

EATING THE ENEMY

By now you all should know that one of our long- time enemies here at Monocacy Hill is the invasive weed- GARLIC MUSTARD. Thanks to Gloria Day of Pretty Dirty Ladies, Inc., we now have a tasty way to battle this enemy. Be sure to catch her gardening column in the Berks Country section of the Reading Eagle. We have tasted this recipe and can affirm that it is very good!!



First year plant



Second year plant

Garlic Mustard is a highly invasive and persistent non-native plant that spreads rapidly and can crowd out native plants in natural areas ([see Wikipedia](#)). We have been working on this weed for a decade here at the Hill in order to save our native wildflowers, which are an important food source for our pollinator insects. Contact us at through our website if you want to volunteer on this and other invasives - www.monocacyhill.org

Garlic Mustard Pesto

4 CUPS OF GARLIC MUSTARD LEAVES, WASHED (use only the first year leaves). The second year plants will have flowers by May. First year plants will not have flowers and can be found from spring thru fall)

½ CUP OLIVE OIL

½ CUP CHOPPED PINE NUTS OR WALNUTS

½ CUP GRATED ASIAGO OR PARMESAN CHEESE

PINCH OF SALT DASH OF BLACK PEPPER

Blend all ingredients together in blender or food processor until smooth and creamy. Serve with pasta or crackers.

Our MHCA chef, Mae Ann Rehrer, gives this advice: add a little more fresh or minced garlic – to taste.

NUTRITION INFO: Garlic Mustard is high in fiber, beta-carotene, vitamin C and E and zinc. It is also very high in calcium, iron, and omega-3 fatty acids. Google search for other “garlic mustard recipes!