



Garlic mustard basal rosettes during 1st year growth

General Information for Volunteers:

Three Rivers forestry staff welcomes and invites your participation in the annual “**Garlic Mustard Pull & Harvest**” program.

Help suppress and remove the exotic invasive species, garlic mustard (*Alliaria petiolata*). Three Rivers Natural Resources Management (NRM) staff and volunteers have worked hard for years to meet the challenges of invasive species. An invasive plant species is defined as an alien plant (non-native) capable of rapid spread into relatively undisturbed natural communities and once established, causes adverse ecological impacts within the invaded community. Their introduction does or is likely to cause economic or environmental harm or harm to human, animal, or plant health. Once garlic mustard

is introduced to an area, it will outcompete native plants by aggressively monopolizing light, moisture, nutrients, soil and space. Wildlife species that depend on those native plants for their forage, pollen, fruits, seeds and roots, are deprived of these essential food sources when garlic mustard replaces them. Although invasive here, it is considered a delicacy in some cultures. Participants may take some home for cooking along with an edible invasive species recipe for **Garlic Mustard Pesto**.

Volunteers help increase the amount of area we can cover to keep this aggressive invader at bay, and volunteers can further assist in early detection and eradication by sharing their new knowledge of what garlic mustard is and the impact it has on our environment. Your help is extremely important to this battle on invasive species!

EDIBLE INVASIVE SPECIES

Garlic Mustard

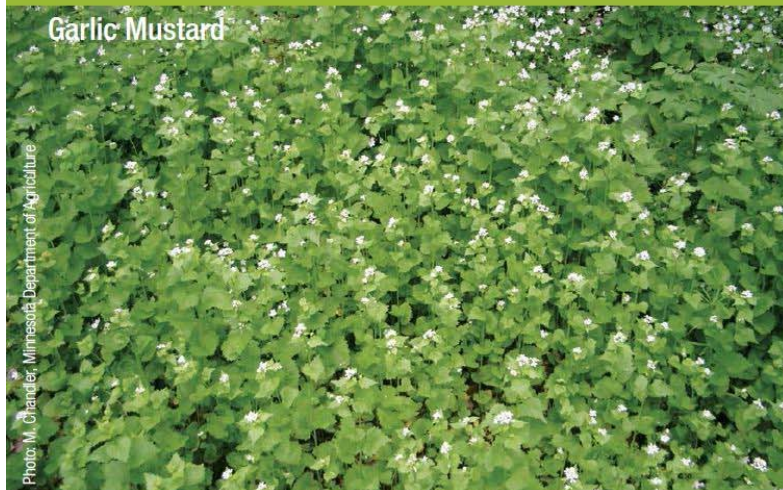


Photo: M. Chander, Minnesota Department of Agriculture

Garlic Mustard Pesto

3 cups garlic mustard greens, chopped and packed. Pick greens from an unsprayed area and thoroughly wash them.
 6 ounces pine nuts or walnuts
 1 teaspoon garlic mustard root, sliced
 4 tablespoons fresh chives, chopped
 6 ounces virgin olive oil
 8 cups cooked penne pasta
 Salt to taste
 4 ounces Parmesan cheese, grated
 Add pasta, stir and cook according to the box directions. When the pasta is nearly finished, let it settle to the bottom of the pot and lay the wild garlic mustard leaves into the water only for 10 seconds to wilt. Skim the wilted greens out, drain briefly, and place them in a blender with the garlic and olive oil.
 Puree fully, seasoning to taste with salt and pepper.
 Drain the pasta well and coat to your liking with the mustard greens puree.
 Toss with Parmesan cheese to taste.
Recipe courtesy of the Kalamazoo Nature Center.

Garlic Mustard Pull & Harvest Details:

- Volunteers work in wooded areas with uneven terrain and will be hand pulling garlic mustard to remove all above and below ground plant parts.
- Removal sites are off trail and/or may be in remote areas of the park. Therefore, volunteers must arrive on time or early at the designated meeting location. The group is then led to removal sites.
- Volunteers must come prepared for the weather and bring something to drink (and snacks, if desired). **Water and restroom facilities** are **NOT** on site at Tierney Woods and will require a drive to nearby Hyland Park Reserve at Richardson Nature Center.
- Training, equipment, and spare gloves are provided at the start of each session, but it is recommended to bring your own preferred work gloves.
- Dress to get dirty and wear comfortable, sturdy closed-toe shoes (no sandals) with long pants and a long-sleeved shirt.
- Be aware that poison ivy, ticks, mosquitoes, hornets, etc. may be found in some areas of our parks. Use bug spray, learn to identify and avoid poison ivy and check after walking through vegetation.
- The minimum age for participation is 8. Youth must be accompanied by an adult (1 adult/8 youth 8-14 years). A permission form is needed for participation by minors.
www.threeriversparks.org/events/Groups/invasive-species-projects.aspx

Instructions:

To participate in this year's garlic mustard pull & harvest, please follow these instructions:

Registration and cancellation is required for this program.

- 1. Choose a removal date(s) from the schedule found online and at the end of this document.**
- 2. Sign up for each removal date(s) you plan to attend:**
 - Online (preferred): www.threeriversparks.org/events/Groups/invasive-species-projects.aspx
 - Phone: Call the Volunteer Office for assistance at 763-559-6706
 - Email: Volunteer@threeriversparkdistrict.org
(Minor permission form must be submitted before participation in service event)
- 3. Call the "NRM Volunteer Hotline" (763-694-7849) to:**
 - **CANCEL** if you cannot attend. (This is EXTREMELY IMPORTANT!)
 - **CHECK MESSAGE** on event day for rain cancellation or last minute changes.
- 4. See maps and directions below:**
 - **PLEASE ARRIVE ON TIME OR A LITTLE EARLY** to receive removal instructions and exact location of removal site within the park. Training takes place on-site at the start of each session just before the group disperses into the park.

Groups of 10 or more may arrange a separate garlic mustard removal on a different date than listed. To schedule your group, please contact Angela Isackson, Invasive Species Coordinator.

Phone: 763-694-7817; Email: AIsackson@threeriversparkdistrict.org

Become a Three Rivers Volunteer:

Program participants interested in becoming a volunteer on an ongoing basis and earning volunteer privileges, should contact the Volunteer Office for further instructions.

- Email: Volunteer@threeriversparkdistrict.org
- Phone: 763-559-6706
- Website: www.ThreeRiversParks.org/volunteer

Directions to Garlic Mustard Pull & Harvest:

These maps provide you with the overall vicinity and location of the Park.
Go to www.threeriversparks.org/ for individual maps.

Silverwood Park



Silverwood Park, 2500 County Rd E, St. Anthony, MN 55421 (763-694-7707)

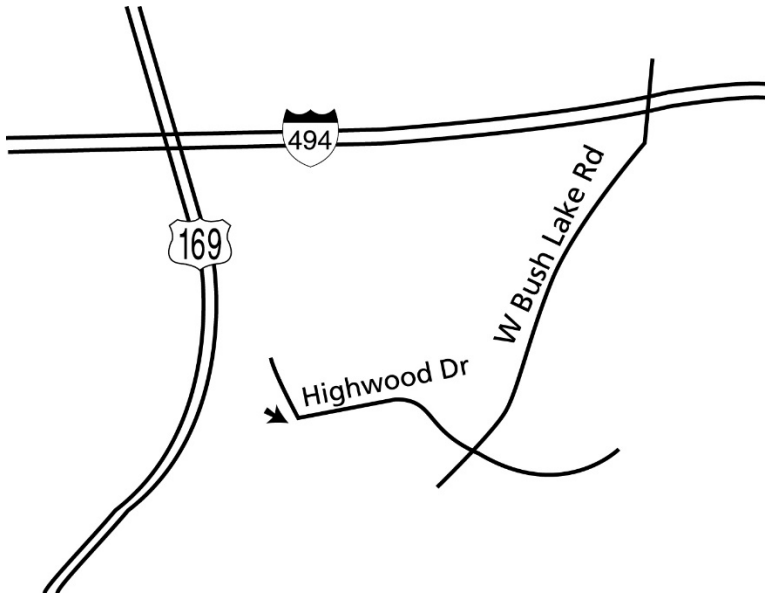
Located about seven miles northeast of downtown Minneapolis.

From Highway 35W take the exit for County Rd D and turn right onto Silver Lake Rd. Then take a left onto County Rd E, the entrance is on left.

From Highway 694 take exit #39 for Silver Lake Rd and head south. Take a right onto County Rd E, the entrance is on left.

Meet in the main parking lot near the visitor center.

Tierney Woods



Tierney's Woods, 8163-8319 Highwood Dr., Bloomington, MN 55438

Located about ten miles southwest of downtown Minneapolis.

From Highway 394 take 100 south to W 84th St in Bloomington. Follow W 84th St and E Bush Lake Rd to Highwood Dr.

From Highway 494 take E Bush Lake Rd exit and head south. Take the right to stay West on E Bush Lake Rd. Turn right on Highwood Drive. Watch for parking on your left or the cul-de-sac.

Water and restroom facilities are NOT on site and will need to be utilized at the nearby Hyland Park Reserve prior to event start time.

Tierney's Woods is part of a larger system recognized as "Hyland-Bush-Anderson Lakes Park Reserve." Three Rivers operates the Hyland and Anderson Lakes facilities. The City of Bloomington operates the Bush Lake and Normandale Lake facilities. The entire complex is 2,565-acres.

Within the Anderson Lakes unit, there are two areas known as Anderson Lakes in Eden Prairie and Tierney's Woods in Bloomington. Each provide parking and offer turf hiking trails to explore the spectacular vistas in the heart of our metropolitan area, as well as encounter abundant wildlife.

For more detail on Hyland and Tierney's Woods:
www.threeriversparks.org/parks/hyland-lake-park.aspx

2016 Garlic Mustard Pull & Harvest Schedule and Locations:

All removals start promptly at 9:00 am and end at approximately 12:00 pm.

Silverwood Park

Friday May 6th

Saturday May 7th

Tierney Woods

Friday May 20th

Saturday May 21st