

# MOVABLE FEAST

edible weeds in Hawai'i  
identification + recipes

PURSLANE

DANDELION

an Eating in Public project  
[nomoola.com](http://nomoola.com)

# MOVABLE FEAST

an Eating in Public project

## INFORMATION ON SELECTED COMMON EDIBLE WEEDS IN HAWAII

amaranth  
blue porterweed  
chinese violet  
dandelion  
honohono grass  
ivy gourd  
laukahi  
oxalis  
peppergrass  
pohe kula  
purslane  
tropical chickweed



more information + cooking tips at  
[nomoola.com/movable-feast](http://nomoola.com/movable-feast)

published on the occasion of the Honolulu Triennial 2022



## BASIC RULES ABOUT FORAGING

1. Never harvest more than you need. Leave some for other creatures and for the plants to regrow.
2. Observe if the area has been treated with pesticides and herbicides. Talk with those who maintain the area. Even if plants are sprayed it does not impact new growth after the spraying. Roots are more of a concern since toxicity can remain in the soil.
3. Tend the area like it is your garden to ensure continued availability.



MOVABLE FEAST is a part of Eating in Public's ongoing "Sidewalk-to-Table" project on edible weeds. We do cooking demonstrations, share recipes, offer tastings, participate in art exhibitions, host dinners, produce cooking videos, and now make informational planters.

Weeds are found everywhere – your aunt's backyard, by the sidewalk, parking lots, or climbing up a telephone pole. In spite of hostilities and herbicides, they grow wild and strong. So much so that they often take over the growth of what some call 'superior vegetation' – meaning those you buy at garden stores and supermarkets, or those deemed to rightly 'belong'.

Weeds do not refer to specific plants. Instead, 'weeds' is a concept that is driven by political ideologies about belonging. Whether at a golf course, commercial farm, or spaces claimed by 'nations,' weeds are plants labeled as interlopers, ones we are taught to disdain.... then eradicate.

This project aims to upend the bad reputation of weeds. Many are edible, nutritious, and delicious. Many are medicinal, attract pollinators, and replenish depleted soil. We are rarely informed about this because the one thing that all weeds have in common is that they are FREE. Being able to get stuff for FREE is bad for capitalism.

Knowledge about edible weeds is timely for our current moment. Climate catastrophe, COVID-19, and intensifying nationalisms have made us more aware of our vulnerabilities than ever before. As the gross mishandling of the ongoing global pandemic COVID-19 shows us, capitalism and nation-states pit us against each other, allowing resources to always go to the highest bidder. This has long included unequal access to food.

This moment, however, can also be a wake-up call to recognize that our collective survival depends on our cooperation, rather than competition, with each other.



[Amaranthus] Amaranth / Kalunay / Pigweed / 莧菜 / राजगिरा

There are countless varieties of Amaranthus plants. Stems can be red or green. There is even a spiny variety. Leaves can be hairy or hairless. Flower clusters have a distinctive look, though can range in size.



Tender leaves, flowers and stalks are great for stir-frys. Add to soups, omelettes, or oatmeal. Mature seeds of certain amaranth varieties are also used as a grain.



(*Stachytarpheta jamaicensis*) Blue Porterweed / Indian Snakeweed / Blue Snakeweed / Nettle-leaved Vervain / 假马鞭 / 长穗木

A shrub approximately 1- 3' in height with branches that trail on the ground. Leaves have serrated edges that grow opposite to each other, about 3" long. Flowers are blue with five petals. They grow



on a spiky flower stem for only one day. The flowers have a delicate mushroom like flavor. Great for a tiny snack and garnish. Dried leaves are used for tea.



[*Asystasia gangetica*] Chinese Violet / 赤道櫻草 /  
Coromandel / Creeping Foxglove

Ground cover plant that trails and climbs. Leaves grow opposite of each other and stems root easily at the nodes. Flowers are about 1 inch diameter and in several different colors – white, pink, and lavender.



Use new growth, tender leaves and flowers only. Older stems are quite fibrous. Flowers can be used in salads. Tender leaves and stems can stir-fried or boiled as a spinach substitute. Good in soups.



(*Taraxacum*) Dandelion / सहिपर्णी / diente de león  
/ タンポポ / 蒲公英

Dandelion leaves are hairless and generally have toothed edges. There is only one flower per stem vs look-alike plants. Root, leaves and stem all exude a milky white sap.



The bitter leaves can be eaten raw, steamed or added to stir-fries and soups. The flowers are sweet and crunchy. They can be eaten raw, or breaded and fried, or used to make syrup or wine.





(*Commelina diffusa*) Honohono Grass / climbing dayflower / Blue Snakeweed / Nettle-leaved Vervain / 假马鞭 / 长穗木

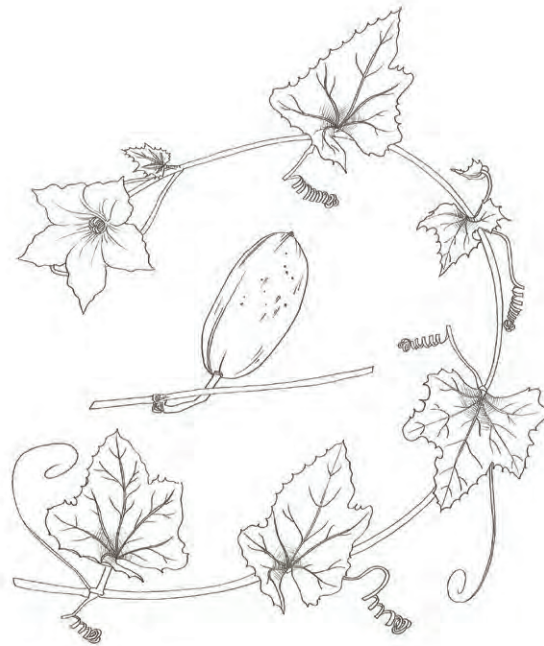


A vine that creeps mostly along the ground, branches abundantly and roots at the nodes. Leaves come to a point. Flowers are small and bright blue with 3 triangular petals.

Young leaves and blue flowers can be eaten raw in salads, or juiced for flavoring. Young stems can be steamed and eaten as cooked greens.



[*Coccinia grandis*] Ivy Gourd / Pak Tum Lung / 红瓜  
/ आइवी लौकी / Tindora



Long vines with tendrils, often rooting at the nodes. Flowers are white with pointy petals. Fruits like tiny watermelon and ripens deep red.

Young shoots can be used raw in salads, or stir-fried, and added to soups and stews. Ripe gourds are bitter and can be used like bitter melon. Often made into curries.



(Plantago) Laukahi / おおばこ / Piantaggine / प्लैन्टैगो  
मेजर / لمحلل ناسل / Common Plantain / White  
Man's Foot

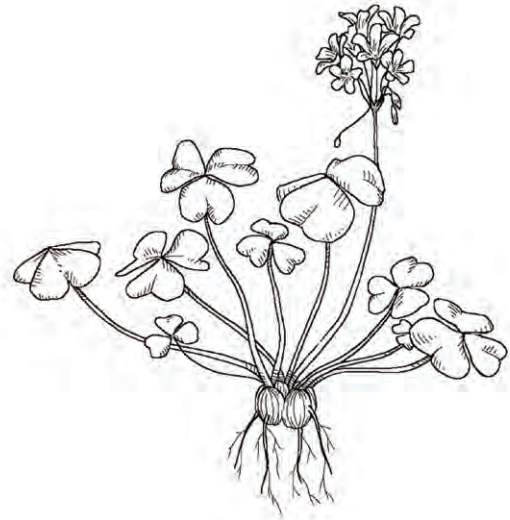
Plantago has leaves with distinctive parallel veins  
and tall green flower stalks.



Use young leaves raw in salads, or cook via stir-  
fry, add to soups and stews. Dried seeds can be  
used as a grain sparingly. Plantago has also been  
used widely medicinally to manage a wide range  
of diseases including constipation, coughs, skin  
irritations and wounds.



[Oxalis] Wood Sorrel / agsom / 'ihi 'ai / カタバミ /  
sour grass / 'ii / trèfle jaune



Oxalis has three heart-shaped leaflets and pink or yellow flowers with five petals.

All parts of the plant can be eaten. Add leaves, flowers, and young seed pods to salads, use in soups and sauces. Has many medical properties.



(*Lepidium virginicum*) Pepper Grass / Virginia Pepper Weed / 北美独行菜 / 豆單配齊 / culantrillo / cresson a savane

Flower clusters form along a central stem. The somewhat hairy leaves are lance-shaped. The entire plant is edible. Young leaves can be used raw in salads, or sautéed. The young seed-



pods can be used as a substitute black pepper. This entire plant can be put into a food processor along with turmeric, vinegar, miso, garlic and salt to make wild mustard. Crushed roots with vinegar and salt can be used as a horseradish substitute. Due to its medicinal properties eat sparingly. It is used as an antiameobic in traditional Mexican medicine.



[*Centella asiatica*] Pohe kula / Gotu Kola / Kodavan / つぼ草 / Asiatic Pennywort / 积雪草 / 雷公根



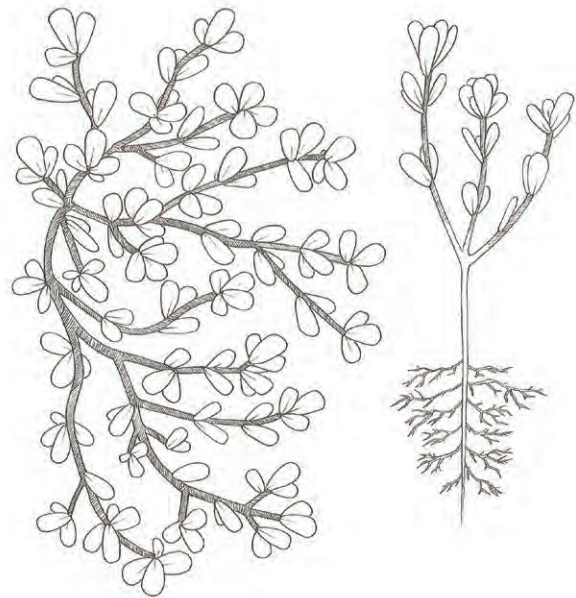
Long creeping runners that regularly produce roots at the nodes. kidney bean-shaped or fan-shaped medium green leaves with serrated edges. Flower in small clusters.

Use as a leafy green cooked or raw. A common ingredient in Sri Lankan mallung. Can also be made into juice.



[*Portulaca oleracea*] Purslane / 쇠비름 / Khorfeh / Luni-bhaji / Yerba Orate / 马齿苋 / Bakleh / 滑草 / すべりひゆ

Purslane grows lowish to the ground. Their green or reddish stems come from a central taproot.

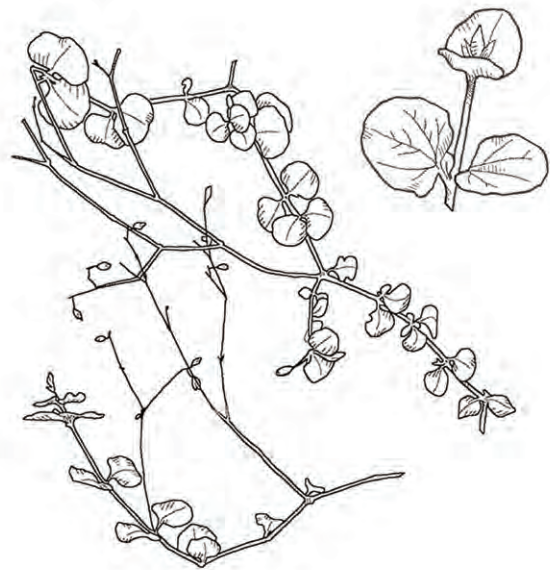


Smooth leaves grow out from the stalk in a four leaf star configuration. NO sticky white liquid come out of purslane when you harvest.

Stems, leaves and flower buds can be used raw in salads, or stir-fried. Also can be added to soups and stews.



(*Drymaria Cordata*) Tropical Chickweed / 荷莲豆草  
/ अभजिलो / West Indian Chickweed / Laijabori



Leaves are roughly heart shaped with very short stems, and grows opposite to each other. Stems are thin and smooth, frequently rooting at the nodes. Tiny white lowers on long stalks. Does NOT have milky sap.

Mild in flavor, young leaves can be eaten raw in a salad or cooked. Eat sparingly.



## ABOUT EATING IN PUBLIC

TAKE = act without shame

LEAVE = share without condition

WHATEVAS = trust without apology

EATING IN PUBLIC was founded in 2003 in Hawai'i by Gaye Chan and Nandita Sharma to nudge a little space outside of state and capitalist systems. Following the path of pirates and nomads, hunters and gathers, diggers and levelers, we gather at people's homes, plant free food gardens on private and public land, set up free stores and other autonomous systems of exchange, generally without permission. Unlike Santa and the state, we give equally to the naughty and the nice. We do not exploit anyone's labor nor offer any tax-deductions. We are, in all the word's various definitions, free.

We have initiated over 1,000 projects. On rare occasions we will take part in art exhibitions in the forms of distribution centers or how-to demonstrations. We have done this at venues such as Flux Factory (Bronx), Honolulu Museum of Art, San Jose Museum of Art, and Southern Exposure (San Francisco).

Our ideas are not original. We are simply continuing the work of the 17th century Diggers in remaking the commons. Join us if you want. Or better yet, take our ideas and run with them. As far, smart, and fast as you can.

[WWW.NOMoola.COM](http://WWW.NOMoola.COM)

botanical illustrations by Lauren Calkins and Terra Keck



an informational display on edible weeds  
do not dig up plants!

**MOVABLE  
FEAST**

ORANGE  
COUNTY  
CALIFORNIA

more info & recipes at [nomadla.com/weeds](http://nomadla.com/weeds)  
and [killinginpublic.org](http://killinginpublic.org)



IVY GOURD

OXALIS

LAUKAHI

HT22