

10 WILD & EASY RECIPES YOU SHOULD TRY

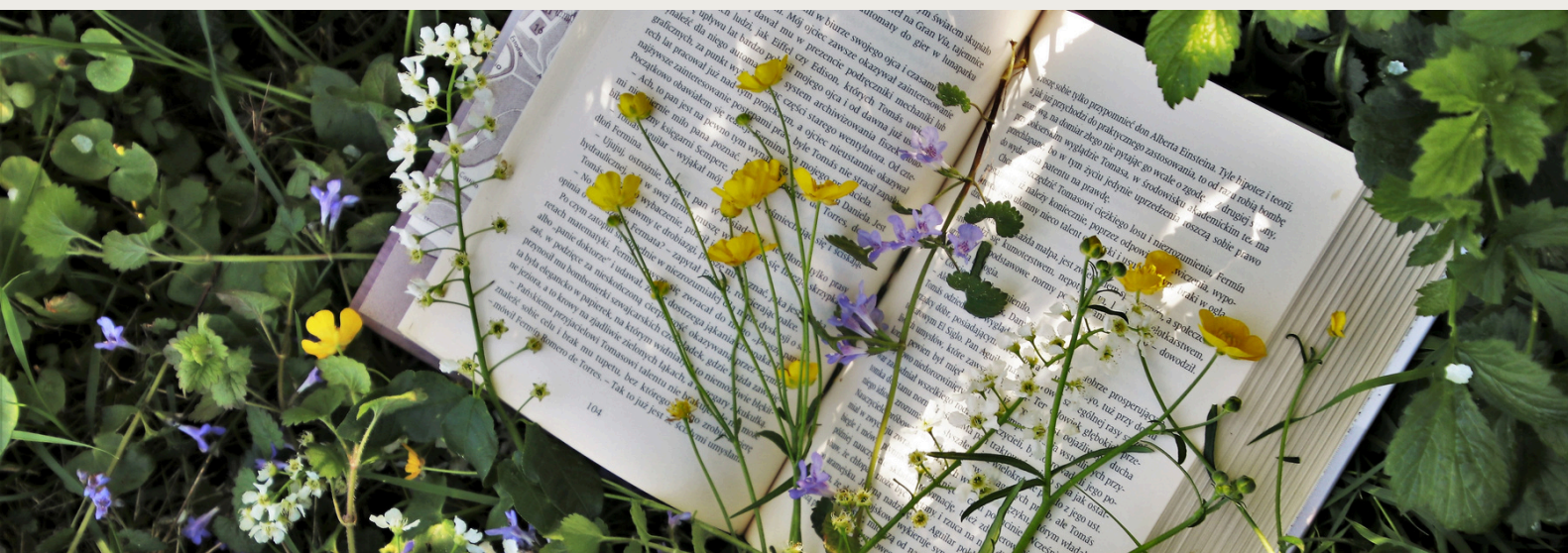


Simple foraged flavors, moon-magic tips & gentle
remedies

By Naomi · MyAmazingFinds

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WELCOME TO THE WILD KITCHEN 🌿

I'm Naomi, and I love sharing simple, seasonal recipes that bring wild nature back to the kitchen.

This little guide is your first step into foraging: easy dishes, gentle remedies, and a touch of moon-magic.

No complicated tools, no stress – just fresh flavors you can try this week.

I hope these recipes inspire you to step outside, look around, and taste the gifts that grow all around us.

Happy foraging,

Naomi · MyAmazingFinds



FORAGING BASIC CHECKLIST



Basket or cotton tote



Scissors/knife



Gloves (nettles!)



Notebook or phone app

Respect: never over-pick,
always ID first, avoid
roadsides





Nettle Soup



4 servings



40 minutes

INGREDIENTS

- 200 g Fresh young nettle tops use gloves when handling
- 1 Onion chopped
- 2 Cloves garlic minced
- 2 Medium potatoes peeled & diced
- 1 tbsp Olive oil or butter
- 1 l Vegetable or chicken broth
- Salt & black pepper to taste
- 2 tbsp Cream or crème fraîche optional (for serving)

WILD WISDOM

Always harvest young nettle tops in spring. Older leaves can be tough and sometimes slightly irritating.

A squeeze of lemon not only lifts the flavor, but also helps your body absorb iron more efficiently.

DIRECTIONS

1. Heat the olive oil or butter in a large pot. Add onion and garlic, sauté 3–4 minutes until fragrant.
2. Add diced potatoes and pour in the broth. Bring to a boil, then reduce heat and simmer 10–12 minutes, until potatoes are soft.
3. Wearing gloves, rinse the nettle tops well. Remove any thick stems, then add the nettles to the pot. Simmer for 2–3 minutes until wilted.
4. Blend the soup with a stick blender until smooth and creamy.
5. Season with salt and black pepper.
6. Serve hot, optionally topped with cream or crème fraîche.

Season note: Best harvested in early spring (March–May) when nettle tops are young and tender.

Substitution tip: Out of season? Use spinach or kale for a similar green flavor and creamy texture.

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Elderflower Cordial



1 bottle



24 hours

INGREDIENTS

- 20 elderflower heads (fresh, fragrant)
- 1 lemon (sliced)
- 750 ml water
- 500 g sugar

WILD WISDOM

Pick elderflowers on a sunny morning for the best aroma. Avoid blossoms that are brown or fading.

DIRECTIONS

1. Shake insects off the flowers (do not wash).
2. Heat water + sugar until dissolved, then let cool slightly.
3. Add flowers + lemon slices, cover, and leave to infuse 24 h.
4. Strain through muslin or fine sieve, pour into clean bottles.

Season note:

Elderflowers bloom in late spring to early summer (May–June) on sunny days.

Substitution tip:

Out of season? Use dried elderflower (available online or in herbal shops) to recreate the floral aroma.

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Plantain Tea



1 Cup



12 minutes

INGREDIENTS

- 1 tbsp fresh or dried plantain leaves
- 250 ml boiling water
- Honey to taste

WILD WISDOM

Plantain (*Plantago major/lanceolata*) is a natural healer for coughs and sore throats. Fresh leaves can also soothe insect bites when crushed and applied directly.

DIRECTIONS

1. Place leaves in a cup or teapot.
2. Pour over boiling water.
3. Steep for 10–12 minutes.
4. Strain and sweeten if desired.

Season note: Plantain leaves are available from April until October in meadows, paths, and gardens.

Substitution tip: Out of season? Use dried plantain leaves (easy to store) or swap with dried mint for a soothing tea.

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Violet Sugar



1 jar



24 hours

INGREDIENTS

- ½ cup violet petals (unsprayed, edible)
- 1 cup sugar

WILD WISDOM

Violet sugar captures the fragrance of spring. Sprinkle it on cookies, cupcakes, or stir into tea for a floral surprise.

DIRECTIONS

1. Gently pat petals dry if needed.
2. Pulse sugar and petals in a blender or mortar.
3. Spread mixture on baking paper to dry for 24 h.
4. Store in a glass jar.

Season note: Violets bloom in early spring (March–May).

Substitution tip: Out of season? Replace with unsprayed lavender buds or rose petals for a floral twist.

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Wildflower Salad



1 bowl



5 minutes

INGREDIENTS

- 2 handfuls mixed salad greens (rocket, spinach, lamb's lettuce)
- 1 cup edible flowers (violets, daisies, nasturtiums, pansies)
- 1 cucumber, sliced
- A handful toasted seeds (sunflower/pumpkin)

Dressing

- 2 tbsp olive oil
- 1 tsp honey
- 1 tsp mustard
- 1 tbsp lemon juice
- Pinch of salt & pepper

DIRECTIONS

1. Wash and dry greens + flowers gently.
2. Toss greens, cucumber, and seeds in a bowl.
3. Whisk dressing, pour over, and mix well.
4. Decorate with edible flowers just before serving.

WILD WISDOM

Choose flowers from unsprayed areas. Nasturtiums add a peppery bite, while violets bring sweetness.

Season note: Violets bloom in early spring (March–May).

Substitution tip: Out of season? Mix salad greens with colorful vegetables (radish, bell pepper) for brightness, and add dried edible petals.

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Dandelion Honey (vegan “honey”)



1 jar



1 hour

INGREDIENTS

- 2 cups fresh dandelion petals
- 1 lemon, sliced
- 500 ml water
- 400 g sugar

WILD WISDOM

This golden syrup tastes like honey but is 100% plant-based. A traditional spring tonic, it brings sunshine to your pantry.

DIRECTIONS

1. Collect petals (remove green bases to avoid bitterness).
2. Boil petals + lemon in water for 15 min.
3. Strain liquid through muslin.
4. Return liquid to pan, add sugar, simmer until syrupy.
5. Pour into sterilized jars.

Season note: Violets bloom in early spring (March–May).

Substitution tip: Out of season, replace dandelion with chamomile flowers for a gentle, honey-like syrup, or use apple peels with lemon for autumn alternative.

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Blackberry Elixir



1 bottle



1-2 weeks

INGREDIENTS

- 2 cups ripe blackberries
- 1 cup raw honey OR 500 ml red wine
- 1 cinnamon stick
- 2 cloves

WILD WISDOM

Blackberries are linked to protection in folklore. This elixir is warming in winter and a lovely digestive after meals.

DIRECTIONS

1. Place berries, spices, and honey (or wine) in a jar.
2. Shake gently, cover, and let infuse for 1–2 weeks.
3. Strain and bottle.

Season note: Best made in late summer to early autumn when blackberries are ripe and full of flavor. Harvest only deep purple berries for sweet result.

Substitution tip: Out of season, use frozen blackberries (widely available year-round) or swap with blueberries for a milder but still rich elixir.

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Wild Green Smoothie



2 glasses



5 minutes

INGREDIENTS

- 1 handful nettle leaves (young, blanched or soaked)
- 1 handful spinach
- 1 apple, chopped
- 1 banana
- 250 ml cold water or plant milk

DIRECTIONS

1. Place all ingredients in a blender.
2. Blend until smooth.
3. Serve chilled, optionally with ice cubes.

WILD WISDOM

Nettle adds minerals and an earthy kick. Always blanch briefly or soak in hot water first to remove the sting.

Season note: Best in spring–summer with young greens; in winter use spinach or kale.

Substitution tip: Brighter / less sweet? Add 1 tbsp lemon juice and swap half the banana for cucumber.

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Moon Milk with Lavender



1 mug



6 minutes

INGREDIENTS

- 250 ml milk (cow or plant-based)
- 1 tsp dried lavender flowers
- ½ tsp cinnamon
- ½ tsp turmeric (optional, golden glow)
- 1 tsp honey or maple syrup

DIRECTIONS

1. Warm milk gently (do not boil).
2. Add lavender and spices, simmer 5 min.
3. Strain into a mug.
4. Sweeten with honey or maple syrup.

WILD WISDOM

Moon milk is a calming bedtime drink. Lavender supports relaxation, while cinnamon and turmeric warm the body and soul.

Season note: Best made in summer (June–August) when lavender blooms, but you can dry blossoms for use all year.

Substitution tip: No lavender at hand? Try chamomile flowers for a calming effect or add a pinch of nutmeg for extra warmth.

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Wild Herb Pesto



1 jar



10 minutes

INGREDIENTS

- 2 cups mixed wild herbs (nettles, wild garlic, chickweed, cleavers, dandelion greens – young and fresh)
- ½ cup nuts or seeds (sunflower seeds, walnuts, or pine nuts)
- 2 garlic cloves
- ½ cup olive oil (extra virgin)
- ½ cup grated cheese (Parmesan) or nutritional yeast (vegan)
- Pinch of salt & black pepper
- Juice of ½ lemon

WILD WISDOM

Wild pesto changes with the season: nettles in spring, chickweed in early summer, wild garlic in springtime woods. A spoonful transforms pasta, sandwiches, or roasted veggies.

DIRECTIONS

1. Rinse and pat dry the wild herbs. Blanch nettles briefly if included.
2. Place herbs, nuts, and garlic in a blender or mortar.
3. Pulse or grind until coarse.
4. Slowly add olive oil while blending until smooth.
5. Stir in cheese or nutritional yeast, season with salt, pepper, and lemon juice.
6. Store in a clean jar, covered with a thin layer of olive oil, for up to one week in the fridge.

Season note: Perfect in spring to early summer (March–July) when wild greens are abundant.

Substitution tip: Out of season, use parsley, spinach, or kale instead of wild herbs. Swap walnuts with pumpkin seeds for a nut-free option.

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Moon Phases & Wild Herbs



New Moon – Shoots & Intentions

The new moon is about planting seeds—both in soil and intention. Harvest tender shoots now for teas and salads.

Waxing Moon – Growth & Tonics

As the moon grows, so does nature's vitality. Use this time for nourishing tonics and tonically rich smoothies.



Full Moon – Abundance & Flowers

Full bloom is at its peak. Gather flowers for syrups, elixirs, and celebratory recipes.



Waning Moon – Release & Detox

As the moon wanes, it's time to let go. Harvest herbs for calming teas and gentle detox remedies.



You did it! 🌿
You just completed your
10 wild recipe
adventure.

This is only the beginning. Keep the magic going with full guides, moon calendars, and seasonal wild recipes.

Benefits

- 30 days of simple, delicious wild recipes
- Clear foraging notes + safety tips
- Moon-phase guidance for harvesting
- Printer-friendly checklists & mini-rituals

Get the full ebook: 30 Days of Wild
Recipes

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