



Rocky Creek Valley Farm

CHICKWEED

Stellaria media

Sandwich Spread

2 cups chickweed- chopped
2 cloves garlic - sliced
1 small onion or shallot - sliced
1 avocado – pitted, sliced
½ c almonds - toasted and chopped
1/3 c kalamata olives –pitted, sliced
3 T mustard leaves or 1 t spicy mustard
2 T miso
1 t cayenne pepper
2 T lemon juice
Sea salt to taste

Mix together, refrigerate.