

Polk Salad Serves 6

3 lb polk salad; fresh (at home we called it "poke")

1 med. onion; diced

1 tbs. baking soda

1/2 c. bacon fat

3 eggs

Note: Polk Salad is a spinach type vegetable that grows wild in the woods. Dissolve the baking soda into a pot of boiling water. Add Polk salad and cook for 3 minutes. Drain and discard the water. In a FRESH pot of boiling water, cook the Polk salad until it is limp and looks like cooked spinach. Heat the bacon fat in a skillet, add onions, the Polk salad, and the eggs, and sauté until eggs are done.

Poke always returns in the same places yearly, so as a little girl, I'd keep my eyes on the sites until the asparagus-looking shoots would start breaking through the ground. When they were large enough, I'd go get a brown paper "poke", a sharp knife and cut a "mess" to surprise Mom.