

SORREL

SLENDER PLANT WITH JUICY STEMS

FUN FACT: SORRELS SHARP TASTE IS DUE TO OXALIC ACID, WHICH IS A POISON!

COMMON USES

The leaves may be puréed in soups and sauces or added to salads; they have a flavor that is similar to kiwifruit or sour wild strawberries.



HARVESTING AND STORAGE

Harvest: Snip the outer leaves from the sorrel when they reach a length of 4 or 5 inches, beginning about 60 days after planting. Remove the leaves at their base but leave the interior foliage in place to allow continued growth

Storage: Use sorrel fresh. Sorrel leaves will keep in the refrigerator for 1 to 2 weeks. Sorrel leaves can be frozen or dried and used as an herb; some flavor will be lost.

FEATURED RECIPE

SORREL LIME COOLER

INGREDIENTS

1/4 cup agave nectar

1/2 cup water

3/4 cup thinly sliced sorrel leaves

4 limes, quartered, plus 4 thin rounds, for garnish

40 ounces seltzer, chilled

Splash of gin, OPTIONAL

Kosher salt and freshly ground white pepper, to taste

