

## THE PROBLEM

*Japanese knotweed invades the banks of Vermont & New Hampshire's rivers, streams and lakes. It is easy to spot in August when its white flowers are in bloom.*



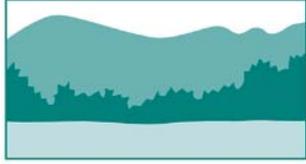
- While bees are attracted to knotweed flowers, the plant is untouched by most native insects. As knotweed populations replace native trees, shrubs, grasses and sedges, native insect populations are reduced. Insect populations are a primary source for fish, birds and mammals.

- River shores that are populated by native vegetation are less susceptible to erosion. A combination of native plants has a more complex root structure and can retain soil.

- Knotweed can re-sprout from a small piece of the rhizome (root) or stem. New colonies are easily established on rivers or from contaminated soils used for road repair or construction projects.

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## Japanese Knotweed Crumble

Prepare a knotweed compote (similar to stewed rhubarb):

- Cut tender spring knotweed shoots, no longer than about 12"-18" (the thicker, the better; leaves removed) into inch chunks.
- Steam till soft -- about 10 minutes.
- Add sweetener to taste -- perhaps 1/4 c. sugar per 2-3 cups of steamed knotweed - and a squeeze of lemon juice.

Prepare a crumble mixture:

- Mix equal parts flour and oatmeal, say 1/2 c. each, with a bit of cinnamon, some sugar and a dash of salt.
- Cut in butter, 1/3 stick at minimum and more if you like a richer crumble.

Butter a baking dish. Put in the knotweed, cover with crumble mixture and bake in a medium hot oven, 350 degrees, for a half hour or so. Measurements, times and temperatures are variable. This basic technique is flexible and adaptable – just like knotweed! Have fun, use up our invasives, and get something for nothing.

One warning: the color of steamed knotweed has been called 'snot green.' A drop of red food coloring can assuage the squeamish that look at what's under that yummy, rich topping.

**The above recipe is from The Vermont Chapter of Nature Conservancy's  
Wise on Weeds! program.**

**To learn more about Japanese Knotweed and other invasive plants, please visit:  
[www.nature.org/vermont](http://www.nature.org/vermont) and [www.vtinvasiveplants.org](http://www.vtinvasiveplants.org)**