

on hot griddle. Crack one egg into opening in bread. Cook for a minute

The ALL-DAY BREAKFAST Sandwich

Start with 2 slices of bread. Butter each slice. Cut a hole in second slice of whole buttered bread. Flip up on top slice and eat without reservation. Flip up to soak up any egg drips. Don't forget to toast until golden brown and melting. Remove brown pen. Spread jam on piece of bread. While egg is cooking, top with shredded cheese and

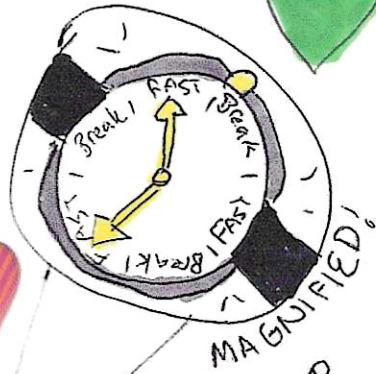
un-buttered side down on

you are a fun person. Please cut slice

whites are from
Toast w/ jam

grilled
cheese
inside

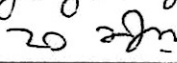
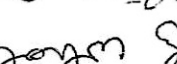
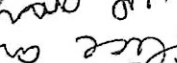
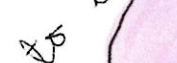
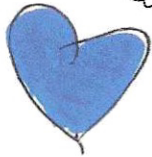
Egg in a
Basket



delicious. Remove brown pen. Spread jam on piece of bread. While egg is cooking, top with shredded cheese and toast up your little






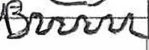

SENDING FRIENDS JULY/AUGUST 2021

But how?



A HOOT!

He spends a good deal of this chapter talking trash about botanists that overlook the wood nettle.

Wood Nettle <i>Laportea canadensis</i>	Stinging Nettle <i>Urtica dioica</i>
	
Likes shade or partial shade 	Likes full sun 
Primarily inhabits river bottom forests and mesic hardwoods	Inhabits ditches, rich moist fields, open streambanks
Associates include ostrich fern, hogniss, tall meadow rue	Associates include reed canary grass, American elder, giant sunflower
Mature leaves ovate, alternate	Mature leaves lanceolate, opposite
Mature plant has usually less than a dozen leaves, distinctly larger toward the top	Mature plant usually has two dozen or more leaves of roughly the same size
8 inch (20 cm) shoot has a few drooping leaves on top	Has no shoot; 8 inch (20 cm) plant has several pairs of upraised leaves
Shoot stem round, solid, juicy, strongly tapered	Young plant's stem grooved, hollow, not juicy, little taper
Shoots appear in late spring (mid May) 	Leafy plants appear in early spring (early April)
Plants very frost-sensitive 	Plants persist after several frosts
Male flowers in clusters from leaf axils, female flowers in a large, flat, branching cluster on top	Flowers in small, strand-like clusters in leaf axils; no large cluster on top
Seeds dark brown, flattened, a little smaller than flax seeds	Seeds are very small, imbedded in flowering parts, not easily visible
3 to 5 feet (1-1.5 m) tall when mature	5 to 8 feet (1.5-2.5 m) tall when mature
New shoots and autumn plants have few active stingers; summer plants sting worse than stinging nettle	Stings as soon as it comes up in spring and well into the fall, but generally milder than the sting of wood nettle
Shoots make delicious, tender vegetable	Young plants good but slightly tough 
Excellent greens, very nutritious	Good greens, very nutritious
Makes a delicious, hearty tea	Makes a delicious, hearty tea



Hey everyone, how's it going? Summer been good? Staying busy? You're telling me. This issue has a few tidbits including my soon-to-be-famous ALL-DAY breakfast sandwich (cover), information on a question from last time (to the left) and a feature on pesto including an expert garden cook and neighbor of mine. As a fun bonus, there's a pesto bingo card on the back you can fill out as you play around with recipes this season. Mail back a completed "bingo" for a special prize and shout-out next issue. HAVE SOME FUN.

ART.
ADVICE.
RECIPES
LOVE.

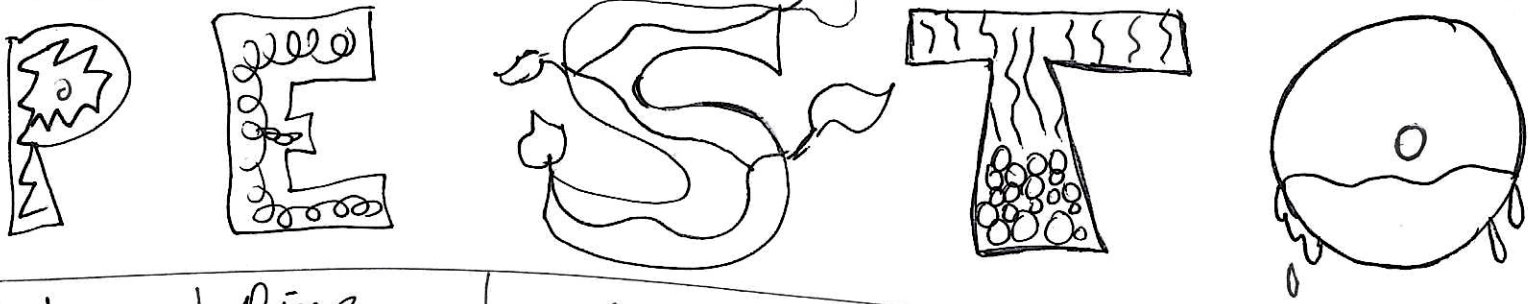
P.S. This author Sam Thayer is a hoot. All his passages are riddled with smarm regarding what other botanists get wrong.

7 Questions for Drayton (mostly about pesto)

1. List all the ingredients you have put into pesto.
basil, pine nuts, garlic, olive oil, salt, lemon, arugula, kale, parsley, anchovies, walnuts, almonds, sunflower hearts, red pepper flakes tomato paste, pepper, red peppers, parm.
2. Who/where did you learn to make pesto?
from my mom, nytimes, my intuition
3. What's your favorite pesto combo?
I'm currently a huge fan of toasting the nuts (wal or pine) with the tomato paste. Then tossing in garlic and red pepper flakes. Process it with the cheese. **OMG THE CHEESE I FORGOT IT ON MY INGRED LIST** (added to above list). And then adding greens, salt, chovies, oil and getting it really pesto-y.
4. When/how did a batch of pesto turn out all wrong?
I've never done anything wrong in my life (but too much salt)
5. Have you ever saved anyone's life?
Frankie's life! (their ^{celebrity} dog) But really, who rescued who? Also, I was a lifeguard for years, and never made a save...wonder what that says about me. I think my aura has something life saving about it. (Don't print that, no you can).
6. What are you excited to plant in your garden next season?
hope!
7. If someone opened your fridge right now, you would be proud of *
and embarrassed by **
*proud of simple syrups (Heather made them, people have ood and awed over them) **embarrassed by the amount of cat medication.

Interview conducted via text message on 7.12.2021





Red Pepper  Flakes	Pine Nuts 	S A L T 	Lemon 	O L I V E 
K A L E 	Tomato  paste	GARLIC  SCAPES	Basil 	PEPPER 
Pumpkin  Seeds	A R U G U L A 	P A S T A FREE	G A R L I C 	W A L N U T S 
anchovy 	B R O C C O L I 	A L M O N D S 	Pepper 	Chard 
P A R M 	Mint 	Sunflower Hearts  000 000	Parsley 	S P I N A C H 

Feeding Friendly June July/Aug 2021

HP