sheets, oven ready  
 Preheat oven to 350 C. Saute onion in a small amount of oil until transparent. Combine Lamb's quarters and spinach with onion, cheese, salt and pepper. Pour some tomato sauce in bottom of dish. Make layer of lasagna sheets, cover with filling. Repeat until all ingredients are used. Finish with tomato sauce. Sprinkle with grated cheese and bake 30 to 40 minutes. Serves 4

Recipes from <<http://www.taoherbfarm.com>>

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