

THE COMPLETE GUIDE TO EDIBLE WILD PLANTS



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A Guidebook to Foraging, Harvesting, Identifying and
Cooking Essential Wild Food, Herbs, Roots, Mushrooms,
Fruits, and Nuts for Enjoying Edible Wild Plants



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TABLE OF CONTENTS

INTRODUCTION

PART ONE: EDIBLE PLANT FUNDAMENTALS

CHAPTER 1: The Basics of Edible Wild Plants

Wild Food and Weeds History

What are Edible Plants?

Why Eat Wild Plants?

CHAPTER 2: Keeping Wild Food Foraging Fun and Safe

Plant Identification and Safety

Universal Edibility Test

Where to Harvest

Tools for Safe Foraging

Harvest Methods for Wild Plant Foods

CHAPTER 3: Storing Wild Foods

Methods of Storing Wild Foods

Root Cellar Storage

[Drying & Pickling](#)

[Pemmican](#)

[Submersion in Water](#)

[CHAPTER 4: Annual Foragers' Calendar](#)

[PART TWO: EDIBLE WILD PLANT
PROFILES, RECIPES, AND PLANTS TO
AVOID](#)

[CHAPTER 5: Edible Plants Profiles And
Recipes](#)

[Herbs, Trees, and Shrubs](#)

[Buckwheat Family](#)

[Garlic Mustard](#)

[Nettle Family](#)

[Knotweed](#)

[Chickweed](#)

[Purslane](#)

[Foraging Wild Mushrooms](#)

[Puffball Mushrooms](#)

[Fall Mushrooms](#)

[Chicken of the Woods Mushrooms](#)

[Oyster Mushrooms](#)

[Honey Mushrooms](#)

[Lion's Mane](#)

[Chanterelle Mushrooms](#)

[Lobster Mushrooms](#)

[Bolete Mushrooms](#)

[Black Trumpet Mushrooms](#)

[Foraging Fruits and Berries](#)

[Wild strawberries](#)

[Black Raspberries](#)

[Mulberries](#)

[Juneberries or Saskatoon Berries](#)

[Elderberries](#)

[Cloudberry](#)

[Barberries](#)

[Huckleberries](#)

[Muscadine](#)

[Autumn olives](#)

[Highbush Cranberry](#)

[Aronia berries](#)

[Wild Blueberries](#)

[Foraging Seeds and Grains](#)

[Millet](#)

[Wild Quinoa](#)

[Amaranth](#)

[Wild Rice](#)

[Foraging Nuts](#)

[Acorns](#)

[Black Walnuts](#)

[Butternuts](#)

[Hickory Nuts](#)

[Foraging and Digging Roots](#)

[Daylilies](#)

[Cattails](#)

[Dandelion](#)

[Burdock Root](#)

[Chicory](#)

[Lamb's Quarters](#)

[Kudzu](#)

[White Clover](#)

[Wildflower](#)

[Galinsoga](#)

[Wild Violets](#)

[Pansies](#)

[Hibiscus](#)

[Borage Flowers](#)

[Squash Blossoms](#)

[Honeysuckle](#)

[Chrysanthemum Flowers](#)

[Osmanthus](#)

[Hawthorn](#)

[Angelica](#)

[Fiddleheads](#)

[Wild Leek](#)

[Labrador Tea](#)

[Spruce Tip](#)

[Ivy leaf](#)

[Lathraea \(Toothwort\)](#)

[Fireweed](#)

[Forsythia Plant](#)

[Queen Anne's Lace herb](#)

[Goat's Beard](#)

[USA SOIL HARDINESS ZONE MAP](#)

[EDIBLE PLANT RECIPES](#)

[Sorrel Soup](#)

[Wood Sorrel Tart](#)

[Ramps and Garlic Mustard Frittata](#)

[Wild Garlic Mustard Chimichurri](#)

[Potato, Leek and Nettle Soup](#)

[Stinging Nettle Spanakopita](#)

[Strawberry-Knotweed Pie](#)

[Knotweed Dressing](#)

[Chickweed Pesto](#)

[Chickweed Stir-Fry](#)

[Purslane Salad](#)

[Pickled Purslane](#)

[Wild Mushroom Pierogi](#)

[Wild Mushroom Bisque](#)

[Autumn Olives and Lemons](#)

[Highbush Cranberry Sauce](#)

[Highbush Cranberry Jam](#)

[Aronia Berry Chutney](#)

[Lemon Curd Wild Blueberry Pop Tarts](#)

[Yellow Dock Seed Crackers](#)

[Pickled Daylily Buds](#)

[Roasted Cattail Leaves](#)

[Plantain Chickpea Salad](#)
[Plantain Leaves Chips](#)
[Dandelion & Honey Ice Cream](#)
[Dandelion Root Coffee](#)
[Burdock Shitake Rice](#)
[Burdock Mushroom Rice](#)
[Lamb's Quarters and Kale](#)
[Lamb's Quarter Spread](#)
[Strawberry White Clover Cookies](#)
[Wonderful Wildflower Jam](#)
[Colombian Chicken Stew](#)
[Violet Jelly](#)
[Pansies & Belgian Endive Salad](#)
[Chubeza Patties](#)
[Iced Hibiscus Latte](#)
[Almond Fairy Cakes with Candied Borage
Flowers](#)
[Crystallized Borage](#)
[Baked Squash Blossoms](#)
[Honeysuckle Vodka Lemonade](#)
[Radish Toasts with Chive Butter](#)

[Chrysanthemum Green Tea](#)
[Osmanthus Black Tea](#)
[Elderflower Cordial](#)
[Hawthorn Berry Ketchup](#)
[Candied Angelica](#)
[Fennel Greens Rice](#)
[Wild Greens Sauté](#)
[Irish Colcannon with Wild Greens](#)
[Ramp Pasta with Morels](#)
[Rapini with Orecchiette](#)
[Milkweed Rice](#)
[Lotus Root Stir Fry](#)
[Yellow Rocket Greens](#)
[Fiddlehead Soup](#)
[Fiddleheads and Wild Leeks](#)
[Potato Wild Leek Soup](#)
[Labrador Tea](#)
[Spruce Tips](#)
[Spruce Tip Syrup](#)
[Ivy Dressing](#)
[Grapevine Leaves](#)

[Toothwort Dip](#)

[Fireweed Sauce](#)

[Forsythia Juice](#)

[Summertime Jelly](#)

[Goat's Beard Sauté](#)

[CHAPTER 6: Plants To Avoid](#)

[Commonly Known Hazardous Wild Plants](#)

[Rhododendron](#)

[Mountain Laurel](#)

[Rattlebox](#)

[Giant Hogweed](#)

[Holly](#)

[Horse Nettle](#)

[Pokeweed](#)

[Moonseed](#)

[Mexican Prickly Poppy](#)

[Castor Bean](#)

[Honey Vine](#)

[False Morel](#)

[Poison Hemlock](#)

[Poison Parsley](#)

False Garlic (Crow Poison)

CHAPTER 7: Ten Steps To Making
Tinctures

CONCLUSION

INTRODUCTION

Plants are valuable food sources because they are widely available, easy to get, and, when combined properly, may cover all of your nutritional requirements. Before you eat a plant, make sure you know what it is. People have died from Poison Hemlock after mistaking it for wild carrots and parsnips. In this Edible Wild Plants Cookbook, I will provide you with all the necessary detail about serving on the edible wild plants and how to make the best recipes out of them using few simple recipes.

PART ONE:

EDIBLE PLANT FUNDAMENTALS

CHAPTER 1:

The Basics of Edible Wild Plants

Consumption of wild plants is a centuries-old practice with numerous benefits. It is the same practice that gives us the understanding of fruits, vegetables, beans and other edible parts of the plants. The use of plants in our everyday routine is essential. But in case of food scarcity and lack of agricultural land, a person can also rely on wild plants to meet his or her nutritional needs. In this chapter, we will learn more about the consumption of

the edible wild plants and how they are beneficial to us.

Wild Food and Weeds History

Consumption of wild food plants (WFPs) dates back to the dawn of time. Early humans obtained their food by hunting, fishing, and gathering plants or plant parts that were safe for human consumption (e.g., stems, roots, flowers, fruits, leaves, buds, and seeds). People did not begin to settle into more permanent homesteads and domesticate plant species (mainly Carbohydrate-rich staples) until 10,000 years BC, while still engaging in hunter-gatherer activities and obtaining WFPs from the wild. For some traditional horticultural civilizations, this is still true today (e.g., the Machiguenga in South America).

What are Edible

Plants?

A plant that is safe for human consumption is considered edible. These plants are divided into several categories. The major groups of edible plants include agricultural produce and wild edible plants. Where humankind mostly survives on the locally grown edible plants, the importance of wild edible plants still remains. There are several reasons why we should learn about wild edible plants and how to consume them.

Why Eat Wild Plants?

Eating wild plants is not as straightforward as going to your backyard and selecting berries for a pie, as we detailed in our section on foraging for wild foods. It takes some research to ensure that you are eating the appropriate portion of the right plant at the right time of year, all while adhering to the rules of foraging.

You might ask why you would even want to eat wild plants before you even start understanding the basics of foraging. Society

has invested years in creating gleaming supermarkets that stock hundreds of exotic and delicious fruits.

It does not get any more local than a plant that grows wild in your neighborhood! You may lace up your boots and walk the trail to gather ultra-local edible wild plants without spending a fortune at the farmer's market or toiling all summer in a garden. It can get a bit difficult to find great food at a fair price, depending on where you live. You will have to pay for gas to go to a location where you can forage for wild plants, but not for the plants themselves. That is significant since many wild plants sell for a high price at the market!

Eating wild plants has numerous advantages:

- ***Get your hands dirty and go outside.*** We have all heard about Nature Deficit Disorder and how we do not spend enough time outside. Spending time outside exploring edible wild plants is a terrific way to enjoy the outdoors while also accomplishing a

task. Take some time to step outside, stretch your legs, and become acquainted with the delectable aspects of your local ecosystem.

- Getting down and dirty with your surroundings by eating wild plants is a terrific way to do it. You'll **learn how to recognize native plants**, as well as what sacred plants occur in your area. It is all part of the burgeoning field of casual ethnobotany! The best part is that learning to identify plants is now easier than ever. While you'll want to have a firm grasp on plant identification before garnishing your spaghetti with wild flora, getting started is simple.
- Except in exceptional situations, every wild plant you come across will be **free of pesticides and fertilizers**. Make sure to keep your food plants away from contaminated areas like roadways, golf courses, and other areas. Otherwise, you can receive free organic produce as long

as you are on public land (or private land with permission). Check on private property to make sure the plants are not being harmed in any way. Even if the wild food is pesticide-free, always prepare and wash it properly.

- That is right; you read that correctly. ***Invasive plant control*** is a breeze with your wild plant cuisine. Many invasive species are edible, such as Garlic Mustard and Burdock. Harvest at your leisure! Invasive organisms can be controlled by eating them (and leaving nothing behind). Make sure to properly dispose of the debris (usually in a sealed plastic bag) to prevent the invasive plant from reproducing in your compost bin — some of these guys are persistent!
- Eating wild plants encourages you to ***try new foods*** and experiment with your diet. Most wild plants cannot be found in a chain grocery store, but they can give tired old recipes a fresh

lease on life. You'll find all kinds of new delicacies thanks to your foraging practice, whether you just use the wild plants as a garnish or as the basis for a whole new cuisine.

- Above all, eating wild plants allows you to ***reconnect with nature*** and your food. As you learn about local plants and Native American history, you'll gain a better understanding of what is good to consume in your area. You'll go outside, get some exercise, and possibly get a little dirty!

CHAPTER 2:

Keeping Wild Food Foraging Fun and Safe

Plant Identification and Safety

You'll be able to recognize plants and mushrooms in the wild if you can tell the difference between cabbage and lettuce. Picking Mulberries in the back lane or going for a walk off the usual route to find a patch of Jerusalem Artichokes is also examples of foraging. The more people go out into the outdoors to explore and scavenge, the stronger their bond with their food becomes.

Many foods are only available in the wild because they are unsuitable for commercial

cultivation. This can be due to low yields, a symbiotic relationship between the plant and other forest flora, such as a specific tree species or the type of undergrowth, the length of time it takes for the plant to grow, or a symbiotic relationship between the plant and other forest flora, such as a specific tree species or the type of undergrowth. It is vital to note that farmers did not ignore common wild foods because of their flavor; in fact, these foods were frequently added to farmers' meals. Many wild foods have flavors that blend well with the foods we already eat, and they can be used to enhance the flavor of other ingredients.

Universal Edibility Test

Plants can be found all around the planet. However, a small amount of some plants can cause great discomfort, severe bodily diseases, and even death, if tasted or swallowed. If you have any doubts regarding the edibility of a plant, use the Universal

Edibility Test before eating any part of it. Before you test a plant for edibility, ensure there are enough plants for the test to be worthwhile. It takes more than 24 hours to examine each portion of a plant (roots, leaves, flowers, and so on). Do not waste your time testing a plant that is not common in your area. Remember that eating a lot of any plant food on an empty stomach can result in diarrhea, nausea, and cramping. Foods like green apples and wild onions are two good examples of this. Even if plant food has been tested and found to be safe, consume it in moderation.

Where to Harvest

The greatest solution is to find private land where you can harvest in exchange for a sample of your produce. You can avoid overlapping harvesting and ensure that you are not over-picking a region since you are the sole forager. Only collecting 5 to 10% of a Wild Leek patch each year works if you are the only one harvesting from that area. Before foraging on public land, check local

legislation and conservation groups to learn where you can legally forage. Regulations for harvesting differ between cities, parks, provinces, and states.

Keep an eye on your soil quality and stay upstream or away from agricultural and industrial regions, as the ground around them can often include residual chemical sprays, bacterial infections, or heavy metals that end up in your food. Make sure the water quality is good before picking waterborne edibles and riverbank plants, like Cattails and Fiddleheads. Many contaminants are not removed by cooking.

A lengthy and distinguished industrial history may be found in many cities. In the 1980s, the Don River in Toronto was so polluted with chemicals that film could be developed in its water, and many of those pollutants, including lead and mercury, are still present in the riverbed and floodplain soil. While some products, such as almonds, are OK to harvest in small quantities, mushrooms, berries, and vegetables produced in polluted soils should be avoided. Some city

neighborhoods will be substantially safer than others, so explore the area's history and learn about local ordinances.

Tools for Safe Foraging

- Bug helmet and veil are necessary for staying sane during blackfly or mosquito season.
- Uprooting tubers, leeks, and garlic using a trowel or swiftly transplanting rhizomes with a trowel.
- Two knives are knives get filthy and dropped, even by the best of us, so having a backup is a smart idea. A machete can be useful if you plan to go far into the jungle.
- Wicker baskets are they will allow the dirt and spores from your crop to fall out while still being stiff enough to avoid your product from being

crushed.

- Paper bags are to keep the bizarre and unusual things you find separated at home for identification.
- Identification guide is so you know exactly what you are picking and do not end up with a duplicate.
- Empty yogurt containers are for safely keeping berries.
- Cloth or paper shopping bags are ideal for transporting lush greens back to your house.
- Trays (showed in the picture above) allow air to circulate through them, which is essential for keeping mushrooms fresh.
- Ice packs and coolers.
- Dehydrator (basic) are for herbs, mushrooms, berries, or anything else whose flavor is enhanced by drying.



Harvest Methods for Wild Plant Foods

Sustainable harvesting is commonly thrown around as a catchphrase, but it is not always apparent who or what it means. Is it good for the plants, the local fauna, and the people who pick? When picking some crops, this is not a problem, but there are plenty of others that could be harmed by unintended over-picking. Although a plant may be plentiful in one region, this does not imply that it is abundant everywhere. Progressive harvesting is a better strategy, which includes compensating for what you take by returning to the land, dispersing seeds, removing alien species, and reintroducing natives, all while reducing your footprint to keep the ecosystem healthy.

Plants, like Wild Leeks, should be picked in moderation; however, most mushrooms can be picked in huge quantities because they are the product of a much larger organism that will generate more. It is a nice idea to leave

some for birds, deer, slugs, and chipmunks to eat, but if you come upon a clump of morels, do not feel guilty about filling the basket.

To get the most out of your harvests, learn when the optimal time is to pick a plant or berry. Many plants, such as Dandelions, become bitter after producing blooms; therefore, picking them shortly before they bud is preferable. Some flowers should be plucked at specified times of day, such as early in the morning while the nectar is still delicious.

While it may appear to be a lot to remember at first, if you start by foraging for one food at a time, you will quickly be able to identify a wide variety of wild edibles. The more plants and mushrooms you learn about, the closer you will feel to nature and food.

CHAPTER 3:

Storing Wild Foods

Wild foods are generally known as emergency survival foods or uncommon delicacies to add variety to everyday cooking. In either case, long-term storage is not a huge concern. Surplus food should be saved as soon as you feel well-fed enough to eat it in the case of a long-term survival crisis. If you were forced to fend for yourself for an uncertain period of time while cut off from electricity and the globalized food network, you'd want plenty of time to take in the beauty and calm of your surroundings.

Methods of Storing Wild Foods

There are only a few basic ways to store wild edibles. Each storage method has advantages and disadvantages, like with most things.

Root Cellar Storage

You may not have an underground root cellar, per se if you are out in the woods, but we are talking about the basic storage of whole roots and other plant components in some type of insulated chamber. You might do the same thing with a hole, or natural structure like a rock ledge, much like a true root cellar puts the plants below the ground for insulation. The goal is to keep the food out of the frigid temperatures that could cause it to spoil. A similar concept applies to high temperatures, where the insulation keeps the food colder than the outside air, preventing rotting.

Drying & Pickling

Drying is one of the oldest ways of food preservation. With electricity, it can be simple. Without contemporary power, drying meals properly offers a number of challenges.

Pickling is another ancient and very simple preservation strategy, but it has its own set of

issues in a survival situation. The difficulties largely stemmed from a lack of proper resources, such as vessels and lots of salt or vinegar.

Pemmican

Pemmican is a protein, fat, and fruit preparation. The ingredients are preserved through drying and the fat content aids in preservation.

Submersion in Water

This method comes to mind when thinking of acorns, which are submerged in water to drain the tannins and make them edible. Leaving them underwater is a traditional technique of storage, as well as a means of leaching. It is possible that this procedure might be used for other meals as well.

CHAPTER 4:

Annual Foragers'

Calendar

The following table shows which plant can be foraged in which month of the year.

	Jan	Feb	Mar	Apr	May	Jun	July	Aug	Sep	Oct	Nov	De
<i>Beech</i>				✓	✓							
<i>Bilberry</i>								✓	✓			
<i>Black Mustard</i>			✓	✓	✓							
<i>Blackberry</i>							✓	✓	✓	✓		
<i>Borage</i>				✓								
<i>Brooklime</i>					✓		✓	✓	✓	✓	✓	
<i>Broom</i>				✓	✓	✓	✓					
<i>Cherry plum</i>							✓	✓				
<i>Chickweed</i>			✓	✓	✓	✓	✓	✓	✓	✓		
<i>Common Mallow</i>			✓	✓	✓			✓				
<i>Common Penny-cress</i>					✓	✓	✓	✓				
<i>Corn</i>			✓	✓	✓							

<i>Silverweed</i>									✓	✓	
<i>Sloe</i>										✓	✓
<i>Sorrel</i>			✓	✓	✓					✓	✓
<i>Spear Mint</i>				✓	✓	✓	✓	✓	✓	✓	
<i>Spear- Leaved Orache</i>					✓	✓	✓	✓	✓	✓	
<i>Stinging Nettle</i>			✓	✓	✓						
<i>Sweet Chestnut</i>										✓	
<i>Sweet Cicely</i>			✓	✓	✓	✓	✓				

PART TWO:
**EDIBLE WILD
PLANT PROFILES,
RECIPES, AND
PLANTS TO AVOID**

CHAPTER 5:
**Edible Plants Profiles
And Recipes**

**Herbs, Trees, and
Shrubs**

Green plants alone are able to capture the

sun's energy and convert it into food that can be consumed by other life. This food include leaves and contain carbon, hydrogen, oxygen, and nitrogen. Most of the wild edible greens can be found in backyards and gardens in the form of weeds. These leafy greens are loaded with vitamins and nutrients that can boost the immune system and treat common ailments.

Buckwheat Family



Description:

Buckwheat family members have knots where the leaves are attached to the stem, giving some members of this family the

nickname of Knotweed. Small flowers with petal-like sepals are clustered in a spike at the top of a flower stalk. Sheep sorrel and yellow dock are examples of this family with edible leaves.

Habitat and Season: The plant is native to Central Asia and requires full to partial light. It grows swiftly in hot weather and can withstand periods of drought.

History and Lore: Buckwheat (*Fagopyrum esculentum*), also known as Kasha in Eastern Europe, is believed to have originated in China and was first cultivated between 5,000 and 6,000 years ago.

Garlic Mustard



Description:

Garlic Mustard is a dangerous invasive plant that originated in Europe and Asia and has spread over the Northeast, Midwest, and Northwest of the United States. This plant was brought to North America in the mid-nineteenth century for its herbal and therapeutic properties, as well as to help with erosion management.

Poor Man's Mustard, Hedge Garlic, Garlic Root, and Jack-by-the-Hedge are some of its aliases. It's called Garlic Mustard because when the leaves are crushed, they smell like

garlic. Garlic Mustard leaves are rounder and form a rosette at ground level during the first year. The leaves climb up a flowering stalk in their second year, becoming more triangular and heart-shaped with toothed edges. In the spring, small white four-petaled flowers appear.

Habitat and Season: By controlling light, water, and nutrient resources, Garlic Mustard has the ability to produce dense stands that starve out native plants in the understory.

History and Lore: This species was initially introduced from Europe as a food plant, but it is now a significant threat to forests across North America. Garlic Mustard is a seed-spreading invasive non-native biennial herb. Local mammals and insects do not consume it, despite the fact that it is edible to humans.

Nettle Family



Description:

Nettles consist of mostly herbs, sometimes with stinging hairs on the stems. Flowers are small and greenish, often in clusters in the leaf axils. The leaves are edible, including Stinging Nettles and Wood Nettles, once they have been cooked or the stinging hairs crushed. Plants that look like nettles, but lack stinging hairs, are called False Nettles and are included in the nettle family. These are also edible, but do not have the same nutritional value as the Stinging Nettle.

Habitat and Season: The stinging nettle is a common plant that can be found growing in gardens, hedgerows, fields, woodlands, and a variety of other places. Its propensity for wet, fertile, and disturbed ground makes it an excellent colonizer of areas that have been benefited by human activities such as agriculture and development.

History and Lore: Nettle has been utilized in herbalism since the Bronze Age (3000 BCE – 1200 BCE), and it is still used now. There are accounts of Nettle's stinging characteristics supporting Julius Caesar's army in staying awake and attentive during the night between 58 and 45 BCE.

Knotweed



Description:

Japanese knotweed stems can reach a height of 2-3 meters. They have nodes and purple speckles, and the leaves shoot out in a zigzag manner from the nodes, similar to bamboo. The stem is hollow on the inside. The mature stems are hollow and not woody, and can readily be snapped to reveal their hollowness. The stems, on the other hand, grow brittle in the winter, as shown in the photos below. Dwarf Japanese knotweed is still available from some nurseries in the United States, where it is marketed as a ground cover or as a

potted plant. Dwarf knotweed, while smaller and less invasive than Japanese knotweed, retains elements of the species' voracious growth habits.

Habitat and Season: This plant can be found in a wide range of habitats, soil types, and moisture levels. It appears to thrive in disturbed open regions with plenty of sunlight; darkness inhibits its growth. Japanese knotweed is commonly found along the edges of highways and along stream banks.

History and Lore: Japanese knotweed can be found in Japan, China, Korea, and Taiwan. It was brought as an ornamental plant from Japan to the United Kingdom in 1825, and then to North America in the late nineteenth century.

Chickweed



Description:

Chickweed (*Stellaria media* (Linn.) Villars) is a widespread weed in the carnation family that is also known as star weed, satin flower, or mouse-ear. It has a hairy stem and produces little, star-shaped white blooms that grow low to the ground. It can be found predominantly in North America and Europe. Chickweed has a long history of culinary and traditional medicine usage.

Habitat and Season: Common Chickweed

(*Stellaria media*) is a cool-season annual plant native to Europe that can be found almost anywhere, including on American lawns.

History and Lore: Chickweed was said to encourage loyalty, entice love, and maintain partnerships in European folklore and magic. A sprig of Chickweed was carried to attract a loved one's attention or to ensure a mate's fidelity. In magic, it is linked to faithfulness and love. When fresh citrus wasn't available, sailors used Chickweed vinegar to avoid scurvy.

Purslane



Description:

The miner is a type of lettuce, and spring beauties are a type of Purslane with edible leaves. Purslane is a leafy green vegetable that can be cooked or eaten raw. *Portulaca oleracea* is the scientific name for this plant, which is commonly known as Pigweed, Small Hogweed, Fatweed, and Pursley. About 93 percent of this succulent plant is water. The stems are red, while the leaves are small and green. Similar to spinach and watercress, it has a somewhat sour or salty flavor. It's similar to spinach and lettuce in

that it may be used in salads and sandwiches. Purslane can be found growing in a variety of habitats all over the world. It may grow in gardens and cracks in sidewalks, but it can also thrive in tougher environments.

Habitat and Season: Many tiny seeds are included in the seed pods. Purslane can grow in practically any soil, from muck rich in organic matter to heavy clay, in full sun. It thrives in hot weather, and young plants will remain small and stunted in cool weather.

History and Lore: Purslane is a weed that originated in India and Persia and has since spread throughout the world as an edible plant. Purslane is a popular cuisine in many cultures. Purslane has thick succulent leaves and golden blooms on its branches.

Foraging Wild Mushrooms

When morels cease popping in the spring, most mushroom hunters give up, but that should not be the case. Edible mushrooms can be foraged all year (even in the winter), and fall in moderate temperatures encourage growth second only to spring. This autumn, seek the following 12 edible wild mushrooms.

Puffball Mushrooms



Description:

Of all the mushrooms on this list, Puffballs are perhaps the easiest to recognize. They come in sizes ranging from a baseball to a basketball. On the outside, immature species of other mushrooms sometimes resemble Puffballs, but you can break them open to be sure. It is a Puffball if the flesh is completely solid from one end to the other. It is something else if there is any form of hollow section, stem, or cap. Puffballs will grow from spring until fall. They are most likely to appear following a burst of rain and mild to warm temperatures, as do most mushrooms.

If you found Puffballs in the spring or summer, you'll find them again in the fall.

Habitat and Season: Giant Puffball mushrooms are safe to harvest and eat, and can be found in late August through September.

History and Lore: The middle and eastern United States, as well as Canada, are home to Giant Puffballs. Look for them in meadows, under tiny trees, and around woodland openings in the late summer and fall. Puffballs are spore-containing fruiting structures that are round or pear-shaped.

Fall Mushrooms



Description:

Shaggy Mane Mushrooms are one of the "foolproof four," a group of natural mushrooms that are easy to recognize and have few inedible lookalikes. These have a distinctive, scaly, conical cap that looks like a wig worn by a British barrister. They'll generate black gunk that starts at the bottom of the gills and works its way up as they get older.

Habitat and Season: From the Carolinian Forests of Eastern North America to the

Temperate Rainforests of the Pacific Northwest, and most geographical regions in between with thriving forests and woodlands, these wild mushrooms can be found across North America.

History and Lore: Kennett Square, Pennsylvania, is known as the World's Mushroom Capital because it produces the freshest farmed mushrooms each year. Mushrooms were regarded "God's food" by the ancient Romans.

Chicken of the Woods Mushrooms



Description:

Chicken of the Woods is another of the infallible four, which means that no two Chickens of the Woods are the same. They acquire their name from their rooster-like brilliant hues, which may be seen in the woods. They only grow on trees or above the ground, above the roots. They are also known as the "Sulphur mushroom" by others. They can develop in huge clusters that are too large

for a single individual to pick.

Habitat and Season: Chicken of the Woods can be seen in most locations from spring to fall. These overlapping, orange, shelf-like mushrooms can be seen on both living and dead trees, especially oaks. Chicken of the Woods mushrooms come in two varieties.

History and Lore: In Eastern North America and Europe, *Laetiporus sulphureus* grows on mature or dead hardwoods. Leave a similar-looking mushroom alone if you notice it growing in Western woodlands or on the slopes of conifer or eucalyptus trees.

Oyster Mushrooms



Description:

Oysters, like Chickens of the Woods, grow solely on trees. Oysters, unlike Chickens of the Woods, have gills. Smaller clusters with a flat, fan-shaped look are common. They do not have many color variations; they are usually white.

Habitat and Season: Depending on geographic location, Oyster Mushrooms can be found in the summer and autumn, or in warmer areas, they can also be found in the winter.

History and Lore: The Pearl Oyster Mushroom, a common edible mushroom, may have originated in the Himalayas approximately 39 million years ago, according to Chinese researchers. *Pleurotus ostreatus*, sometimes known as the Pearl Oyster Mushroom, has a complicated evolutionary history and species delimitation.

Honey Mushrooms



Description:

Honey Mushrooms have a quite uninteresting appearance. Their cap is smooth, with gills attached to or starting to flow down the stem. Honey Mushrooms are white to slightly pinkish in color, and their name refers to their appearance more than their taste. They'll form clusters, and the stems will all look to come from the same place. Honeys come in a number of inedible forms (some are even toxic).

Habitat and Season: Honey Mushrooms can

appear as early as late July, though September and October are the most typical months for them. They'll keep growing until November.

History and Lore: It survived for a long time and are the world's largest living critters. The largest known organism (of the species *Armillaria ostoyae*) in Oregon's Malheur National Forest covers more than 3.4 square miles (8.8 km²) and is between 1900 and 9600 years old.

Lion's Mane



Description:

One of the most unattractive edible mushrooms is Lion's Mane. They, like its other moniker counterparts, bear a resemblance to their namesake (Bearded Tooth mushroom and Pom-pom mushroom). They are white when they are young, but as they get older, they turn yellow or brown.

Habitat and Season: In late summer and fall, Lion's Mane mushrooms (hericium species) can be found growing on dead logs in North

America and Canada. The Lion's Mane mushroom can also be found in the wounds of dying or dead trees. It is almost always seen on hardwood trees.

History and Lore: It was employed as a tonic in traditional Chinese medicine to improve overall health and longevity. Buddhist monks are claimed to have used Lion's Mane mushroom powder as a beverage to boost their brain power and concentration while meditating.

Chanterelle Mushrooms



Description:

Chanterelles are one of the world's most popular wild mushrooms. They are easily recognized due to their vibrant orange and yellow coloration. Some people say they have a fruity odor that reminds them of apricots. Jack-o-lantern mushrooms are incredibly poisonous and seem similar, but that is where the similarities end. A Chanterelle can be confused with a Jack-o-lantern, just as a deer can be confused with an antelope.

Habitat and Season: Chanterelles bloom late

in the spring or early in the summer. This may vary depending on where you live, but Chanterelle season runs from July to September. Hardwood woodlands are Chanterelles' ideal habitat.

History and Lore: The Golden Chanterelle mushroom can be found in the misty west coast rain forests near Vancouver, Canada. Although the Chanterelle's origins have been traced in both Chinese and African history, numerous societies claim to have utilized it for centuries.

Lobster Mushrooms



Description:

In terms of appearance, Lobsters are right up there with Chanterelles and Chicken of the Woods. The flesh is bright orange in color and mimics cooked lobster meat. Their stem and crown are uneven and inconsistent. There are not many fungi that look like them.

Habitat and Season: The Lobster mushroom can be found in New England and on the West Coast in the autumn, usually from late August to October, under a variety of trees, the most common of which is the Hemlock.

The lobster mushroom can be found anywhere that the ordinary Lactarius mushroom thrives.

History and Lore: Lobster mushrooms are widely discussed as to whether they are distributed worldwide or exclusively in North America, with some specialists saying there are two distinct parasite species, while others maintain the mold species is the same everywhere. Lobster mushrooms are now foraged from the wild and sold in limited quantities at farmer's markets and specialty grocers throughout the United States, Canada, and Europe.

Bolete Mushrooms



Description:

Bolete comes in approximately 300 different species, almost all of which are edible. The King Bolete, Superb Bolete, and Aspen Bolete are three examples of outstanding Bolete varieties. They have a bulbous stem and a large cap, which is often tan or brown in color.

Habitat and Season: Most Boletes, and certainly all of the common ones found in Britain and Ireland, are ectomycorrhizal fungi. This means that they form mutualistic relationships with the root systems of certain

kinds but of trees and/or shrubs (usually with one or more plant genera).

History and Lore: *Boletus edulis* Bull. was initially described in 1782 by French botanist Jean Baptiste Francois (commonly referred to as Pierre) Bulliard, and the specific name and genus have remained unchanged since then.

Black Trumpet Mushrooms



Description:

There are not many mushrooms on this list that look like Black Trumpet mushrooms. They do not have gills or other obvious spore-bearing structures, and their shape is most closely related to the instrument for which they are named. They are usually dark or grey in hue, despite their name. They are also known as Black Chanterelles.

Habitat and Season: Black Trumpet mushrooms are endemic to Europe and North

America, where they grow in rainy, moist deciduous woodlands. During the summer and fall, Black Trumpet mushrooms can be found growing wild along the West Coast of the United States, from Northern California to Oregon, as well as on the East Coast of the United States and in France.

History and Lore: The Black Mushroom is shaped like a cornucopia. In ancient lore, the cornucopia was the splendid horn of the nymph Amalthea's goat (or of herself in goat form) in Greek mythology, which filled itself with whatever meal or drink its owner desired. It has become a symbol of abundance.

Foraging Fruits and Berries

Berry season is usually from mid- to late-summer, but there are a few outliers. Blueberries and strawberries can be harvested from late spring through early summer. However, you can begin planning your berry forage in the spring. Solid patches of plants or trees can be found in fields and forests early in the season. Once you have located them, keep an eye out for them over the next few months as the berry season ramps up.

Wild strawberries



Description:

And when it comes to a wild gathering or wildcrafting, a good rule to follow is to nurture and respect the soil that feeds us. Never collect all of the berries from a patch and always search a large region to avoid harvesting from the same spot. This protects the plant's longevity while also allowing our "forest companions" to partake.

Habitat and Season: Wild Strawberry is a cool-season plant that blooms in the spring and fall, but becomes dormant in the summer after bearing fruit. This plant is simple to grow and will spread in open spaces to form a loose ground cover.

History and Lore: Wild Strawberries and farmed selections of Wild Strawberry species were previously the most prevalent sources of the fruit. In the 14th century, the French began harvesting strawberries from the forest and bringing them to their gardens.

Black Raspberries



Description:

When ripe, Wild Raspberries turn a vivid red color, while Blackberries turn a rich, dark purple color. Raspberries will drop their receptacle, which is a white cone that attaches the fruit to the plant. The receptacle will be Blackberries. Any that are white or underripe should not be harvested since they will be bitter and unpleasant. Because they do not have any dangerous lookalikes, these fruits are a safer bet than other fruits.

Habitat and Season: They do well with late afternoon shade in hotter regions. Plant them apart from Wild Raspberries and Blackberries, as illness can spread to your Black Raspberries.

History and Lore: For as long as anybody can remember, Black Raspberries have been growing wild throughout North America. The *Rubus leucodermis*, which is native to the western coast of the United States, and the *Rubus occidentalis*, which grows in the east, are the two species of Black Raspberries.

Mulberries



Description:

Mulberries, a related aggregate berry that grows on big bushes or trees, are a related aggregate berry. These can be found all over the United States, and, like Raspberries, they should not be eaten when they are white (underripe). Ripe berries are easy to collect from the vine and can be consumed raw, cooked into baked products, or preserved as jam.

Habitat and Season: Mulberry trees can be trained into single-stemmed trees or grown as

multi-stemmed bushes with a rounded appearance. Their leathery green leaves fall off in the winter, and their delicious fruit is dark reddish-black, juicy, and about 1.5 inches long, ripening from late June to early September.

History and Lore: Most cultivated Mulberry types are said to have originated in the China/Japan region and the Himalayan foothills. Silk manufacture was vital in Europe during the nineteenth and early twentieth centuries, as well as in Japan and Korea until the mid-century.

Juneberries or Saskatoon Berries



Description:

Although most edible berries are sweet, some are harsh and will taste better when cooked. These berries resemble larger blueberries and grow on trees. They are ready to eat when reddish in color, but they become even sweeter as they darken to a purple red color.

Habitat and Season: Saskatoons thrive in deep, well-drained, light to medium loam soil with high organic matter levels, despite their

adaptability to a wide range of soil types. Plant them in broad sun with some wind shelter, one to 1.3 meters apart.

History and Lore: The saskatoon berry (*Amelanchier alnifolia*) is a deciduous native shrub found in western Ontario, British Columbia, and the Yukon. Saskatoon gets its name from a Cree word that refers to the luscious, fleshy fruits that were so important to Aboriginal people and early Europeans.

Elderberries



Description:

Blue Elderberry, Black Elderberry, and American Black Elderberry are all common kinds. Elderberries come in a wide range of types. These bushes grow 10 to 25 feet tall in moist conditions and can be found along riverbanks, deep in the forest, and in wet forests. Flowers bloom from late spring to mid-summer, while fruits ripen from late summer to early fall.

Habitat and Season: In late August and early September, the berries ripen. When the

berries turn a golden amber color, you know it's time to harvest them. Elderberries must be picked by hand; they bruise easily, so be cautious.

History and Lore: Elder seeds discovered in Neolithic pole-dwellings in Switzerland date from around 2000 BCE, implying that the plant was cultivated at the time. The origin of the plant's name can be traced back to the Greco-Roman era.

Cloudberries



Description:

These gorgeous fruits can be found in the far north of Canada and other frigid climates. They have a raspberry-like appearance, yet have a lovely peach tint.

Habitat and Season: Cloudberry (*Rubus chamaemorus*), also known as Salmonberry, Yellowberry, Bakeapple, Bakeberry, Malka, or Baked Apple Berry, is a creeping herbaceous plant of the rose family (Rosaceae) with edible raspberry-like berries that is native to the Arctic and subarctic

regions of the north temperate zone.

History and Lore: In the autumn, Eskimos and Sami gather the luscious, juicy fruits to freeze for winter nourishment. Cloudberries are marketed in northern Scandinavian markets for use in preserves, tarts, and other confections. They're also used to make liqueur.

Barberries



Description:

Barberries are little tart fruits that grow on thorny plants along the Canadian border in cooler climates.

Habitat and Season: Eastern North America is home to the American or Allegheny Barberry (*Berberis canadensis*). For its scarlet fall leaves and bright-red, long-lasting berries, Japanese Jarberry (*B. thunbergii*) is commonly grown as a hedge or decorative shrub.

History and Lore: *Berberis vulgaris*, or Barberry, is a shrub that produces tart red berries. The plant is native to Europe, Africa,

and Asia, but it is now spread all over the world. Its berries have been used to cure stomach disorders, infections, and skin conditions in traditional medicine for generations.

Huckleberries



Description:

These berries have toxic lookalikes, so use caution when eating them. Huckleberries have a blueberry-like appearance and can be found in the eastern United States and at higher elevations.

Habitat and Season: The plant thrives in damp, acidic volcanic soil, reaching heights of 1.5 to 2 m (4.9 to 6.6 ft) under ideal conditions and ripening in mid-to-late summer or later at higher elevations. Huckleberry was one of the few plant species

that managed to survive on Mount St. Helens' slopes after its volcanic eruption.

History and Lore: Huckleberries are native to the eastern and southeastern United States and are divided into four species in the *Gaylussacia* genus. In the western United States, this genus is not found.

Muscadine



Description:

Also known as wild grapes, Muscadine berries are vivid, light green when unripe and dark purple when mature, and are located in the Southeast United States. They have huge seeds and are normally consumed exclusively for the meat on the inside, which can be eaten raw or cooked. These fruits are frequently used to make wine or jam.

Habitat and Season: Muscadines can be grown along the New York coast all the way

down to Florida, and west to Missouri, Kansas, Oklahoma, and Texas. From early August until September, the grapes reach full maturity. When fruit falls readily from the vine, it is ready to harvest. The mature fruits can be dislodged by firmly shaking the vines.

History and Lore: Muscadine is derived from grapevines of the *Vitis vinifera* species, which are endemic to the Mediterranean. When Spanish and French explorers arrived in America, another variety of grape, *Vitis rotundifolia*, or Muscadine, was literally overrunning the land.

Autumn olives



Description:

Autumn Olives, also known as Autumn Berries or Silverberries, offer a delicious counterpoint to autumn's harsh pill. In a good year, a single Autumn Olive shrub (also known as Autumn Berry) can produce up to 80 pounds of delicious fruit, earning it the title of "superfood." The berries contain up to 17 times the amount of lycopene found in tomatoes, a nutrient linked to lower rates of cervical, prostate, and colon cancer. Vitamins C, A, and E, as well as a variety of other strong antioxidants, are abundant in the

berries. Autumn Olive is easy to recognize, delicious to eat, is a nutritious powerhouse, and is readily available.

Habitat and Season: Autumn Olive is a shrub that develops to be 15-20 feet tall. It thrives in ancient fields, open woods, and forest borders, despite tolerating a wide range of circumstances.

History and Lore: Autumn Olive is an Asian native that was introduced to the United States in the 1830s for a variety of reasons, including soil conservation and wildlife habitat enhancement.

Highbush Cranberry



Description:

The Highbush Cranberry isn't technically a cranberry, even if its fruit, or drupes as they're called taxonomically, looks and tastes a lot like cranberries. They, like cranberries, ripen in the fall. However, the two plants are very different. The Highbush Cranberry is a *Viburnum*, a member of the Caprifoliaceae, or Honeysuckle family, whereas the 'true,' or Lowbush Cranberry is a *Vaccinium*, a member of the Ericaceae—Heather or Heath—family. There are around 400 species in the Honeysuckle family, with 11 tree species and

countless shrub species native to North America. The Highbush Cranberry grows in North America from British Columbia to Newfoundland, south to Washington state, and east to northern Virginia, with a small population in New Mexico. The Highbush Cranberry is categorized as 'endangered' in Indiana, 'threatened' in Ohio, and 'rare' in Pennsylvania, according to the Natural Resources Conservation Service.

Habitat and Season: The Highbush Cranberry grows in damp thickets and moist forests, but it can also thrive in drier conditions. It thrives in rich, wet, loamy soils in sites with primarily or full sun, however it may tolerate some shade. Drought is not a problem for established plants.

History and Lore: Its native habitat is northern North America's wetlands and bogs. It is a member of the Heath, or Heather, family (Ericaceae), which is a large family with over 125 genera and 3500 species!

Aronia berries



Description:

Aronia berries (*Aronia melanocarpa*) are small, dark berries that have grown in popularity among health-conscious people. They're one of the best sources of plant antioxidants, which are thought to have a variety of health benefits. Aronia berries, sometimes known as Chokeberries, are small, dark fruits that grow on Rosaceae plants. They're native to North America, but they're also grown all over the world, especially in

Europe. Native Americans have traditionally used them as a cold treatment. Because the berries have a drying impact on the mouth, they are mostly utilized in juices, purées, jams, jellies, syrups, teas, and wines. Fresh, frozen, dried, and powdered versions are also available.

Habitat and Season: The Aronia bush isn't picky about the soil it grows in. Aronia berries can be grown in a variety of soil types, from wet and muddy to dry and sandy.

History and Lore: For generations, Native American tribes along the east coast of North America have used Aronia berries. These people made a pemmican for travels or winter storage, which contained a lot of fat, in addition to dried meat.

Wild Blueberries



Description:

One of my favorite things about Wild Blueberries is how diverse each one tastes: some are much sweeter or sourer than others, and combining them in pies, parfaits, jams, and smoothies creates a fantastically unique delight. What are the best places to look for Wild Blueberries? The Sierra Nevada, the Cascades, and the east coast from Maine to North Carolina are examples of such regions. Low bushes of Wild Blueberries can be found near oak trees, in sunny clearings, or in the deeper forests.

Habitat and Season: The Wild Blueberry season is short, lasting only a few weeks

between late August and early September.

History and Lore: Following the retreat of the glaciers more than 10,000 years ago, Wild Blueberries appeared on the desolate plain known as The Barrens in Maine, Eastern Canada, and Quebec.

Foraging Seeds and Grains

Wild grains, on average, are smaller than farmed grains and contain much more fiber (meaning fewer calories per pound). Wild seed flours can be difficult to prepare due to their small size and abrasive texture, especially when compared to modern farmed grains.

Millet



Description:

Millet is primarily thought of as a staple grain in developing countries, but it is not a large part of the American diet. While it is available in health food stores, the majority of Millet ingested in the United States is found in wild birdseed for cultural reasons (not because it is not tasty). It is a hit with the birds, who disseminate it far and wide. Wild Millet can be seen growing wherever birds drop a few seeds, which is often near good nesting areas. Occasionally, they emerge from the gravel or crevices on the sidewalk. It stands up to a lot of abuse.

Habitat and Season: Millet seeds are susceptible to frost and require mild temperatures for germination and development. They are often planted from mid-June to mid-July for these reasons.

History and Lore: Finger Millet is a grain that originated in the East African highlands and was domesticated before the third millennium BCE. By 1800 BCE, its cultivation had spread to South India.

Wild Quinoa



Description:

Wild Quinoa (*Chenopodium album*), one of the earliest grains consumed by humans, is mostly disregarded these days. When young, Lambs Quarter or Goosefoot, is a tasty salad green similar to spinach that most foragers are familiar with. Allow those plants to develop, and they'll produce an abundance of tiny black seeds that are somewhat smaller than current quinoa.

Habitat and Season: When the soil temperature reaches 5 to 7 degrees Celsius,

the Wild Quinoa crop can be planted. Seeds can be planted or simply sown in the main field. In Wild Quinoa cultivation, the best plant density is between 150 and 500 plants per square meter.

History and Lore: Chenopodium Quinoa is thought to have been domesticated from wild or weed populations of the same species in the Peruvian Andes.

Amaranth



Description:

Wild Amaranth, sometimes known as Pigweed, produces tiny edible seeds and excellent edible greens. Amaranth is grown in many places of the world, and I have eaten it as a cooked grain as well as Amaranth flour. Pigweed is particularly hardy, making it a good wild flour grain alternative in areas where it cannot be removed.

Habitat and Season: *Amaranthus graecizans* grows in warm temperate zones at elevations of up to 2,400 meters (7,900 ft). It can be

found on disturbed terrain around human and livestock populations, as well as seasonally flooded sandy plains, where it grows quickly after rain.

History and Lore: Amaranth has a tumultuous history. It was first grown by the Aztecs between 6,000 and 8,000 years ago. The Aztecs used Amaranth for more than sustenance.

Wild Rice



Description:

Few people have ever tasted true "wild rice," and the long black grains advertised as "wild rice" in supermarkets are actually cultivated grains. True Wild Rice can still be found if you have a canoe and a little perseverance. Although the preparation is time-consuming, the end result is one of the most calorie-dense wild foods available. You may produce Wild Rice flour for flatbreads by processing it a little longer.

Habitat and Season: Wild Rice thrives in

northern climates with temperatures in the United Plant Hardiness Zones 4 and below (given in USA Soil Hardiness Zone Map). Wild Rice, on the other hand, can grow better in warmer regions, but there the grow can be stalled after reaching a height to 6 feet.

History and Lore: The Ojibwe people who still reside in the Great Lakes region, consider Wild Rice to be sacred. It is a vital food source for ducks, as well as providing food and habitat for a variety of other species.

Foraging Nuts

A lot of people nowadays enjoy nutting. The nuts are still the target, but there are plenty of them (although of less noble bearing) in any grocery shop. Nutting, on the other hand, immerses you in the autumn forest kaleidoscope, with every step crunched in leaves and the air crisp and scented with the musky aroma of autumn. There is no better time to visit the woods and no greater reason (need or not) than to be picking delectable nuts.

Acorns



Description:

Acorns are not dangerous, despite what many

mothers have told their children; they are one of the oldest meals known to man. In Paleolithic cave shelters, evidence of their eating Acorns has been discovered among the debris. Many Native American tribes relied on them for survival, grinding the nuts into meals for bread and mush. The Pilgrims discovered baskets of roasted Acorns buried in underground rooms and welcomed oak mast into their diet, observing that the Acorn nuts tasted similar to chestnuts. A wise decision: Acorn kernels provide a full vegetable protein, with some species containing up to 7% by weight. Carbohydrates, which are high in energy, make up more than half of their mass.

Habitat and Season: Acorns mature between 6 to 24 months (depending on the species). They are grown in September and October.

History and Lore: Acorns are a traditional diet of many North American indigenous peoples, and they have long played a significant role for Native Americans in California, where the ranges of multiple species of oaks overlap, improving the

resource's reliability.

Black Walnuts



Description:

America's Black Walnut (*Juglans nigra*) is one of the great forgotten casualties of the two world wars, valued more for its rich, dark wood than for its delectable nuts. Black Walnuts were felled in large numbers just before and during both conflicts to supply the demand for gunstocks. Despite this, the tree can still be found across its original range, which includes nearly the whole eastern part of the United States, with the exception of the far north. There are four more native walnut species in the West, all of which have

extremely limited distributions. Only the northern California walnut (*F. hindsii*) produces nuts that are comparable in size and quality to those produced by its eastern counterpart.

Habitat and Season: Throughout the central and eastern sections of the United States, Black Walnuts grow as individual trees or in small groups. Although it can be found in a range of locations, Black Walnut thrives in well-drained coves and bottomlands in the Appalachians and Midwest.

History and Lore: From Canada to northern Florida and west to the Great Plains, early immigrants encountered Black Walnuts growing in mixed woodlands. They discovered that the heartwood was highly resistant to rot and used it for fence posts, poles, shingles, and sills.

Butternuts



Description:

The Butternut (*Juglans cinerea*), not to be confused with the Butternut Squash, is a close relative of the Black Walnut and also known as the White Walnut, grows farther north, reaching New England and parts of Canada, but not as far south. With a whopping 27.9% protein, 61.2 per cent fat, and nearly 3,000 calories per pound, the Butternut is one of the most energy-dense edible nuts. *Cinerea* kernels are also a favorite among wild nut connoisseurs.

Though its leaves are similar to those of the Black Walnut and its crown is rounded and open, the Butternut has fewer leaflets on longer stems, giving the impression of sparse foliage. Its bark is lighter and smoother than that of the Black Walnut, which is dark grey or brown.

Habitat and Season: Butternut trees flourish in temperatures ranging from 3 to 7 degrees Fahrenheit, but have been reported to live in zone 8 as far south as Georgia. It thrives in both humid and dry climates as long as it receives appropriate soil moisture.

History and Lore: The Butternut came from an unlikely place. In the mid-1940s, it was bred in the United States by Charles Leggett of Stowe, Massachusetts.

Hickory Nuts



Description:

Hickories, which come in a variety of species and subspecies, are found across the eastern and central United States. The Hickory is the quintessential "pioneer tree," not only because of its value as a food source for early settlers, but also because of the firm, sturdy wood it offered (and continues to provide) for tools and tools handles. Hickory nuts are both a joy and a source of aggravation for nut gatherers. While some varieties produce excellent, sweet nutmeats, others produce

bitter or virtually entirely shelled fruit. It is not always easy to differentiate between the two types.

Habitat and Season: There are about 15 species of Hickory native to North America and three species endemic to eastern Asia. Western North America, Greenland, Iceland, and Europe all have fossil remains that may be identified as belonging to the genus.

History and Lore: The Hickory tree is one of the forest's most diverse, useful, and commercially significant trees. It's typically associated with our pioneering past, and it's still popular today.

Foraging and Digging Roots

We step over potential food sources every time we move through the outdoors. A vast and sophisticated food web exists beneath the soil surface, made up of microorganisms, bacteria, subterranean critters, and plant roots. The edible wild roots of many common plants can be a source of food with the correct tools and in a survival situation. We are going to discuss a few edible roots for you understand them better.

Why Eat Roots?

The roots of most plants are where they store their energy. All plants produce as much food and energy as it can throughout the growing season and stores it in the roots. When spring arrives, the plant releases this stored energy in the form of a new flush of green, resuming the cycle. That means wild edible roots are packed with nutrients and energy. They are starchier and more filling than the green stuff that grows above the ground. Harvesting

those roots, on the other hand, is significantly more harmful to plants than removing the green leaves and fruits. Harvesting the roots, which feed the plant with food for the next growing season, could be harmful to the plant. You must eat in a survival crisis, but if you are foraging as a pastime, keep in mind that root harvesting is a harmful activity that frequently kills the plant.

Daylilies



Description:

Daylilies are easily identifiable during the

summer by their enormous, flashy blossoms, which are also tasty. The Daylily's roots are wonderful when boiled or eaten raw; however, only the fresh white tubers should be eaten. The roots taste finest in the fall, while the older ones are inedible. On the side of the road, you'll see Wild Daylilies flourishing. Because of their willingness to expand and take over an area, they are commonly referred to as Gutter Lilies or Trench Lilies. At the very least, you'll have enough food!

A Daylily, sometimes known as a Day Lily, is a flowering plant of the *Hemerocallis* genus, which belongs to the Asphodelaceae family, subfamily Hemerocallidoideae. It is not, despite its common name, a lily! Daylily species have long been bred by gardeners and horticulturists for their lovely blossoms. Local and worldwide *Hemerocallis* associations have registered thousands of varieties. Daylilies are perennial plants whose name refers to the short lifespan of their blossoms. Most species' blooms open early in the morning and wither during the night,

maybe to be replaced by another on the same scape the next day. Some species bloom at night. Daylilies are not usually used as cut flowers for formal flower arrangements, but they make excellent cut flowers in other situations since new flowers open on cut stems for several days.

Habitat and Season: The gardener's dream comes true with Daylilies! From early summer through early October, luscious flowers emerge in a rainbow of colors. The majority of types are hardy throughout the United States and southern Canada, making them simple to grow and long-lived.

History and Lore: Hemerocallis is a genus of plants native to Asia. Hybridizers in the United States and England have achieved significant advancements in Daylilies since the early 1930s. Yellow, orange, and fulvous red were the only hues available at first.

Cattails



Description:

Cattails should only be harvested from pure water sources. Pollutants clog up local ponds and streams, which can be damaging to your system if you eat them through plant matter. When harvesting Cattails, first remove the mud surrounding the plant's base, then carefully pull the plant out of the ground. Because of the damp environment in which Cattails thrive, this is usually simple. The roots should be cleansed (they'll be filthy), but once cleaned, they have a pleasant flavor that is nearly celery-like.

Habitat and Season: Cattails form dense colonies in wetlands, marshes, bogs, ditches, ponds, and shorelines where the soil is wet or flooded during the growing season. They grow mostly in fresh water, but narrow-leaved cattails can also be found in brackish water.

History and Lore: You will notice that the Cattail is a flower that you would present to bring peace to friends or lovers who are bickering. This is a flower that you will give to someone to represent peace and to let them know that you are thinking of them and wishing them well.

Dandelion



Description:

These brilliant yellow blossoms are beautiful, but they are notoriously tough to get rid of in yards and gardens. This is due to its deep taproot, which clings to the soil and snaps easily. Dig the plant out to a depth of about one foot, then carefully peel the soil loose to remove the complete root. The optimum season to harvest is in the spring, but the Dandelion root is edible all year. Dandelion root has been diced and cooked in the same way as carrots (boil it for a few minutes). Roots and leaves that are younger are tastier

than those that are older, and they can all be eaten raw.

Habitat and Season: The plant is active all year, but in colder climates, it goes dormant.

History and Lore: Dandelions have a long and illustrious history. Ancient Egyptians, Greeks, and Romans were all familiar with them, and they've been utilized in Chinese traditional medicine for over a thousand years.

Burdock Root



Description:

Anyone who has strolled through a field or pasture has most likely discovered these vexing brown things stuck to their pants and jackets. Who knew the plant could be eaten? Grab the stem of the Burdock plant after loosening the soil surrounding it. Pull gently, not yanking, and wait for the root to emerge from the dirt. These Burdock roots can be eaten raw and have a slight artichoke flavor or they can be roasted. When exposed to oxygen, the roots will quickly turn brown; therefore, quick preparation is essential.

Habitat and Season: Burdock is a biannual plant, and the best time to harvest the root is in the fall of the first year, when the plant has huge green leaves on top and greyish underneath, or in the spring of the second year, when the plant has enormous green leaves on top and greyish underneath. From summer through early fall in Burdock's second year, the plant produces purple flowers.

History and Lore: Burdock is a somewhat ugly plant with nothing in the way of blossoms or smell. Therefore it hasn't earned much history or folklore. It has been described in an ancient land-remedy ceremony that is supposed to increase agricultural crops and eliminate any sorcery placed on the soil.

Chicory



Description:

Chicory has a gorgeous flower (which is also edible) that can be found along roadsides and in regions where the soil is of poor quality. Chicory only grows in rough settings; thus, it is easy to come across in abandoned and urban locations. It is a very bitter root to eat raw; however, it can be used as a coffee substitute. You can either carefully pluck the plant out of the ground, roots and all, or loosen the dirt around the plant's base. This wild edible root is high in minerals and

vitamins and makes a great coffee substitute. It was used by American colonists to extend the life of their coffee supplies. There are several brands of ground coffee that have Chicory added; it gives coffee a nutty flavor.

Habitat and Season: Chicory is a plant with blue flowers. Sowing or transplanting takes place outside in warm areas from September to March. Chicory should be planted three to four weeks before the threat of frost has passed in milder locations.

History and Lore: Chicory is a dandelion-like plant with blue flowers whose roots have been farmed and used for food and medicinal purposes since ancient Egypt. France exported 16 million pounds of Chicory by 1860.

Lamb's Quarters



Description:

Lamb's Quarters is a wild food that grows every year and belongs to the Amaranthaceae family. It was formerly assumed to be a European native. Recent archaeological findings, on the other hand, suggest that the seeds were preserved and used by the American Blackfoot Indians in the sixteenth century. Lamb's Quarters is a cleansing plant that aids in the restoration of good nutrients to bad soil. This unusual food plant spreads swiftly regardless of soil conditions.

Habitat and Season: Lamb's Quarters grows as a weed in gardens, beside streams and rivers, in forest clearings, fields, waste areas, and disturbed soils. It is quite hardy and may be found growing in many parts of Canada and the United States. It can also be found in South America, Central America, several African countries, Asia, the Middle East, Europe, Australia, and New Zealand.

History and Lore: The words "lamb's quarters" are supposed to be derived from Lammas Quarter, an English harvest festival. Both sacrificial sheep and the vegetable *Chenopodium album* were associated with this celebration.

Kudzu



Description:

In warm climates, Kudzu can be seen creeping all over the place, and happily, it has edible parts. It can be identified by the enormous green leaves that grow in threes and the grape-scented blossoms. Kudzu likes to grow near poison ivy, so be cautious. The younger sections, like most roots, are far more appealing. In the fall and winter, the roots closest to the surface are the easiest to reach.

Habitat and Season: Kudzu thrives in a wide variety of environments and soil types.

Open, sunlit locations such as woodland borders, abandoned fields, roadsides, and disturbed areas are preferred habitats. Kudzu thrives in climates with warm winters, summer temperatures above 80°F, and yearly rainfall of 40 inches or more.

History and Lore: Kudzu was first introduced to the United States in 1876 during the Philadelphia Centennial Exposition. The Soil Conservation Service advocated Kudzu for erosion control during the Great Depression of the 1930s.

White Clover



Description:

White Clover (also known as Dutch Clover, Ladino Clover, or Ladino) is a perennial herbaceous plant of the Fabaceae bean family (previously referred to as Leguminosae). It is one of the most extensively farmed varieties of clover and is native to Europe, including the British Isles, and Central Asia. It has been widely used as a forage crop all over the world, and it is currently found in most grassy areas (lawns and gardens) in North America, Australia, and New Zealand. According to height, which represents petiole length, the species is often classified as small,

middle, and large. The term 'White Clover' refers to the species as a whole, whereas 'Dutch Clover' refers to intermediate variations (but not always to smaller ones), and 'Ladino Clover' refers to huge forms.

Habitat and Season: Pastures, fields, green meadows, lawns, parks, mowed spaces along roadside, routes through trees, and waste areas are examples of habitats for clovers.

History and Lore: The White Clover flower and the Red Clover flower have several symbolic connotations in the flower language. The White Clover, like the Red Clover, represents hope, a happy and long marriage, virility, joy, good fortune, wealth, and protection.

Wildflower



Description:

In general, the term Wildflower refers to plants that develop without the assistance of humans, especially those that flower in the spring and summer in woodlands, prairies, and mountains. All cultivated garden flower varieties are derived from wildflowers. Although most Wildflowers are native to the area in which they grow, some are descended from flowering plants brought in from other countries. The brilliant flowers of the Hawaiian Islands, for example, are almost entirely indigenous to other sections of the

tropics and subtropics. The majority were brought to the islands specifically for agriculture, but they quickly spread into the fertile lowlands, displacing the less colorful native species and leaving only the steep mountainside vegetation. The majority of Wildflower species in the United States and Europe's lowlands are native; others are migrants.

Habitat and Season: A Wildflower is a flower that blooms naturally in its habitat without the assistance of humans. Although some people produce Wildflowers in their gardens, the majority of Wildflowers are natural plants that grow in woods, meadows, marshes, and other places where they have adapted to thrive.

History and Lore: The Wildflower is a symbol of joy in most civilizations throughout the world.

Galinsoga



Description:

The leaves of the Hairy Galinsoga are hairy and triangular in shape, and the plants contain multiple branches that make a compact plant. Galinsoga produces a composite flower head with five white, notched ray flowers surrounding the yellow disc flowers. Galinsoga produces a composite flower head with five white, notched ray flowers surrounding the yellow disc flowers. Galinsoga parviflora belongs to the Asteraceae (daisy) family of plants. Guasca (Colombia), piojito (Oaxaca, Mexico),

Mielcilla (Costa Rica), Gallant Soldier, Quick Weed, Galinsoga (New Zealand), and Potato Weed are some of its common names (United Kingdom, United States).

Habitat and Season: The species is endemic to South America, although it has spread widely over the world. Northern Ireland has a few records of *G. parviflora* and *G. ciliata*.

History and Lore: *Galinsoga parviflora* was transported from Peru to Kew Gardens in 1796, and it afterwards escaped into the wild in the United Kingdom and Ireland.

Wild Violets



Description:

Wild Violets (*Viola odorata*) have purple-blue flowers with heart-shaped leaves. White or yellow blossoms can also be found on some cultivars. Although Wild Violets are classified as annuals or biennials in some areas, they often self-seed and reappear each year in unexpected places. The low-lying blossoms, known as cleistogamous flowers, do not open but instead create and house seeds, allowing the plant to reproduce quickly. The main disadvantage is that Wild Violets have a proclivity to become invasive,

sprouting up almost everywhere, if not controlled with some sort of barrier.

Violets are simple to grow and may be used in a variety of ways in the yard if they are properly cared for. Wild Violets add a lovely touch to trees, water sources, and flower beds. They're also great for providing immediate ground cover in a woodland garden. They can be grown in containers as well. Both the leaves and the blooms (which blossom in late winter and early spring) are nutritious and tasty.

Habitat and Season: Violets can be planted at any time during the spring and fall seasons, however early spring is best. These plants prefer light shade, but they can also survive in direct sunlight. Wild Violets tolerate a wide range of soil types, but prefer moist, well-draining soil that is high in organic matter.

History and Lore: Violets are a symbol for modesty. Violets were born, according to Greek mythology, when one of Artemis' nymphs, who had all pledged to remain maidens, was followed by her twin brother,

Apollo. Artemis changed her nymph into a violet to protect her, and the violet became a symbol of humility as a result.

Pansies



Description:

Today, Pansies are one of the most popular garden flowers. They come in a variety of colors, patterns, and sizes. Despite being hardy biennials, Pansies are also grown as annuals. Temperatures between 40 degrees F at night and 60 degrees Fahrenheit during the day are perfect for growing Pansies. They are found all over the United States. They bloom best in the spring when the weather is mild, then fade and are frequently abandoned when

the weather becomes extremely hot. Strong Pansy plants will bloom in the fall and even in the winter in locations where lengthy periods without frost are typical.

Habitat and Season: Pansies can survive the winter in Planting Zones 4–8. They can withstand minor freezes and brief periods of snow cover, but in locations where there is a lot of snow, a layer of dry winter mulch is advised.

History and Lore: The plants that we now call Pansy got their start in Iver, Buckinghamshire, England. A curious Lord Gambier and his gardener William Thompson began crossing numerous *Viola* species in the early 1800s.

Hibiscus



Description:

Hibiscus is a flowering plant genus belonging to the Malvaceae family of mallows. The genus contains several hundred species that are found in warm temperate, subtropical, and tropical climates all over the world. Member species are notable for their enormous, beautiful flowers, and are frequently referred to as "Hibiscus" or "Rose Mallow," respectively. Hardy Hibiscus, Rose of Sharon, and tropical Hibiscus are some of the other names for this plant. The genus

comprises herbaceous plants that are both annual and perennial, as well as woody shrubs and small trees. The generic name is derived from the Greek word (ibskos) given to *Althaea officinalis* by Pedanius Dioscorides.

Habitat and Season: Originally from tropical Asia, Hibiscus now thrives in warm-temperate, subtropical, and tropical climates all over the world. Hibiscus may be cultivated in a variety of circumstances. They live in a variety of environments, including wetlands, savannahs, and woods.

History and Lore: Although *Hibiscus rosa-sinensis* has long been cultivated in China, Japan, and the Pacific islands, its original origin is uncertain. *Hibiscus arnottianus* and *Hibiscus waimeae*, both with white flowers, are thought to be endemic to Hawaii.

Borage Flowers



Description:

The leaves of the Borage are edible, and in some parts of Europe, the plant is grown in gardens for that purpose. Borage is widely used as a vegetable in Germany, the Spanish provinces of Aragón and Navarre, the Greek island of Crete, and the northern Italian province of Liguria. Although Borage is commonly used in soups, the Frankfurt specialty green sauce is one of the more well-known German Borage recipes.

Borage (borragine in Italian) is a popular filling for traditional pasta ravioli and pansoti in Liguria, Italy. In Poland and Russia, it's used to flavor pickled gherkins. Honeybees utilize Borage nectar produced by the blossoms to manufacture a light and delicate honey.

Borage, boiled and sautéed with garlic in Aragonese cuisine, is served with potatoes. Borage is traditionally used as a garnish in the Pimms Cup cocktail, but nowadays a long sliver of cucumber peel or mint are frequently substituted. Gilpin's Westmorland Extra Dry Gin includes it as one of the essential botanicals.

Habitat and Season: Borage, often known as a Starflower, is an annual herb in the Boraginaceae family of flowering plants. It is endemic to the Mediterranean region, but it has spread throughout the world. It grows well in most European gardens, including those in Denmark, France, Germany, and the United Kingdom, and self-seeds to stay in the garden year after year.

History and Lore: Borage is an herb that has

been utilized for thousands of years. You may be familiar with the folklore saying, "I, Borage, bring always courage," which refers to the character's need for strong courage to handle the stress and obligations they bear. It soothes the heart, brightens the downhearted, and resurrects the fainting soul.

Squash Blossoms



Description:

Squash Blossoms (also known as Courgettes Flowers in the United Kingdom) are the edible blooms of Cucurbita species, mainly Cucurbita pepo, which produces zucchini (courgettes), marrow, spaghetti squash, and a variety of other squashes. Because Squash Blossoms are perishable, they are rarely found in supermarkets. Squash Blossoms, both male and female, can be used interchangeably, however plucking only male flowers (leaving some for pollination) permits the plant to produce fruit (several varieties of squash). Squash Blossoms can be

filled, breaded, and fried, or used to make a soup. The blooms have a mild flavor that tastes like immature zucchini and can be eaten fresh. In several Southeast European and Middle Eastern cuisines, Squash Blossoms are regularly stuffed and cooked. The dish is known in Greek as Kolokythoanthoi and in Turkish as Kabak çiçeği dolması, and it is part of a family of stuffed vegetable dishes known as dolmas in the cuisine of the old Ottoman Empire. A soft cheese, like as ricotta, is typically used in the stuffing.

Habitat and Season: Squash Blossoms are usually available from late spring through early fall, when the weather is still mild.

History and Lore: Squash is a Western Hemisphere native. In ancient archaeological sites from the highlands of Mexico to the arid coast of northern Peru, squash seeds are often found together with pepper seeds, desiccated corn cobs, and beans, demonstrating that once these plants were domesticated, people chose to grow and eat them together.

Honeysuckle



Description:

Honeysuckles are twining vines or arching shrubs in the Caprifoliaceae family that are endemic to northern latitudes in North America and Eurasia. On the continents of North America, Europe, South America, Australia, and Africa, *L. japonica* is an aggressive, extremely invasive species that is regarded a severe pest.

Some kinds of Honeysuckle are cultivated as beautiful garden plants because they are aromatic and colorful. Hummingbirds are

drawn to the flowers of *L. sempervirens* and *L. ciliosa* in North America (Orange Honeysuckle).

Habitat and Season: In North America and Eurasia, there are over 180 species of Honeysuckle. *Lonicera periclymenum*, *Lonicera japonica* (Japanese Honeysuckle, White Honeysuckle, or Chinese Honeysuckle), and *Lonicera sempervirens* are all well-known species (Coral Honeysuckle, Trumpet Honeysuckle, or Woodbine Honeysuckle).

History and Lore: Honeysuckle gets its name from the delicious nectar produced by its tubular blossoms, which is edible. *Lonicera* is named after Adam Lonicer, a Renaissance botanist.

Chrysanthemum Flowers



Description:

Consider eating Chrysanthemum greens if you enjoy the scent of Chrysanthemum flowers and the flavor of tea made from dried flower buds. During the spring to autumn seasons, the vegetable can be found at a variety of Asian markets, including Chinese, Japanese, Korean, and Southeast Asian markets (keep an eye out for it because it's also known as Crown Daisy). You can eat the

leaves and stems uncooked in salads if the greens are young and fresh. The stalks of young greens should be no broader than 1/8-inch in diameter; much wider, and the taste will be too harsh and powerful to eat raw. The Chrysanthemum greens that you'll find in marketplaces are more than likely mature, and cooked Chrysanthemum greens taste better. Chrysanthemum greens have a moderately grassy, herbaceous flavor and pleasant, slightly chewy stems when softly cooked or boiled. Sukiyaki and shabu-shabu are popular greens, and they're also delicious in soups.

Habitat and Season: One of the most popular fall garden and container flowers is Chrysanthemums (mums). There are hundreds of types in a variety of forms and sizes and colors which bloom from late summer to early autumn.

History and Lore: Chrysanthemums are a perennial flowering herb that was first cultivated about 3500 years ago in China. Its name comes from the Greek words chrysous, which means "golden," and anthemion, which

means "flower." They are the flower that is most associated with the season of autumn.

Osmanthus



Description:

Osmanthus is in the Oleaceae family with roughly 30 species. With a few species from the New Caledonia, Caucasus, and Sumatra, the majority of the species are native to eastern Asia (China, Japan, Korea, Indochina, the Himalayas, and so on). Osmanthus are shrubs to small trees that grow to be 2–12 meters (7–39 feet) tall. The leaves are simple, opposite, and evergreen, with a serrated or coarsely-toothed border. Each flower is about 1 cm long, white, and has a four-lobed tubular-based corolla ('petals') that blooms in

the spring, summer, or autumn. The blooms grow in tiny panicles and have a strong smell in some species. The fruit is a single-seeded, hard-skinned dark blue to purple drupe with a small (10–15 mm) seed.

Habitat and Season: It is a tiny, upright, evergreen tree or large shrub that grows to around 10-15 feet tall under cultivation, but can grow to 20-30 feet tall in its natural habitat in Asia (Himalayas, China and Japan).

History and Lore: In the past, White Osmanthus was used in wedding ceremonies. The bride brought the flower, as well as pomegranate plants, to her new family. When given in this manner, the plant symbolized real love, faithfulness, fertility, and serenity.

Hawthorn



Description:

Crataegus, also known as Hawthorn, Quickthorn, Thornapple, May-tree, Whitethorn, or Hawberry, is a genus of shrubs and trees of the Rosaceae family that is native to temperate regions of the Northern Hemisphere, including Europe, Asia, North Africa, and North America. The name "hawthorn" was first used to species native to northern Europe, particularly the common hawthorn *C. monogyna*, and it is still widely used in the United Kingdom and Ireland. The name is currently used to refer to the entire

genus as well as the closely related Asian genus *Rhaphiolepis*.

Habitat and Season: Hawthorns grow in thickets that can be quite huge. They are most commonly found in damp, deep, fine-textured soils. They are widely utilized as hedges and can be found in woods. Most of Europe, North Africa, and West Asia are home to this species.

History and Lore: Hawthorn trees and blooms are frequently regarded as symbols of love, and not just romantic love. These plants represent the desire to love everyone and everything in our lives, according to me. You never know who might come into play or serve a higher purpose in your life.

Angelica



Description:

Angelica demonstrates differences in fruit anatomy, leaf morphology, and underground structures. The genes have a high degree of polymorphism. Purple moor and rush pastures are home to some species. Some species are produced for their flavoring or therapeutic benefits. Garden angelica (*A. archangelica*), sometimes known simply as Angelica, is the most well-known of these. Lapland residents eat the meaty roots and utilize the stalks for medicinal. Green-colored crystallized strips of young angelica stems and midribs are sold as ornamental and

flavorful cake decoration material, but they can also be eaten on their own. Gin is typically flavored with the roots and seeds. Many liqueurs, such as Chartreuse, have a particular flavor due to its presence.

Habitat and Season: Angelica is a genus of roughly 60 tall biennial and perennial herbs in the Apiaceae family that is endemic to the Northern Hemisphere's temperate and subarctic regions, extending as far north as Iceland, Lapland, and Greenland. Big bipinnate leaves and large compound umbels of white or greenish-white flowers grow to a height of 1–3 m (3 ft 3 in–9 ft 10 in). It was mostly used in medicine and was found primarily in China.

History and Lore: Angelica was said to have been revealed by an angel in a dream to heal the disease, thus the name Angelica or Archangel. Angelica is a fascinating herb that has culinary, medicinal, and horticultural use.

Fiddleheads



Description:

Fiddleheads, also known as Fiddlehead Greens or Fiddlehead Ferns, are the furled fronds of a juvenile fern that are collected for culinary purposes. Each Fiddlehead would unroll into a new frond if left on the plant (circinate vernation). Fiddleheads are cut close to the ground because they are collected early in the season before the frond has bloomed and reached its full height. Fiddleheads have antioxidant properties, are abundant in iron and fiber, and contain Omega-3 and Omega-6 fatty acids. Fiddleheads have been found to be

carcinogenic in some kinds. The curled decoration, called a scroll, on the end of a stringed instrument, such as a fiddle, is reminiscent of the fiddle head.

Habitat and Season: Fiddlehead Ferns are best gathered between late April and early June, when the snow is melting. They can be gathered from the time they emerge until the stem reaches around 15 cm in height, but only while tightly coiled.

History and Lore: Fiddleheads have long been collected by the Maliseet, Mi'kmaq, and Penobscot peoples of Eastern Canada and Maine, and the vegetable was first brought to Acadian settlers in the early 18th century, and then to United Empire Loyalist colonists as they began arriving in New Brunswick in the 1780s.

Wild Leek



Description:

Allium tricoccum (also known as Ramps, Ramson, Wild Leek, Wood Leek, or Wild Garlic) is a wild onion native to eastern Canada and the United States. Many of the common English names for this plant also apply to other *Allium* species, including the native *Allium ursinum* of Europe and Asia.

Allium tricoccum is widely used in the cuisines of its native region's rural uplands.

The large green leaves and the white lower leaf stalks are also tasty. It is considered an early spring vegetable with a strong garlic odor and a strong onion flavor. Ramps are also becoming increasingly popular at restaurants around North America.

The flavor of the plant, which is a mix of onions and pungent garlic, is suited to a variety of cooking approaches. Ramps are most typically cooked with potatoes in bacon oil or scrambled with eggs and eaten with bacon, pinto beans, and cornbread in central Appalachia. Ramps can also be pickled or substituted for onions and garlic in soups and other dishes.

Habitat and Season: From Canada through Missouri and Minnesota, and south to North Carolina and Tennessee, Ramps can be found growing in patches in lush, damp deciduous forests and bottomlands.

History and Lore: The Leek is thought to have been introduced by the Romans to the United Kingdom, where it thrived due to its ability to survive the cold. When the Welsh engaged the Saxon army and conquered them

in AD 540, the leek is claimed to have been worn as a gesture of recognition.

Labrador Tea



Description:

Labrador Tea refers to three *Rhododendron* plant species that are closely related, as well as an herbal tea made from their leaves. The heath family includes all three species, which are primarily wetland plants. Herbal Labrador tea has long been a beloved beverage among Athabaskan and Inuit peoples. The leaves are brewed into a beverage by the Athabaskans and other indigenous peoples. Northern California's Pomo, Kashaya, Tolowa, and Yurok boil Western Labrador Tea leaves in

the same way to prepare a medicinal herbal tea that helps with coughs and colds. Companies in Quebec and Newfoundland and Labrador have employed botanical extracts from the leaves to develop natural skin care products. Others season meat with Labrador Tea by boiling the leaves and branches in water and then soaking the meat in the resulting decoction. *R. tomentosum* was employed by German brewers to make beer more intoxicating in the eighteenth century, but it was banned because it caused increased violence.

Habitat and Season: Labrador Tea grows in peatlands, tundra, and moist coniferous forests, as well as swamps, muskegs, and bogs, while it can also be found in drier, rocky mountain areas.

History and Lore: The western exploits of Labrador Tea are more difficult to document. In the trans-Mississippi territories, pioneers came across well-established tea bogs, and early historians claimed that indigenous in those areas had created the method of infusing the leaves.

Spruce Tip



Description:

The new spring growth at the terminal of a branch is known as a Spruce Tip. The tree hibernates for the winter, but in the spring, fragile (and flavorful) new growth emerges. The flavors can range from light and citrusy to warm and resinous, depending on the tree.

Habitat and Season: They can be found in North America's northern temperate and boreal (taiga) regions. The down-hanging cones of spruces distinguish them from firs.

History and Lore: The enduring Spruce tree,

dubbed 'The Tree of Birth' by the Greeks, was thought to represent continual, eternal life, with its aromatic evergreen needles symbolizing perseverance and strength.

Ivy leaf



Description:

The leaf of the ivy plant, also known as English Ivy or *Hedera helix*, is known as ivy leaf. It is a green climbing plant that grows on the sides of trees, houses, and fences, and it's often used as a garden ornament and on the sides of houses and fences. You will be surprised to learn that Ivy leaf has been used as a natural remedy for hundreds of years.

Habitat and Season: Fields, hedgerows, forests, forest borders, and upland environments are all home to English Ivy. It

doesn't fare well in wet or excessively moist environments, although it can grow in a wide variety of pH levels. In most cases, new populations emerge on land that has been disrupted by humans or natural events.

History and Lore: The plant was revered by the Greeks and Romans. Because of its clinging nature, it is a symbol of fidelity and love, and it is also the symbol of fertility in many civilizations. It was frequently seen as a form of protection against bad energies.

Lathraea (Toothwort)



Description:

Lathraea (Toothwort) is a tiny flowering plant genus with five to seven species native to temperate Europe and Asia. They are parasitic plants that live on the roots of other plants and have no chlorophyll. They are members of the Orobanchaceae family. The Toothwort is a protocarnivorous plant that eats other protocarnivorous plants. The majority of the plant is made up of a

branched whitish underground stem that is tightly covered by thick fleshy colorless leaves that are bent over to hide the underside; irregular apertures communicating with the outside are produced in the thickness of the leaf. On the inside walls of these chambers are stalked hairs that, when activated by the touch of an insect, release fine filaments that kill and digest the insect.

Habitat and Season: Toothwort is a tiny flowering plant genus with five to seven species native to temperate Europe and Asia. They are parasitic plants that live on the roots of other plants and have no chlorophyll. They belong to the Orobanchaceae family.

History and Lore: It can be found in lowland parts of East England, Southwest England, Wales, Scotland, and the Republic of Ireland, as well as in England and Northern Ireland. Deciduous forest, hedgerows, and river and stream banks are its natural habitats.

Fireweed



Description:

From sea level to the subalpine zone, Fireweed is a tall, spectacular wildflower. Fireweed flourishes in open meadows, along streams, roadsides, and woodland margins, and is a colorful sight in many parts of the country. This species is so common in some areas that it can cover entire meadows in vivid pink blossoms. The name "fireweed" comes from its capacity to quickly colonize regions that have been burnt by fire. It was one of the first plants to emerge following the

1980 explosion of Mt. St. Helens. Fireweed, also known as Rosebay Willowherb in the United Kingdom, quickly colonized scorched ground after London was bombed in World War II, adding color to an otherwise desolate scene. The official floral emblem of Canada's Yukon Territory is Fireweed.

Habitat and Season: In wide fields, pastures, and especially burned-over regions, Fireweed can be found in abundance in wet calcareous to slightly acidic soils. It is a pioneer plant that quickly establishes itself in open regions with minimal competition, such as forest fires and clearings.

History and Lore: Fireweed (*Epilobium angustifolium*) is a pioneer species that may be found all over North America, but especially in the boreal forest, and is one of the first plants to establish itself in newly burned areas (hence the name). The plant is a simple emblem of liberation, regeneration, and the possibility of something new and unique.

Forsythia Plant



Description:

In the early spring, a Forsythia plant can lend a dramatic flair to a yard. Forsythia shrubs are one of the earliest plants to bloom in the spring, and in order to get the most out of the vivid yellow blossoms, you must properly care for Forsythia in your yard. While Forsythia bushes like well-draining soil, they also benefit from regular watering. At least 2 inches of water should be applied to Forsythias once a week. If there isn't enough rain to produce this amount of water, you can use water from the hose to make up the

difference. Forsythia plants, on the other hand, may survive periods of less watering if you're concerned about saving water.

Habitat and Season: Early spring brings vivid yellow blossoms on Forsythia shrubs (*Forsythia* spp.). Learn how to effectively care for them in your home.

History and Lore: Forsythia is a fascinating plant. It is a member of the olive family that originated in Asia and made its appearance in European gardens around the mid-nineteenth century.

Queen Anne's Lace herb



Description:

The herb Queen Anne's Lace (*Daucus carota*) can grow to be 1 to 4 feet (31-120 cm) tall. This plant has fern-like foliage and tall, hairy stems with a flattened cluster of tiny white flowers in the center and a solitary dark-colored floret just off the center. During its second year, from spring until fall, these biennials are in flower.

Habitat and Season: The wild ancestor of

the cultivated carrot is Queen Anne's Lace (*Daucus carota*), a member of the parsnip family. It is native to parts of southern Europe and central Asia, but it's now found in every part of the US and Canada.

History and Lore: Queen Anne's Lace is claimed to be named after Queen Anne of England, a skilled lace maker. According to legend, Queen Anne stabbed herself with a needle while making, and a single drop of blood dropped from her finger onto the lace, causing the dark purple stain.

Goat's Beard



Description:

Bride's Feathers, or Goat's Beard, is a perennial forb in the rose (Rosaceae) family. This plant thrives in damp woodlands, meadows, and along streams in the northern hemisphere, including North America, Europe, and Asia. It grows in moist to wet ravines, rocky ledges, and avalanche chutes, among other places. Goat's Beard grows profusely along forest edges, roads, and railroad embankments in south-central and southeastern Alaska.

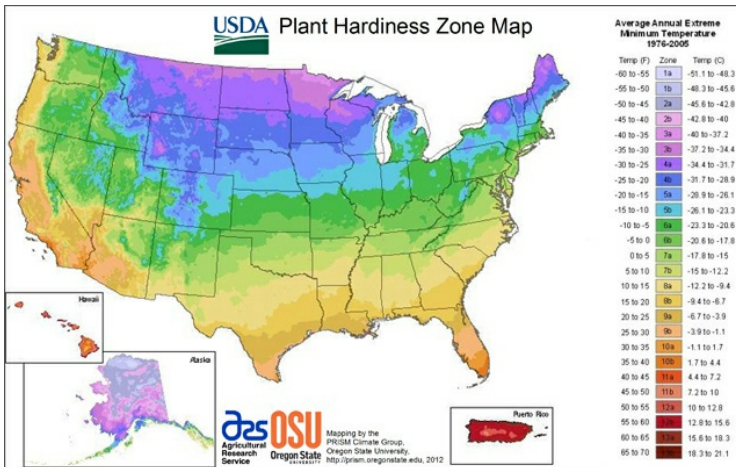
Goat's Beard is a beautiful plant that grows in

huge bushy clusters up to six feet tall. From late May to mid-July, feathery clusters of tiny cream-colored flowers emerge on long branching spikes far above the leaves. Goat's Beard is a dioecious plant, which means that the flowers on each plant are either all female or all male. Male-flowering plants have more colorful blooms than female-flowering plants. The word "Aruncus" refers to the plume of flowers and comes from the Greek word aryngos (goat's beard). Lower leaves are larger than upper leaves, and the bi-pinnately complex leaves are serrated.

Habitat and Season: In the southern parts of the world, Goat's Beard should be grown in the shadow, whereas in the northern areas of American, Asia and Europe, it should be grown in full sun.

History and Lore: The Goat's Beard, *Aruncus dioicus*, can be found in cooler areas of Europe, Asia, and North America. This is the sole species in the genus in a broad sense.

USA SOIL HARDINESS ZONE MAP



EDIBLE PLANT RECIPES

Sorrel Soup



Preparation Time: 5 minutes

Cooking time: 20 minutes

Servings: 4

Ingredients:

- 3 tablespoons unsalted butter
- 1/2 cup shallots, chopped
- 6 cups Wood Sorrel, chopped
- 1-litre vegetable stock

- 1/2 cup cream
- 1 pinch of salt

How to prepare:

1. Sauté onions with butter in a soup pot for 5 minutes.
2. Stir in stock and cook to a simmer.
3. Add Sorrel leaves, salt, and cook for 10 minutes on a simmer with occasional stirring.
4. Add cream and cook for 5 minutes on a low heat.
5. Serve warm.

Nutritional Values:

Calories 109, Total Fat 10.5g, Saturated Fat 6.5g, Cholesterol 29mg, Sodium 85mg, Total Carbohydrates 3.1g, Dietary Fiber 0.6g, Total Sugars 1.4g, Protein 1.1g

Wood Sorrel Tart



Preparation Time: 15 minutes

Cooking time: 40 minutes

Servings: 4

Ingredients:

- 2 tablespoons butter
- 2 large onions, chopped
- 1/4 teaspoon salt
- 1 tablespoon flour
- 2 cups fresh Wood Sorrel leaves
- 2 eggs
- 1 cup heavy cream
- Black pepper, to taste
- 3/4 cup crumbled feta cheese
- 1 pre-baked pie shell

How to prepare:

1. Sauté onion with butter in a suitable pan for 5 minutes.
2. Add salt and flour, then mix well.
3. Toss in Sorrel leaves and cook for 1 minute.
4. Beat eggs with cream and black pepper in a bowl.
5. Stir in sorrel mixture along with $\frac{3}{4}$ of the cheese.
6. Spread this egg mixture in a pie shell.
7. Drizzle the rest of the cheese on top of the egg mixture.
8. Preheat your oven to 350 degrees Fahrenheit.
9. Bake the egg pie for 40 minutes in the oven.
10. Slice and serve.

Nutritional Values:

Calories 307, Total Fat 27.1g, Saturated Fat

16.9g, Cholesterol 172mg, Sodium 652m,
Total Carbohydrates 7.5g, Dietary Fiber 0.9g,
Total Sugars 3.3g, Protein 9.4g

Ramps and Garlic Mustard Frittata



Preparation Time: 15 minutes

Cooking time: 10 minutes

Servings: 2

Ingredients:

- 1 handful Ramps, leaves and bulbs, chopped
- 1 handful Garlic Mustard leaves, chopped
- 1 tablespoon butter
- 2 large eggs
- 2 tablespoons cream

- 1/4 cup cheddar cheese, grated
- Salt and black pepper, to taste

How to prepare:

1. Preheat your oven to 450 degrees Fahrenheit
2. Sauté Garlic Mustard and Ramps with melted butter, black pepper, and salt in a skillet until soft.
3. Beat eggs with cream in a bowl, then pour over the vegetables.
4. Drizzle cheese on top, then bake for 10 minutes in the oven.
5. Serve warm.

Nutritional Values:

Calories 214, Total Fat 16.1g, Saturated Fat 8.6g, Cholesterol 218mg, Sodium 212mg, Total Carbohydrates 7.5g, Dietary Fiber 1g, Total Sugars 2.2g, Protein 10.5g

Wild Garlic Mustard Chimichurri



Preparation Time: 5 minutes

Servings: 2

Ingredients:

- 2 cups Wild Garlic mustard greens
- 2 sprigs Spring Garlic, chopped
- Juice and zest of 1 lemon
- 2 tablespoons red wine vinegar
- 1 teaspoon smoked paprika
- 1/2 teaspoon salt
- 3/4 cup olive oil

How to prepare:

1. Blend Mustard Greens with oil and the rest of the ingredients in a high-speed blender.
2. Serve.

Nutritional Values:

Calories 84, Total Fat 7.3g, Saturated Fat 1g,
Cholesterol 0mg, Sodium 935mg, Total
Carbohydrates 3.1g, Dietary Fiber 2.8g, Total
Sugars 0.2g, Protein 3.2g

Potato, Leek and Nettle Soup



Preparation Time: 5 minutes

Cooking time: 8 minutes

Servings: 4

Ingredients:

- 4 oz fresh Nettles
- 1 cup leeks, sliced
- 1 tablespoon butter
- 1 garlic clove, chopped
- 1/2 lb. Yukon Gold potatoes, chopped
- 4 cups chicken broth
- 1 cup cream

How to prepare:

1. Sauté leeks with butter in a soup pot for 5 minutes.
2. Stir in garlic and cook for 30 seconds, then add potatoes and broth.
3. Cover and cook the potatoes on a simmer until they are soft.
4. Stir in Nettles and cook for 3 minutes until wilted.
5. Puree this soup using a hand blender until smooth.
6. Stir in cream and cook for 5 minutes.
7. Serve warm.

Nutritional Values:

Calories 137, Total Fat 7.7g, Saturated Fat 4.3g, Cholesterol 19mg, Sodium 812mg, Total Carbohydrates 11.1g, Dietary Fiber 2.8g, Total Sugars 3g, Protein 11.7g

Stinging Nettle Spanakopita



Preparation Time: 5 minutes

Cooking time: 45 minutes

Servings: 8

Ingredients:

- 8 cups fresh Stinging Nettle leaves
- 2 tablespoons melted butter
- 3/4 cups scallions, chopped
- 1 1/2 cup crumbled feta cheese
- 1/2 cup Parmesan cheese, grated
- 2 eggs, beaten
- 1/3 cup parsley, chopped
- 1/4 teaspoon grated nutmeg
- 18 organic phyllo sheets

- 1/2 cup melted butter

How to prepare:

1. Boil Nettle leaves in a pot filled with water for 3-5 minutes, then drain.
2. Sauté scallions with 2 tablespoons butter in a wok for 2 minutes.
3. Stir in Nettle and cook for 5 minutes.
4. Remove from this wok from the heat.
5. Stir in nutmeg, parsley, egg, feta, and parmesan.
6. Grease a 9x13 inch baking pan with melted butter.
7. Unroll phyllo and brush each sheet with butter.
8. Stack 4 sheets over another.
9. Place them in the prepared pan and add the nettle mixture on top.
10. Stack the remaining phyllo sheet over the filling.
11. Brush the top with butter and cut

into 12 pieces.

12. Bake the pieces for 45 minutes in the oven until golden brown.
13. Serve.

Nutritional Values:

Calories 229, Total Fat 21.8g, Saturated Fat 13.9g, Cholesterol 105mg, Sodium 450mg, Total Carbohydrates 2.7g, Dietary Fiber 0.4g, Total Sugars 1.5, Protein 6.8g

Strawberry- Knotweed Pie



Preparation Time: 15 minutes

Cooking time: 25 minutes

Servings: 4

Ingredients:

- 1 9" pie crust

Filling

- 4 cups strawberries
- 2 cups trimmed Japanese Knotweed stalks
- 3/4 cups white sugar

- 1/4 cup cornstarch
- 1/4 teaspoon salt

How to prepare:

1. Cook strawberries with Knotweed stalks, white sugar, salt and cornstarch in a saucepan.
2. Stir well and cook until the strawberries are soft.
3. Mash them lightly then remove from the heat.
4. Spread the pie crust in a pie plate.
5. Bake for about 20-25 minutes in the oven at 350 degrees F.
6. Add the filling to the center of the baked crust.
7. Serve.

Nutritional Values:

Calories 238, Total Fat 1.7g, Saturated Fat 0.2g, Cholesterol 0mg, Sodium 175mg, Total Carbohydrates 57.9g, Dietary Fiber 3g, Total Sugars 44.7g, Protein 1.2g

Knotweed Dressing



Preparation Time: 5 minutes

Cooking time: 2 minutes

Servings: 6

Ingredients:

- 1 ½ cups Japanese Knotweed, chopped
- ¾ cup olive oil
- ½ cup red wine vinegar
- 2 or 3 cloves fresh garlic
- ½ teaspoon red cayenne pepper
- Sea salt, to taste

How to prepare:

1. Sauté Knotweed with oil in a skillet

for 2 minutes.

2. Blend the sauteed Knotweed with vinegar, garlic, salt, and cayenne pepper in a blender.
3. Serve.

Nutritional Values:

Calories 222, Total Fat 25.2g, Saturated Fat 3.6g, Cholesterol 0mg, Sodium 1mg, Total Carbohydrates 0.6g, Dietary Fiber 0.1g, Total Sugars 0.1g, Protein 0.1g

Chickweed Pesto



Preparation Time: 5 minutes

Servings: 8

Ingredients:

- 1/2 cup walnuts
- 3 garlic cloves minced
- 3 cups Chickweed, packed
- 1 tablespoon lemon juice
- 1/2 cup olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 cup parmesan cheese, grated

How to prepare:

1. Blend all of the ingredients in a high-speed blender for 1 minute
2. Serve.

Nutritional Values:

Calories 169, Total Fat 18.6g, Saturated Fat 2.4g, Cholesterol 1mg, Sodium 156mg, Total Carbohydrates 1.2g, Dietary Fiber 0.3g, Total Sugars 0.4g, Protein 1.5g

Chickweed Stir-Fry



Preparation Time: 5 minutes

Servings: 2

Ingredients:

- 2 cups Chickweed, chopped
- 1 onion, chopped
- Butter, to taste
- Salt, to taste
- Black pepper, to taste

How to prepare:

1. Sauté onion with butter in a skillet for 2 minutes.
2. Stir in Chickweed, black pepper, and salt, then cook for 2 minutes.

3. Serve.

Nutritional Values:

Calories 41, Total Fat 2g, Saturated Fat 1.3g,
Cholesterol 5mg, Sodium 102mg, Total
Carbohydrates 4.7g, Dietary Fiber 2.2g, Total
Sugars 2.3g, Protein 2.1g

Purslane Salad



Preparation Time: 5 minutes

Servings: 4

Ingredients:

- 1/4 cup red onion, sliced
- 1 lemon, zested and juiced
- 1 tablespoon red wine vinegar
- 1 bunch Purslane, chopped
- 2 tablespoons olive oil
- 2 tablespoons plain yogurt
- Pinch salt
- Pinch black pepper

- 1/2 cup feta cheese
- 1/2 cucumber, chopped
- 3/4 cup melon, cubed
- 5 radishes, sliced

How to prepare:

1. Toss onion with Purslane and the rest of the ingredients in a salad bowl.
2. Serve.

Nutritional Values:

Calories 134, Total Fat 11.4g, Saturated Fat 4g, Cholesterol 18mg, Sodium 259mg, Total Carbohydrates 5.8g, Dietary Fiber 0.7g, Total Sugars 4.5g, Protein 3.5g

Pickled Purslane



Preparation Time: 5 minutes

Cooking time: 5 minutes

Servings: 2

Ingredients:

- 1 quart Purslane, chopped
- 1 ½ cups water
- 1 ½ cups apple cider vinegar
- 1 tablespoon pickling salt
- 2 tablespoons sugar
- 1 garlic clove, peeled

How to prepare:

1. Boil water with sugar, pickling salt,

vinegar, and water in a saucepan.

2. Add Purslane and garlic in a quart mason jar.
3. Pour the prepared brine into the jar then cover it.
4. Refrigerate the jar for 3 days.
5. Serve.

Nutritional Values:

Calories 99, Total Fat 0.1g, Saturated Fat 0g,
Cholesterol 0mg, Sodium 2933mg, Total
Carbohydrates 17.1g, Dietary Fiber 0g, Total
Sugars 12.7g, Protein 1.2g

Wild Mushroom Pierogi



Preparation Time: 15 minutes

Cooking time: 15 minutes

Servings: 8

Ingredients:

- 1 lb. of all-purpose flour, about 4 cups
- A pinch of salt
- 1 egg
- 1 cup water
- 1/4 cup sour cream

Filling

- 1/2 lb. fresh mushrooms

- 1/2 oz. dried mushrooms, rehydrated
- 1 cup minced onion
- 2 large garlic cloves, chopped
- 3 tablespoons unsalted butter
- 1 tablespoon minced parsley
- 1/4 cup bread crumbs
- 2 teaspoons salt
- Black pepper, to taste

How to prepare:

1. Mix all-purpose flour, salt, egg, water, and sour cream in a bowl until smooth.
2. Cover and refrigerate the dough for 2 days.
3. Sauté mushrooms with butter, onions, and the rest of the ingredients in a skillet for 10 minutes.
4. Roll out the dough into a thin sheet and cut 2-inch rounds.
5. Divide the filling at the center of half of the dough rounds.

6. Place the remaining dough rounds on top and press the edges to seal the filling.
7. Set a pot filled with cooking water over medium heat and cook to a boil.
8. Add the pierogis to the boiling water and cook for 5 minutes.
9. Use a slotted spoon to remove from the water.
10. Serve.

Nutritional Values:

Calories 316, Total Fat 7.3g, Saturated Fat 4g, Cholesterol 35mg, Sodium 91mg, Total Carbohydrates 53.2g, Dietary Fiber 2.5g, Total Sugars 1.5g, Protein 9.1g

Wild Mushroom Bisque



Preparation Time: 10 minutes

Cooking time: 20 minutes

Servings: 4

Ingredients:

- 4 oz. of dried mushrooms
- 5 cups hot water
- 3 tablespoons unsalted butter
- 1 lb. fresh mushrooms, minced
- 1 large yellow onion, minced
- 1/3 cup sherry

- Salt, to taste
- 1 teaspoon dried thyme
- 4 tablespoons heavy cream
- Chives to garnish
- Black pepper, to taste

How to prepare:

1. Soak dried mushrooms in a bowl filled with hot water for 45 minutes.
2. Drain and chop the mushrooms.
3. Sauté onions and fresh mushrooms with butter in a skillet for 10 minutes.
4. Stir in drained mushrooms and cook for 3 minutes.
5. Add thyme and salt, then pour in 4 cups of the mushroom water.
6. Cook for 30 minutes on a simmer.
7. Puree $\frac{1}{2}$ of the soup in a blender, then return to the soup.
8. Stir in cream, and black pepper, then mix well.
9. Garnish with herbs and serve warm.

Nutritional Values:

Calories 129, Total Fat 11.6g, Saturated Fat
7.2g, Cholesterol 33mg, Sodium 115mg,
Total Carbohydrates 4.9g, Dietary Fiber 1.2g,
Total Sugars 2.1g, Protein 1.6g

Autumn Olives and Lemons



Preparation Time: 5 minutes

Servings: 4

Ingredients:

- 1/2 cup Autumn Olive berries
- 2 tablespoons lemon juice
- A dollop of maple syrup
- Water to desired taste

How to prepare:

1. Blend Autumn Olive berries, lemon juice, sweet and water in a blender.

2. Serve.

Nutritional Values:

Calories 3, Total Fat 0.1g, Saturated Fat 0.1g,
Cholesterol 0mg, Sodium 2mg, Total
Carbohydrates 0.2g, Dietary Fiber 0.1g, Total
Sugars 0.2g, Protein 0.1g

Highbush Cranberry Sauce



Preparation Time: 5 minutes

Cooking time: 20 minutes

Servings: 2

Ingredients:

- 3 cups Highbush Cranberries
- 1 cup organic cane sugar
- 2 teaspoons orange zest
- juice of 1 orange

How to prepare:

1. Add cranberries, sugar, orange zest and juice to a saucepan.

2. Cook the berries to a boil, then simmer for 20 minutes until soft.
3. Mash the berries and serve.

Nutritional Values:

Calories 10, Total Fat 0g, Saturated Fat 0g,
Cholesterol 0mg, Sodium 98mg, Total
Carbohydrates 2.5g, Dietary Fiber 0.2g, Total
Sugars 1.9g, Protein 0g

Highbush Cranberry Jam



Preparation Time: 5 minutes

Cooking time: 10 minutes

Servings: 6

Ingredients:

- 5 cups Highbush Cranberries
- 3 cups water
- 1, 2 oz package of pectin crystals
- 4 cups sugar

- 3 tablespoons freshly squeezed lemon juice

How to prepare:

1. Add Highbush Cranberries, water, pectin, sugar, and lemon juice to a saucepan.
2. Cook this berry mixture on a simmer for 10 minutes.
3. Strain and allow the juice mixture to cool.
4. Serve.

Nutritional Values:

Calories 41, Total Fat 1.3g, Saturated Fat 1.3g, Cholesterol 0mg, Sodium 33mg, Total Carbohydrates 3.8g, Dietary Fiber 1g, Total Sugars 3.4g, Protein 1.3g

Aronia Berry Chutney



Preparation Time: 5 minutes

Cooking time: 13 minutes

Servings: 4

Ingredients:

- 1 cup chopped apple
- 1 tablespoon olive oil
- 1/2 cup chopped onions
- 1 cup Aronia berries
- 1/4 cup honey
- 2 tablespoons organic apple cider vinegar

- 1 teaspoon unbleached flour
- 1/4 teaspoon salt

How to prepare:

1. Sauté onion with oil in a skillet for 3 minutes until soft.
2. Add berries, honey, and the rest of the ingredients, then cook for 10 minutes.
3. Serve.

Nutritional Values:

Calories 158, Total Fat 3.6g, Saturated Fat 0.5g, Cholesterol 0mg, Sodium 157mg, Total Carbohydrates 33.6g, Dietary Fiber 1.9g, Total Sugars 26.8g, Protein 0.4g

Lemon Curd Wild Blueberry Pop Tarts



Preparation Time: 15 minutes

Cooking time: 40 minutes

Servings: 12

Ingredients:

Pop-Tarts

- 2 cups all-purpose flour
- 2 tablespoons granulated sugar
- 1/2 teaspoon salt
- 1 cup butter, cold

- 2 tablespoons heavy cream
- 3 tablespoons ice water
- 1 cup lemon curd
- 2 tablespoons heavy cream

Blueberry Icing

- 1 1/2 cups powdered sugar
- 2 tablespoons dried Wild Blueberries, crushed
- 1/4 cup heavy cream
- Edible flowers for garnish
- Dried Wild Blueberries for garnish

How to prepare:

1. Mix flour with salt, sugar, and the rest of the dough ingredients, then mix well.
2. Wrap the prepared dough with plastic sheet and refrigerate for 1 hour.
3. Add Wild Blueberries and sugar to a saucepan, then cook for 10 minutes with occasional stirring.

4. Roll out the dough into a 9x12 inches rectangle, then cut into 3x4 inch rectangles.
5. Divide the filling on to the center of each rectangle.
6. Fold the rectangle in half and press the edges to seal the filling.
7. Place the pop tarts on a baking sheet.
8. Bake the pop tarts for 30 minutes in the preheated oven.
9. Brush them with cream and drizzle flowers and berries on top.
10. Serve.

Nutritional Values:

Calories 367, Total Fat 24.5g, Saturated Fat 14.3g, Cholesterol 111mg, Sodium 274mg, Total Carbohydrates 38.5g, Dietary Fiber 0.6g, Total Sugars 22.2g, Protein 3.7g

Yellow Dock Seed Crackers



Preparation Time: 5 minutes

Cooking time: 12 minutes

Servings: 4

Ingredients:

- 1 cup crushed Yellow Dock seed
- 1 cup flour
- 1 teaspoon sea salt

How to prepare:

1. Mix Yellow Dock seeds with salt and flour in a mixing bowl.

2. Stir in water and mix well to make a dough.
3. Spread the dough into a 1/8-inch-thick sheet, then cut into triangles.
4. Place these pieces on a baking sheet, then bake for 12 minutes at 375 degrees Fahrenheit.
5. Flip once cooked halfway through.
6. Serve.

Nutritional Values:

Calories 114, Total Fat 0.3g, Saturated Fat 0.1g, Cholesterol 0mg, Sodium 469mg, Total Carbohydrates 23.9g, Dietary Fiber 0.8g, Total Sugars 0.1g, Protein 3.2g

Pickled Daylily Buds



Preparation Time: 5 minutes

Cooking time: 5 minutes

Servings: 6

Ingredients:

- 4 cups Daylily flower buds
- 1 cup Daisy flowers
- 3 cups white vinegar
- 1 cup water
- 3/4 cup packed brown sugar
- 1/2 teaspoon sea salt
- 8 cinnamon sticks
- 8 whole cloves

How to prepare:

1. Boil water with sugar, salt, cinnamon, cloves, and vinegar in a saucepan.
2. Add this mixture to a mason jar.
3. Stir in flowers and buds, then cover.
4. Refrigerate this mixture for at least 1 hour.
5. Serve.

Nutritional Values:

Calories 111, Total Fat 0.6g, Saturated Fat 0.2g, Cholesterol 0mg, Sodium 175mg, Total Carbohydrates 23.1g, Dietary Fiber 2.6g, Total Sugars 18.2g, Protein 0.3g

Roasted Cattail Leaves



Preparation Time: 5 minutes

Cooking time: 15 minutes

Servings: 2

Ingredients:

- 1 lb. young Cattail leaves
- 2 tablespoons olive oil

How to prepare:

1. Toss the Cattail leaves with oil in a baking sheet lined with parchment paper.
2. Bake the Cattail leaves for 15

minutes in the oven at 350 degrees F.

3. Serve with sauce.

Nutritional Values:

Calories 25, Total Fat 0.5g, Saturated Fat 0.8g, Cholesterol 3mg, Sodium 4mg, Total Carbs 3. G, Fiber 3g, Sugar 0.2g, Protein 0.6g

Plantain Chickpea Salad



Preparation Time: 5 minutes

Servings: 4

Ingredients:

- 2 cups of plantain leaves, chopped
- ½ cup of cabbage, chopped
- 1 large can of chickpeas, drained
- 1 onion, chopped
- 1 celery stalk, chopped
- 2 garlic cloves, chopped
- 1/8 cup olive oil

- 1/8 cup wine vinegar
- 1 teaspoon salt

How to prepare:

1. Toss plantain leaves with cabbage and the rest of the ingredients in a salad bowl.
2. Serve.

Nutritional Values:

Calories 353, Total Fat 9.8g, Saturated Fat 1.4g, Cholesterol 0mg, Sodium 706mg, Total Carbohydrates 60g, Dietary Fiber 12.8g, Total Sugars 17g, Protein 11.6g

Plantain Leaves Chips



Preparation Time: 5 minutes

Cooking time: 15 minutes

Servings: 2

Ingredients:

- 1 lb. broadleaf plantain leaves
- 2 tablespoons olive oil

How to prepare:

1. Preheat your oven to 200 degrees F.
2. Toss the plantain leaves with oil on a baking sheet lined with parchment paper.
3. Bake the plantain leaves for 15 minutes in the preheated oven.
4. Serve with sauce.

Nutritional Values:

Calories 88, Total Fat 1.5g, Saturated Fat 0.8g, Cholesterol 3mg, Sodium 48mg, Total Carbs 13.9g, Fiber 3g, Sugar 9.2g, Protein 6.6g

Dandelion & Honey Ice Cream



Preparation Time: 5 minutes

Cooking time: 5 minutes

Servings: 8

Ingredients:

- 1 1/2 cups heavy cream
- 1 1/2 cups half and half
- 1/2 cup honey
- 1 cup Dandelion petals
- 1 pinch sea salt
- 6 egg yolks

How to prepare:

1. Mix heavy cream with half and half, honey, Dandelion, and salt in a saucepan.
2. Cook this mixture to a simmer, then remove from the heat.
3. Leave this mixture for 30 minutes, then drain.
4. Blend this mixture with egg yolks in a blender, then transfer to an ice-cream machine.
5. Churn as per the machine's instruction, then refrigerate for 4 hours.
6. Serve.

Nutritional Values:

Calories 245, Total Fat 17g, Saturated Fat 9.7g, Cholesterol 205mg, Sodium 71mg, Total Carbohydrates 21.1g, Dietary Fiber 0.3g, Total Sugars 17.6g, Protein 4.1g

Dandelion Root Coffee



Preparation Time: 15 minutes

Cooking time: 15 minutes

Servings: 2

Ingredients:

- 2 tablespoons roasted Dandelion root
- 1 stick cinnamon
- 1 teaspoon fennel seed
- 2 cups water

How to prepare:

1. Add water, Dandelion, cinnamon,

and fennel seed in a saucepan.

2. Cook this Dandelion mixture for 15 minutes on a simmer.
3. Drain and serve warm.

Nutritional Values:

Calories 16, Total Fat 0.3g, Saturated Fat 0.1g, Cholesterol 0mg, Sodium 29mg, Total Carbohydrates 3.1g, Dietary Fiber 1.4g, Total Sugars 0.2g, Protein 0.9g

Burdock Shitake Rice



Preparation Time: 10 minutes

Cooking time: 8 minutes

Servings: 6

Ingredients:

- 3 cups cooked rice
- 3 tablespoons coconut oil
- 1 large onion, diced
- 3 garlic cloves, minced
- 1/2 teaspoon fresh ginger, minced
- 1 medium carrot, diced
- 1/4 cup peas
- 5 shiitake mushrooms, diced

- 1 Burdock Root, diced
- 2 eggs
- 3 tablespoons soy sauce
- 1 green onion, chopped

How to prepare:

1. Soak Burdock in a bowl with water for 20 minutes, then drain.
2. Toss the Burdock with 1 tablespoon coconut oil in a bowl, then keep it aside.
3. Beat eggs in a bowl and keep them aside.
4. Sauté onion with 2 tablespoons coconut oil in a wok for 5 minutes.
5. Stir carrots, ginger, and garlic, then cook until soft.
6. Add peas, mushroom, and burdock root, then cook for 1 minute.
7. Push the vegetables aside and pour in the eggs.
8. Scramble and cook the eggs, then add soy sauce and rice.

9. Mix well, then garnish with green onion.
10. Serve warm.

Nutritional Values:

Calories 474, Total Fat 9.1g, Saturated Fat 6.5g, Cholesterol 55mg, Sodium 478mg, Total Carbohydrates 87.6g, Dietary Fiber 3.7g, Total Sugars 4.4g, Protein 10.5g

Burdock Mushroom Rice



Preparation Time: 5 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 4 large mushrooms
- 1 medium Burdock root
- Salted water for soaking Burdock root
- 1 cup brown rice
- 3 tablespoons miso
- 3 tablespoons butter
- 1 grated carrot

How to prepare:

1. Soak Burdock roots in salted water for 5 minutes, then drain.
2. Add miso and 2 cups water to a cooking pot, then cook to a boil.
3. Stir in rice and cook until the rice is soft.
4. Sauté Burdock roots with butter in a skillet for 5 minutes.
5. Stir in mushrooms and carrots, then cook for 5 minutes.
6. Serve warm with the miso rice.

Nutritional Values:

Calories 284, Total Fat 10.7g, Saturated Fat 5.9g, Cholesterol 23mg, Sodium 555mg, Total Carbohydrates 41.7g, Dietary Fiber 2.9g, Total Sugars 1.9g, Protein 5.9g

Lamb's Quarters and Kale



Preparation Time: 15 minutes

Cooking time: 30 minutes

Servings: 6

Ingredients:

- 1 box (9 oz.) manicotti shells, cooked
- 2 to 3 cups spaghetti sauce

Filling

- 1 cup Lamb's Quarters, chopped
- 1 cup kale, chopped
- 1 lb. ricotta cheese

- 2 large eggs
- 1 1/2 cups mozzarella cheese, shredded
- 1/2 cup Parmesan cheese, grated
- Salt and black pepper to taste
- Fresh parsley to garnish

How to prepare:

1. Mix cheese, black pepper, salt, eggs, ricotta, 1 cup mozzarella, parmesan, kale, and Lamb's Quarters in a bowl.
2. Stuff the manicotti shell with cheese mixture.
3. Spread half of the sauce on a baking sheet and place the stuffed pasta in the sauce.
4. Top this pasta with the remaining sauce and cheese on top.
5. Bake the pasta for 30 minutes at 350 degrees F in the oven.
6. Garnish with parsley.
7. Serve warm.

Nutritional Values:

Calories 350, Total Fat 15.7g, Saturated Fat
7.6g, Cholesterol 103mg, Sodium 360mg,
Total Carbohydrates 31.1g, Dietary Fiber
2.2g, Total Sugars 2.7g, Protein 21g

Lamb's Quarter Spread



Preparation Time: 5 minutes

Servings: 6

Ingredients:

- 3 cups Lamb's Quarter leaves, chopped
- 3 garlic cloves, minced
- 1 onion, chopped
- 2 ripe avocados, peeled and pitted
- 1/2 cup toasted nuts or seeds
- 1/4 cup olive oil
- 8 to 16 manzanilla olives
- 3/4 cup chickpeas
- Seasonings to taste

How to prepare:

1. Blend Lamb's Quarter with onion and garlic in a food processor.
2. Add the rest of the ingredients and blend again until smooth.
3. Serve.

Nutritional Values:

Calories 175, Total Fat 13.7g, Saturated Fat 2.8g, Cholesterol 0mg, Sodium 244mg, Total Carbohydrates 12.5g, Dietary Fiber 6.8g, Total Sugars 1.7g, Protein 4.5g

Strawberry White Clover Cookies



Preparation Time: 15 minutes

Cooking time: 15 minutes

Servings: 14

Ingredients:

- 1 cup butter, softened
- $\frac{3}{4}$ cup brown sugar, packed
- 2 eggs
- 2 tablespoons milk

- 3 cups all-purpose flour
- 1 teaspoon baking soda
- ½ cup fresh White Clover blossoms, chopped
- 1 cup strawberries, dice

How to prepare:

1. Preheat your oven at 350 degrees F.
2. Layer a cookie sheet with parchment paper.
3. Mix flour, eggs, milk, brown sugar, butter, baking soda, and clover in a bowl to make a smooth dough.
4. Fold in strawberries and knead the dough.
5. Drop the dough spoon by spoon over the cookie sheet.
6. Next bake the White Clover cookies for 15 minutes until golden brown.
7. Allow the cookies to cool, then serve.

Nutritional Values:

Calories 257, Total Fat 14.1g, Saturated Fat

8.6g, Cholesterol 58mg, Sodium 196mg,
Total Carbohydrates 29g, Dietary Fiber 0.9g,
Total Sugars 8.3g, Protein 3.9g

Wonderful Wildflower Jam



Preparation Time: 15 minutes

Cooking time: 15 minutes

Servings: 4

Ingredients:

- 3 cups Red Clover petals
- 1 cup Pineapple Weed flowers
- 4 cups water
- 1/2 cup lemon juice
- 1 cup honey
- 1/2 cup raw organic sugar

- 4 teaspoons pectin
- 4 teaspoons calcium water

How to prepare:

1. Add petals, weed flowers, water, lemon juice, honey, sugar, pectin, and water to a saucepan.
2. Cook this mixture on a simmer for 5 minutes then transfer to a suitable mason jar.
3. Set a pan with water over medium heat and let it boil.
4. Seal the mason jars and place them in the water.
5. Cook for 10 minutes, then remove from the hot water.
6. Allow the jam to cool then serve.

Nutritional Values:

Calories 223, Total Fat 0.2g, Saturated Fat 0.2g, Cholesterol 0mg, Sodium 1093mg, Total Carbohydrates 56.2g, Dietary Fiber 30.1g, Total Sugars 25.6g, Protein 0.2g

Colombian Chicken Stew



Preparation Time: 5 minutes

Cooking time: 20 minutes

Servings: 6

Ingredients:

- 1 whole chicken, cut into pieces
- 3 garlic cloves, pressed
- ½ onion, chopped
- 2 teaspoon salt
- 4 lbs. potatoes, peeled and quartered
- 1 ½ cups frozen corn

- 1 bunch scallions
- ½ cup Galinsoga leaves, chopped

How to prepare:

1. Add chicken to a suitable cooking pot with enough water to cover it.
2. Cook the chicken until soft, then drain and remove the bones.
3. Add potatoes and stock to a cooking pot. Cook on a simmer until potatoes are soft.
4. Cut the chicken into small cubes and the potatoes into slices.
5. Add chicken, potatoes, and remaining ingredients to the stock.
6. Cook for 5 minutes on a simmer.
7. Serve warm.

Nutritional Values:

Calories 283, Total Fat 2.8g, Saturated Fat 0.7g, Cholesterol 20mg, Sodium 823mg, Total Carbohydrates 56.1g, Dietary Fiber 8.5g, Total Sugars 5.1g, Protein 10.4g

Violet Jelly



Preparation Time: 5 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 3 cups Violet blooms
- juice of 1 lemon
- 2 ½ cups boiling water
- 1 package of pectin
- 3 1/2 cups sugar

How to prepare:

1. Soak Violet blossoms in 2 ½ cups boiling water in a bowl for 10

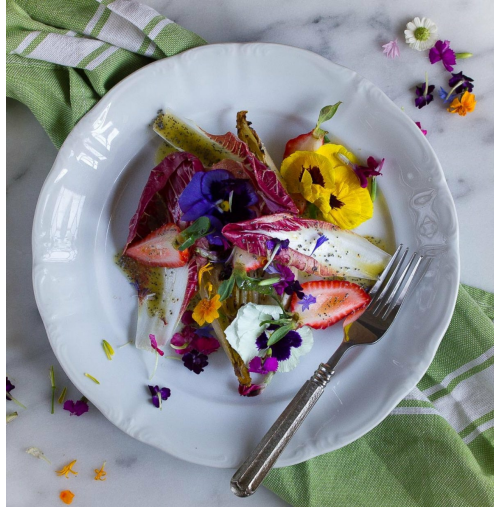
minutes.

2. Strain and add lemon juice, sugar, and pectin to the water.
3. Pour the water into a shallow bowl.
4. Allow the jelly to set.
5. Slice and serve.

Nutritional Values:

Calories 284, Total Fat 0g, Saturated Fat 0g,
Cholesterol 0mg, Sodium 4mg, Total
Carbohydrates 75.5g, Dietary Fiber 0.5g,
Total Sugars 75g, Protein 0g

Pansies & Belgian Endive Salad



Preparation Time: 5 minutes

Servings: 6

Ingredients:

Vinaigrette

- ½ cup safflower oil
- ¼ cup rice vinegar
- 1 tablespoon fresh chives, chopped
- 1 tablespoon fresh basil leaves,

chopped

- ½ teaspoon prepared mustard
- ¼ teaspoon sea salt
- ¼ teaspoon black pepper

Salad

- 3 cups mixed greens
- 2 small heads Belgian endive, sliced
- ¾ cups yellow cherry tomatoes, halved
- ⅓ cup fresh baby Pansies
- 8 whole chive blooms
- 4 whole Purple Basil blooms
- 1 teaspoon Beet Leaf stems, chopped

How to prepare:

1. Toss all of the ingredients in a salad bowl.
2. Serve.

Nutritional Values:

Calories 203, Total Fat 18.3g, Saturated Fat 1.4g, Cholesterol 0mg, Sodium 22mg, Total

Carbohydrates 8.6g, Dietary Fiber 2.9g, Total
Sugars 2.3g, Protein 1.9g

Chubeza Patties



Preparation Time: 5 minutes

Cooking time: 10 minutes

Servings: 2

Ingredients:

- 4 oz. Chubeza leaves
- 3 tablespoons ground flaxseed
- $\frac{1}{3}$ cup water
- 2 tablespoons bread crumbs
- 1 tablespoon lemon juice
- Salt, to taste
- Grapeseed or vegetable oil

How to prepare:

1. Boil Chubeza leaves in a pot filled

with boiling water for 3 minutes, then drain.

2. Chop and mix Chubeza leaves with lemon juice, salt, breadcrumbs, water, and flaxseeds in a bowl.
3. Make 4-6 patties out of this mixture.
4. Set a pan greased with oil over medium heat.
5. Sear the patties for 3-5 minutes per side.
6. Serve warm.

Nutritional Values:

Calories 59, Total Fat 3.4g, Saturated Fat 0.6g, Cholesterol 0mg, Sodium 7mg, Total Carbohydrates 3.3g, Dietary Fiber 2.9g, Total Sugars 0.5g, Protein 2.1g

Iced Hibiscus Latte



Preparation Time: 5 minutes

Cooking time: 5 minutes

Servings: 4

Ingredients:

- 5 Hibiscus tea bags
- 5 cups water
- 3 tablespoons sugar
- 2 ½ cups milk
- ice

How to prepare:

1. Add water, sugar, and tea bag to a cooking pot.
2. Boil the tea, then remove it from the heat.
3. Stir in milk and steep for 5 minutes.
4. Strain and add ice to the tea.
5. Serve.

Nutritional Values:

Calories 95, Total Fat 2.5g, Saturated Fat 1.5g, Cholesterol 10mg, Sodium 66mg, Total Carbohydrates 15g, Dietary Fiber 0g, Total Sugars 14.5g, Protein 4g

Almond Fairy Cakes with Candied Borage Flowers



Preparation Time: 15 minutes

Cooking Time: 20 minutes

Servings: 8

Ingredients:

Candied Flowers:

- 36 fresh Borage flowers, rinsed and dried
- 1 pasteurized egg white
- Granulated sugar, to taste

Fairy Cakes

- 1 cup cake flour
- 1/4 cup almond flour
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 1/2 cup granulated sugar
- 1 stick (1/2 cup) unsalted butter
- 2 large eggs
- 1/4 cup whole milk
- 1 teaspoon vanilla extract
- 3/4 teaspoon almond extract

Fondant

- 2 1/2 cups granulated sugar
- 1/2 cup water
- 1/4 cup corn syrup
- 1/4 teaspoon almond extract

How to prepare:

1. Beat sugar with egg white in a bowl,

- then dip the flowers in it to coat.
2. Spread the coated flowers on a baking sheet and set it aside.
 3. Mix and blend all the cake ingredients in a mixing bowl.
 4. Divide this batter into a muffin tray lined with paper liners.
 5. Bake the cupcakes for 20 minutes until golden brown.
 6. Meanwhile, beat sugar, water, corn syrup and almond extract in a bowl with a beater to make a smooth fondant.
 7. Divide and spread the fondant over the cupcakes.
 8. Garnish each cupcake with candied flowers.
 9. Serve.

Nutritional Values:

Calories 231, Total Fat 14.8g, Saturated Fat 7.9g, Cholesterol 78mg, Sodium 178mg, Total Carbohydrates 20.7g, Dietary Fiber 0.8g, Total Sugars 3.2g, Protein 4.3g

Crystallized Borage



Preparation Time: 5 minutes

Servings: 2

Ingredients:

- 24 Borage flowers
- 1 egg white
- 1 cup cane sugar
- Few drops of water
- Small craft paintbrush

How to prepare:

1. Beat egg white with water and sugar in a bowl.
2. Dip the flowers in the egg white mixture and place them on a baking

sheet lined with parchment paper.

3. Leave the flowers to crystallize for 12 hours.
4. Serve.

Nutritional Values:

Calories 17, Total Fat 0g, Saturated Fat 0g,
Cholesterol 0mg, Sodium 114mg, Total
Carbohydrates 2.1g, Dietary Fiber 0g, Total
Sugars 2g, Protein 1.8g

Baked Squash Blossoms



Preparation Time: 15 minutes

Cooking time: 20 minutes

Servings: 8

Ingredients:

- 2 teaspoons olive oil
- 1 onion, diced
- 4 garlic cloves, chopped
- ½ lb ground lamb
- 1 teaspoon allspice
- ½ teaspoon cinnamon
- ¾ teaspoon salt
- 2 cups cooked brown basmati rice

- ¼ cup chopped herbs
- ¼ cup toasted pinenuts
- 12 zucchini Squash Blossoms, soaked
- spray olive oil

How to prepare:

1. Preheat your oven to 400 degrees F.
2. Spread the blossoms on a baking sheet and bake for 15 minutes.
3. Sauté onion and garlic with oil in a skillet for 4 minutes.
4. Stir in lamb, spices, and salt, then cook until brown.
5. Add rice and the rest of the ingredients, then cook for 10 minutes.
6. Stuff the blossoms with lamb filling.
7. Serve warm.

Nutritional Values:

Calories 267, Total Fat 5.5g, Saturated Fat 1.5g, Cholesterol 26mg, Sodium 242mg, Total Carbohydrates 40.8g, Dietary Fiber 2g,

Total Sugars 0.8g, Protein 12.2g

Honeysuckle Vodka Lemonade



Preparation Time: 5 minutes

Servings: 4

Ingredients:

- 2 cups Honeysuckle blossoms
- 750 ml bottle of vodka
- 1 tablespoon sugar
- 2 cups filtered water
- juice of 2 lemons

How to prepare:

1. Soak blossoms in vodka for 10 minutes.
2. Mix lemon juice, water, and 1 tbsp sugar in a jug.
3. Strain vodka and add to the lemonade.
4. Serve.

Nutritional Values:

Calories 256, Total Fat 0g, Saturated Fat 0g,
Cholesterol 0mg, Sodium 1mg, Total
Carbohydrates 3g, Dietary Fiber 0g, Total
Sugars 3g, Protein 0g

Radish Toasts with Chive Butter



Preparation Time: 5 minutes

Servings: 4

Ingredients:

- 6 thin slices of baguette
- 3 tablespoons unsalted butter
- 1 tablespoon fresh chives, minced
- Sea salt for sprinkling
- 8 medium radishes, sliced
- Chive Flowers for garnish

How to prepare:

1. Toast the baguette slices in your toaster until golden brown.
2. Spread the butter over the bread slices.
3. Add radishes over the slices and drizzle chives, salt, and flowers on top.
4. Serve.

Nutritional Values:

Calories 243, Total Fat 9.3g, Saturated Fat 5.6g, Cholesterol 23mg, Sodium 349mg, Total Carbohydrates 33.3g, Dietary Fiber 1.6g, Total Sugars 1.7g, Protein 6.2g

Chrysanthemum Green Tea



Preparation Time: 5 minutes

Cooking time: 3 minutes

Servings: 1

Ingredients:

- 12 dried Chrysanthemum flowers
- 1 bag organic green tea
- 2 cups water

How to prepare:

1. Add flowers, water and green tea to a cooking pot and cook for 3 minutes.
2. Cover, remove from its heat and

leave for 10 minutes.

3. Strain and serve.

Nutritional Values:

Calories 0, Total Fat 0g, Saturated Fat 0g,
Cholesterol 0mg, Sodium 14mg, Total
Carbohydrates 0g, Dietary Fiber 0g, Total
Sugars 0g, Protein 0g

Osmanthus Black Tea



Preparation Time: 5 minutes

Cooking time: 3 minutes

Servings: 1

Ingredients:

- 1 tablespoon dried Osmanthus flowers
- 1 bag black tea
- 2 cups water

How to prepare:

1. Add flowers, water, and black tea to a cooking pot. Cook for 3 minutes.

2. Cover, remove from heat and leave for 10 minutes.
3. Strain and serve.

Nutritional Values:

Calories 0, Total Fat 0g, Saturated Fat 0g,
Cholesterol 0mg, Sodium 14mg, Total
Carbohydrates 0g, Dietary Fiber 0g, Total
Sugars 0g, Protein 0g

Elderflower Cordial



Preparation Time: 5 minutes

Servings: 12

Ingredients:

- 2 lbs. granulated sugar
- 50 picked Elderflower heads
- 1 oz. food grade citric acid
- 2 lemons, juiced
- 3 limes, juiced

How to prepare:

1. Mix 1.8 litres boiling water with sugar in a jug.
2. Add Elderflower heads, citric acid, lemon, and lime juice.

3. Mix well and leave for 10 minutes.
4. Strain and serve.

Nutritional Values:

Calories 320, Total Fat 0.1g, Saturated Fat 0g, Cholesterol 0mg, Sodium 1mg, Total Carbohydrates 86g, Dietary Fiber 0.7g, Total Sugars 83.9g, Protein 0.2g

Hawthorn Berry Ketchup



Preparation Time: 15 minutes

Cooking time: 30 minutes

Servings: 8

Ingredients:

- 1 lb. Hawthorn berries
- 1 ¼ cup of cider vinegar
- 1 ¼ cup water
- 4 oz. sugar
- 1/2 teaspoon salt
- Black pepper, to taste

How to prepare:

1. Boil Hawthorn berry with vinegar, water, sugar, salt, and black pepper in a saucepan.
2. Cook this on a simmer on low heat for 30 minutes.
3. Pass this sauce through a fine sieve.
4. Serve.

Nutritional Values:

Calories 88, Total Fat 0g, Saturated Fat 0g,
Cholesterol 0mg, Sodium 150mg, Total
Carbohydrates 21.6g, Dietary Fiber 0g, Total
Sugars 21.4g, Protein 0g

Candied Angelica



Preparation Time: 5 minutes

Cooking time: 10 minutes

Servings: 6

Ingredients:

- 1 lb. Angelica flowers
- 1/2 teaspoon baking soda
- 1 cup water
- 1 cup sugar

How to prepare:

1. Add water, sugar, and baking soda to

cooking and cook to a boil.

2. Cook this mixture until thick and syrupy.
3. Add Angelica stems to the liquid.
4. Cook the stems for 10 minutes.
5. Serve.

Nutritional Values:

Calories 125, Total Fat 0g, Saturated Fat 0g,
Cholesterol 0mg, Sodium 105mg, Total
Carbohydrates 33.3g, Dietary Fiber 0g, Total
Sugars 33.3g, Protein 0g

Fennel Greens Rice



Preparation Time: 15 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 1/4 cup unsalted butter
- 2 dozen wild onions, chopped
- 1 garlic clove, minced
- 1 1/2 cups arborio rice
- Salt, to taste
- 1 cup white wine
- 1 cup chicken broth
- 1/4 cup chopped Fennel greens

- 3 tablespoons minced Fennel fronds
- 1/3 cup grated Parmigiano cheese

How to prepare:

1. Sauté onion with 3 tablespoons butter in a suitable cooking pot for 6 minutes.
2. Stir in garlic and cook for 1 minute.
3. Add rice and cook for 5 minutes.
4. Stir in white wine, salt, chicken broth and cook on a simmer until the liquid is absorbed.
5. Add chopped Fennel greens, grated cheese, and Fennel fronds.
6. Garnish with butter and serve warm.

Nutritional Values:

Calories 306, Total Fat 8.7g, Saturated Fat 5.1g, Cholesterol 38mg, Sodium 102mg, Total Carbohydrates 38.4g, Dietary Fiber 0.7g, Total Sugars 0.4g, Protein 10.2g

Wild Greens Sauté



Preparation Time: 5 minutes

Cooking time: 2 minutes

Servings: 4

Ingredients:

- 2 garlic cloves, peeled and chopped
- 2 tablespoons sesame oil
- 8 cups Wild Greens
- 1 tablespoon tamari
- 2 tablespoons orange juice
- 2 tablespoons toasted almonds
- Toasted sesame seeds for garnish

How to prepare:

1. Sauté Wild Greens with sesame oil in

a skillet for 2 minutes.

2. Stir in toasted almonds, orange juice and tamari, then mix well.
3. Garnish with sesame seeds.
4. Serve warm.

Nutritional Values:

Calories 216, Total Fat 10.9g, Saturated Fat 1.7g, Cholesterol 0mg, Sodium 882mg, Total Carbohydrates 26.3g, Dietary Fiber 2g, Total Sugars 2.4g, Protein 4.2g

Irish Colcannon with Wild Greens



Preparation Time: 5 minutes

Cooking time: 8 minutes

Servings: 6

Ingredients:

- 2 lbs. potatoes, peeled and diced
- Salt, to taste
- 3 cups of Wild Greens, chopped
- 1 cup chopped green onions
- 1 cup half-and-half milk
- 5 tablespoons butter

How to prepare:

1. Add water, a pinch of salt and potatoes to a cooking pot. Cook for 20 minutes, then drain.
2. Sauté greens and onions with 2 tablespoons butter in a skillet.
3. Stir in Wild Greens and cook for 3 minutes.
4. Add half and half, butter, and drained potatoes.
5. Lightly mash the potatoes and serve warm.

Nutritional Values:

Calories 286, Total Fat 14.6g, Saturated Fat 9g, Cholesterol 40mg, Sodium 116mg, Total Carbohydrates 34.5g, Dietary Fiber 4g, Total Sugars 2.8g, Protein 5.5g

Ramp Pasta with Morels



Preparation Time: 5 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

Pasta

- 10 oz. all-purpose flour
- 4 1/2 oz. blanched Ramp leaves

Morel ragu

- 1 lb. fresh Morels
- 1/2 lbs. Ramps, leaves and bulbs separated

- 3 tablespoons butter
- Salt, to taste
- 1/4 teaspoon caraway seed
- 1 cup mushroom broth
- Black pepper to taste

How to prepare:

1. Boil Ramp leaves in a pot filled with water for 2 minutes, then drain.
2. Puree these leaves with ½ cup water in a blender.
3. Add flour, then mix well to make a smooth dough.
4. Knead this dough for 5 minutes on a floured surface.
5. Divide the dough into 6 equal pieces and spread each portion into a 1/8-inch-thick sheet.
6. Cut each sheet into spaghetti one after another.
7. Sauté Morels with Ramps and butter in a skillet for 5 minutes.
8. Stir in salt, caraway seed, black

pepper, and broth, then cook to a boil.

9. Stir in spaghetti, then cook for 5 minutes.
10. Serve warm.

Nutritional Values:

Calories 210, Total Fat 9.4g, Saturated Fat 5.6g, Cholesterol 23mg, Sodium 296mg, Total Carbohydrates 26.1g, Dietary Fiber 1.6g, Total Sugars 1g, Protein 5.5g

Rapini with Orecchiette



Preparation Time: 5 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 1 lb. Rapini
- Salt to taste
- 1 lb. orecchiette pasta, boiled
- 2 tablespoons olive oil
- 1 medium onion, sliced
- 5 garlic cloves, minced
- 2 dried hot chiles, broken up
- 4 oz. salami, sliced

- Lemon juice and black pepper, to taste

How to prepare:

1. Add Rapini to a pot filled with cooking water, then cook for 90 seconds.
2. Remove from the water and transfer Rapini to an ice bath.
3. Add the pasta to the same water and cook until soft.
4. Drain and mix the pasta with olive oil in a bowl.
5. Sauté onion with 2 tablespoons olive oil in a skillet for 5-10 minutes until caramelized.
6. Add salami, chiles, garlic and Rapini, then cook for 2 minutes.
7. Stir in boiled pasta and cook for 1 minute.
8. Add black pepper and lemon juice, then serve warm.

Nutritional Values:

Calories 236, Total Fat 13.6g, Saturated Fat 3.8g, Cholesterol 20mg, Sodium 397mg, Total Carbohydrates 20.7g, Dietary Fiber 1.2g, Total Sugars 3.5g, Protein 9.6g

Milkweed Rice



Preparation Time: 5 minutes

Cooking time: 7 minutes

Servings: 6

Ingredients:

- 1 cup basmati rice
- 1 cup vegetable stock
- 1/2 cup Milkweed flower buds
- 1/2 cup white wine
- 3 garlic cloves, chopped
- 3 tablespoons yellow onions, chopped
- 3 tablespoons butter
- 1 tablespoon olive oil
- Parmesan cheese, grated
- Sea salt and/or pepper, to taste

How to prepare:

1. Add stock, wine, and rice to a cooking pot, then cook to a boil.
2. Reduce the heat and cook on a simmer until liquid is absorbed.
3. Sauté onions and garlic with butter and oil in a skillet for 5 minutes.
4. Stir in Milkweed flower buds and cook for 1 minute.
5. Add rice and mix well.
6. Serve warm.

Nutritional Values:

Calories 205, Total Fat 8.3g, Saturated Fat 4g, Cholesterol 15mg, Sodium 52mg, Total Carbohydrates 26.3g, Dietary Fiber 0.6g, Total Sugars 0.6g, Protein 2.5g

Lotus Root Stir Fry



Preparation Time: 5 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 1 lb. fresh Lotus Root, peeled
- 1 tablespoon ginger, sliced
- 1 tablespoon garlic, sliced
- 3 tablespoons sesame oil
- 3 tablespoons vegetable stock
- 1 tablespoon soy sauce
- 3 teaspoons rice wine vinegar
- 1/2 teaspoon salt
- 1/4 cup peanuts
- red chilli pepper flakes, to taste

- 3 green onions, chopped

How to prepare:

1. Mix 1 tablespoon sesame oil, soy sauce, stock, and vinegar in a small bowl.
2. Sauté peanuts with 2 tablespoons oil in a skillet until golden brown.
3. Remove these peanuts from the heat and set them aside.
4. Sauté Lotus Root with ginger, garlic and vinegar mixture for 5 minutes.
5. Stir in the rest of the ingredients, then cook for 5 minutes.
6. Serve warm.

Nutritional Values:

Calories 163, Total Fat 14.9g, Saturated Fat 2.1g, Cholesterol 0mg, Sodium 558mg, Total Carbohydrates 4.9g, Dietary Fiber 1.7g, Total Sugars 1.3g, Protein 3.4g

Yellow Rocket Greens



Preparation Time: 5 minutes

Cooking time: 20 minutes

Servings: 4

Ingredients:

- 2 cups Yellow Rocket leaves, chopped
- 3/4 cup green onions, chopped
- 2 cups vegetable broth
- 2 cups milk
- 2 tablespoons coconut oil
- 2 tablespoons flour
- black pepper, to taste

How to prepare:

1. Sauté onions with oil in a skillet for 5 minutes.
2. Stir in flour and mix well until smooth.
3. Add Yellow Rocket greens and broth, then cook for 15 minutes.
4. Stir in spices and milk, then cook for 5 minutes on a simmer.
5. Serve warm.

Nutritional Values:

Calories 159, Total Fat 10.1g, Saturated Fat 7.6g, Cholesterol 10mg, Sodium 442mg, Total Carbohydrates 10.8g, Dietary Fiber 0.6g, Total Sugars 6.3g, Protein 7.2g

Fiddlehead Soup



Preparation Time: 5 minutes

Cooking time: 15 minutes

Servings: 8

Ingredients:

- 5 medium potatoes, cubed
- 2 1/2 cups Fiddleheads
- 1 cup Wild Leeks, chopped
- 3 stalks of celery, chopped
- 2 onions, chopped
- 5 cups water
- 2 cups vegetable broth
- 4 garlic cloves, minced
- Salt and black pepper, to taste

- 2 cups cream

How to prepare:

1. Add cubed potatoes, garlic, and the rest of the ingredients to a cooking pot.
2. Cook on a simmer for 15 minutes, with occasional stirring.
3. Serve warm.

Nutritional Values:

Calories 140, Total Fat 3.9g, Saturated Fat 2.2g, Cholesterol 11mg, Sodium 226mg, Total Carbohydrates 23.1g, Dietary Fiber 1.5g, Total Sugars 2.1g, Protein 5.2g

Fiddleheads and Wild Leeks



Preparation Time: 5 minutes

Cooking time: 20 minutes

Servings: 4

Ingredients:

- 20 large white mushrooms
- 1/2 package of cream cheese
- 1 1/2 cups washed Fiddleheads
- 1 cup finely chopped Wild Leek leaves
- 1 1/2 cups grated cheese
- 1 tablespoon melted butter
- Salt, pepper, garlic to taste

How to prepare:

1. Preheat your oven to 350 degrees F.
2. Sauté Fiddleheads with butter in a skillet until soft.
3. Stir in Leek leaves, mix well, then remove from the heat.
4. Add cream cheese, then mix well.
5. Divide this filling in the mushroom caps.
6. Place the mushrooms on a baking sheet lined with parchment paper.
7. Drizzle cheese over the mushrooms and bake for 20 minutes in the oven.
8. Serve warm.

Nutritional Values:

Calories 341, Total Fat 28.3g, Saturated Fat 17.6g, Cholesterol 87mg, Sodium 383mg, Total Carbohydrates 6.9g, Dietary Fiber 1.2g, Total Sugars 2.3g, Protein 18g

Potato Wild Leek Soup



Preparation Time: 5 minutes

Cooking time: 35 minutes

Servings: 4

Ingredients:

- 3 large leeks
- 4 Wild Leeks
- 4 tablespoon Wild Leek powder
- 2 tablespoons butter
- 4 cups vegetable broth
- 2 lbs. potatoes, peeled, diced
- 1 teaspoon dried thyme

- 1/4 cup chopped fresh parsley
- Black pepper and garlic powder, to taste

How to prepare:

1. Sauté leeks with butter in a suitable cooking pot for 5 minutes.
2. Stir in potatoes and sauté for 5 minutes.
3. Add broth and the rest of the ingredients, then cook for 25 minutes.
4. Serve warm.

Nutritional Values:

Calories 289, Total Fat 7.6g, Saturated Fat 4.1g, Cholesterol 15mg, Sodium 833mg, Total Carbohydrates 46.4g, Dietary Fiber 6.9g, Total Sugars 5.9g, Protein 9.9g

Labrador Tea



Preparation Time: 5 minutes

Cooking time: 30 minutes

Servings: 4

Ingredients:

- 1/2 cup Labrador tea leaves
- 6 cups water
- 1 1/2 cups blueberries
- 2 cups water
- 1 tablespoon lemon juice
- Maple syrup, to taste

How to prepare:

1. Add 6 cups of water and tea leaves to

a saucepan.

2. Cook to a boil, remove from the heat, cover, and leave for 15 minutes.
3. Strain and pour this tea liquid into a suitable saucepan.
4. Add berries, 2 cups water, lemon juice, and maple syrup to the saucepan.
5. Cook for 15 minutes on a simmer.
6. Serve.

Nutritional Values:

Calories 45, Total Fat 0.2g, Saturated Fat 0g,
Cholesterol 0mg, Sodium 12mg, Total
Carbohydrates 11.3g, Dietary Fiber 1.3g,
Total Sugars 8.5g, Protein 0.4g

Spruce Tips



Preparation Time: 5 minutes

Cooking time: 3 hrs.

Servings: 4

Ingredients:

- 8 cup fresh Spruce Tips
- 1/8 cup coarse sea salt

How to prepare:

1. Toss Spruce Tips with salt on a baking sheet.
2. Bake for 2-3 hours at 150 degrees F to dehydrate.
3. Serve.

Nutritional Values:

Calories 48, Total Fat 0g, Saturated Fat 0g,
Cholesterol 0mg, Sodium 6mg, Total
Carbohydrates 12.5g, Dietary Fiber 0g, Total
Sugars 12.5g, Protein 0g

Spruce Tip Syrup



Preparation Time: 5 minutes

Cooking time: 5 minutes

Servings: 4

Ingredients:

- 2 cups Spruce Tips
- 1 cup water
- 1 cup cane sugar

How to prepare:

1. Add Spruce Tips, water, and cane sugar to a saucepan.
2. Cook this spruce mixture to a boil, then remove from the heat.
3. Cover and leave for eight hours.

4. Strain and serve.

Nutritional Values:

Calories 4, Total Fat 0g, Saturated Fat 0g,
Cholesterol 0mg, Sodium 51mg, Total
Carbohydrates 1g, Dietary Fiber 0g, Total
Sugars 1g, Protein 0g

Ivy Dressing



Preparation Time: 5 minutes

Servings: 6

Ingredients:

- 1/2 cup olive oil
- 2 large lemons, squeezed
- 1/4 cup packed fresh ground Ivy leaves
- 1 tablespoon honey
- 3 cloves garlic, chopped
- 1/4 tsp sea salt
- 1/4 tsp black pepper

How to prepare:

1. Blend Ivy leaves and the rest of the ingredients in a blender for 1 minute.
2. Serve.

Nutritional Values:

Calories 93, Total Fat 8.5g, Saturated Fat 10.4g, Cholesterol 36mg, Sodium 93mg, Total Carbohydrates 5.1g, Dietary Fiber 0g, Total Sugars 0.6g, Protein 2.5g

Grapevine Leaves



Preparation Time: 5 minutes

Cooking time: 2 minutes

Servings: 4

Ingredients:

- 30 riverbank Grapevine leaves, stems removed
- 1/4 cup salt
- 1/2 teaspoon of citric acid

How to prepare:

1. Add leaves to a pot filled with water.
2. Stir in salt and citric acid, cook for 1-2 minutes, then drain.

3. Serve.

Nutritional Values:

Calories 105, Total Fat 0g, Saturated Fat 0g,
Cholesterol 0mg, Sodium 1088mg, Total
Carbohydrates 25.5g, Dietary Fiber 0g, Total
Sugars 12g, Protein 0.7g

Toothwort Dip



Preparation Time: 5 minutes

Servings: 4

Ingredients:

- 1 cup Toothwort leaves, chopped
- 2 cups sour cream
- 3 tablespoons mayonnaise
- Black pepper, to taste
- 1 pinch of cayenne

How to prepare:

1. Add sour cream, Toothwort leaves, mayonnaise, black pepper, and cayenne to a cooking pot.
2. Cook to a boil, then strain and serve.

Nutritional Values:

Calories 289, Total Fat 27.8g, Saturated Fat 15.5g, Cholesterol 53mg, Sodium 139mg, Total Carbohydrates 7.6g, Dietary Fiber 0g, Total Sugars 0.9g, Protein 3.7g

Fireweed Sauce



Preparation Time: 5 minutes

Cooking time: 5 minutes

Servings: 4

Ingredients:

- 40 Pink Clover flowers
- 30 White Clover flowers
- 50 Fireweed flowers
- 1/2 teaspoon alum
- 5 lbs organic cane sugar
- 3 cups boiling water

How to prepare:

1. Add flowers, alum, cane sugar and

water to a cooking pot.

2. Cook to a boil, then allow the mixture to cool.
3. Strain and serve.

Nutritional Values:

Calories 20, Total Fat 0g, Saturated Fat 0g,
Cholesterol 0mg, Sodium 311mg, Total
Carbohydrates 5.2g, Dietary Fiber 0g, Total
Sugars 4.8g, Protein 0g

Forsythia Juice



Preparation Time: 5 minutes

Cooking time: 5 minutes

Servings: 4

Ingredients:

- 3 cups filtered water
- 3 cups organic cane sugar
- 3 cups Forsythia flowers

How to prepare:

1. Add water, cane sugar, and flowers to a cooking pot.
2. Cook to a boil, then remove from the heat.

3. Allow the juice to cool and serve.

Nutritional Values:

Calories 83, Total Fat 0g, Saturated Fat 0g,
Cholesterol 0mg, Sodium 178mg, Total
Carbohydrates 19.5g, Dietary Fiber 0g, Total
Sugars 16.7g, Protein 0.8g

Summertime Jelly



Preparation Time: 5 minutes

Cooking time: 5 minutes

Servings: 2

Ingredients:

- 2 cups fresh Queen Anne's Lace flowers
- 4 cups water
- 1/4 cup lemon juice
- 1 package powdered pectin
- 3 1/2 cups plus 2 tablespoons organic cane sugar

How to prepare:

1. Add water, lemon juice, pectin, cane sugar and flowers to a saucepan.
2. Cook this mixture to a boil, remove from the heat, then strain into a bowl.
3. Cover and leave this mixture for 1½ hours.
4. Serve.

Nutritional Values:

Calories 34, Total Fat 0g, Saturated Fat 0g,
Cholesterol 0mg, Sodium 355mg, Total
Carbohydrates 8g, Dietary Fiber 1.1g, Total
Sugars 6.7g, Protein 0g

Goat's Beard Sauté



Preparation Time: 5 minutes

Cooking time: 5 minutes

Servings: 2

Ingredients:

- 15 thin Goat's Beard stems
- 1 onion sliced thin
- Butter to sauté

How to prepare:

1. Sauté Goat's Beard stems with onion and butter in a skillet for 5 minutes.
2. Serve immediately.

Nutritional Values:

Calories 22, Total Fat 0.1g, Saturated Fat 0g,

Cholesterol 0mg, Sodium 2mg, Total
Carbohydrates 5.1g, Dietary Fiber 1.2g, Total
Sugars 2.3g, Protein 0.6g

CHAPTER 6:

Plants To Avoid

If you cannot identify a plant and are not sure if it is poisonous, it is better to be safe than sorry. Stay away from a plant that exhibits the following qualities:

1. The sap that has a milky or discolored appearance
2. Thorns, spines, or microscopic hairs are all examples of thorns.
3. Beans, bulbs, or seeds are found inside pods.
4. It has a bitter or soapy flavor.
5. Dill, carrot, parsnip, or a leaf that looks like parsley are all fine choices.
6. The scent of the woody parts and leaves is described as "almond."
7. Grain heads with pink, purple, or black spurs
8. The three-leaf pattern of growth

The features described above will be present in many harmful plants. Keep in mind that some of the plants listed below share some of these features yet are nonetheless edible.

Use the traits listed as a guideline if you are not sure what you are dealing with. You can always undertake the Universal Edibility Test (given in chapter 2) if you have a day or two to spare and want to be absolutely certain that an unknown plant is edible.

Commonly Known Hazardous Wild Plants

Here is a list of the wild plants that may seem and look like edibles, but they are dangerous for health and must be avoided.

Rhododendron



Rhododendron, often known as the "suicide bush" by Native Americans, is a deadly plant that grows along the east coast of Northern America in the Appalachian Mountains.

Rhododendron is so deadly that individuals have been known to become ill after consuming the honey produced by bees that feed on it. Rhododendron can bring unpleasant side effects, such as hallucinations and diarrhea, if eaten, and it has even been known to cause death.

Rhododendrons are known for their spirally arranged dark green leaves and clusters of white or pink blooms. The leaves of a Rhododendron plant are readily confused with those of the edible sweet bay leaf.

However, bay leaves are the same color on both sides and have a lovely smell, whereas rhododendron leaves are different colors on each side and have no aroma. So, double-check the next time you add a sweet bay leaf to your survival soup.

Mountain Laurel



Mountain Laurel is frequently referred to as the Rhododendron's "cousin," and it is just as deadly. Mountain Laurel is a plant that grows in the eastern part of the United States. In fact, the state flower of Pennsylvania is the Mountain Laurel. It has a range that extends from Maine to Florida, as well as Indiana and Louisiana. The Mountain Laurel's stem, leaves, roots, and flowers are all exceedingly toxic and can lead to death. Its leaves are dark green in color and glossy, and it blooms clusters of little white or pink flowers, similar to Rhododendron.

Mountain Laurel can induce serious

gastrointestinal hemorrhaging, which can lead to death, but it can also cause nausea, vomiting, paralysis, breathing difficulties, and coma, if ingested. Mountain Laurel is similar to sweet bay leaf in appearance, but can be differentiated by its various colored leaves and absence of aroma.

Rattlebox



This medium-sized shrub, sometimes known as poison bean or rattle bush, belongs to the legume family and is exceedingly deadly. Rattlebox is a plant that can be found in the southeastern United States, from Texas to Florida.

The leaves of this plant are tall and slender, with 7–16 dark green leaflets in pairs. The seeds of this plant grow in little rattle pods, which is how the plant gets its name, and the flowers are often yellow orange. This plant can bring severe disease and death if

consumed. If you want to live, stay clear from this plant because animals that have eaten Rattlebox plant have been known to die within 24 hours!

Giant Hogweed



This plant was brought to America as an "ornamental oddity" and is now widespread throughout the country. The Giant Hogweed is one of the plants that is too dangerous to even touch, let alone consume, if you want to survive in the wilderness. Contact with this plant's sap can result in skin irritation, blisters, and burns, while contact with the eyes can end up in temporary or permanent blindness.

This plant will almost certainly cause major sickness or death if consumed. The Giant Hogweed stem can reach a height of 6 to 16 feet and is usually capped by an "umbrella"

of white blooms. Giant Hogweed leaves are dark green and heavily lobed, and they usually cluster near the ground at the bottom of the stem. Queen Anne's Lace, which yields wild carrots, is commonly confused for Giant Hogweed. Queen Anne's Lace is significantly smaller than Giant Hogweed, averaging around 2 feet in length, while Giant Hogweed has purple dots on its stem.

Holly



If you want to survive in the wild, use Holly to ornament the halls, but not in your evening stew. Holly is a wild plant that can be found in the eastern and southern parts of the United States. It can be found from Massachusetts to Florida and Texas to Missouri. Although Holly leaves can be used to make tea, the brilliant red berries that are famously used in Christmas mistletoe are poisonous.

Holly berries can produce symptoms like vomiting, diarrhea, and dehydration if consumed. Holly berries have been known to

cause death in those who eat them. So, if you want to make it through your weekend hiking trip, just hang them from the ceiling where they can snooze.

Horse Nettle



The berries of a Horse Nettle plant resemble miniature cherry tomatoes at first glance, and they can be particularly tempting over the winter, when most other edible plants have died.

Horse Nettle, on the other hand, has a number of toxins and alkaloids that, when taken, can induce gastrointestinal irritation, constipation, diarrhea, respiratory issues, and even death.

Horse Nettle grows in more moderate climates in the United States and has brilliant green leaves with little stems from which the

berries grow. Horse Nettle produces white blooms with yellow or purple centers throughout the spring and summer.

Pokeweed



Pokeweed can be found in abundance throughout the Midwest, Gulf Coast, and Eastern United States. This plant, particularly the berries, can appear to be an appealing foraged dinner alternative. However, if you want to make it through that lunch, you should keep this plant off your table!

Humans are poisoned by the roots, leaves, stems, and berries of the Pokeweed plant, with the most toxicity concentrated in the berries. Pokeweed can cause vomiting, spasms, and respiratory organ paralysis, which can lead to death if ingested. Experts

highly urge people to avoid all contact with this plant since the residue can penetrate into the skin and make them sick. The stem of the Pokeweed is usually smooth and green-white, tapering to a purplish tint. The leaves of this plant are often bright green, with purplish-black fruit.

Moonseed



Dark green leaves, white flowers, and clusters of bluish-purple berries characterize the Canadian Moonseed, a vine-like plant. Moonseed is primarily found in the eastern United States, but it can also be found as far southwest as Texas. Moonseed is most commonly found in woodland settings or along the edge of a stream, and it can look rather tasty.

All portions of this plant, however, are poisonous and should be avoided. Moonseed, when eaten, can induce severe

gastrointestinal pain and indigestion, as well as paralysis and death. Moonseed berries are easily confused with grapes when foraging, but the distinction is that moonseed berries contain crescent-shaped seeds, while grapes have round seeds. So, if you see some juicy-looking berries while hiking that appear like grapes, make sure to check the seeds before you eat them, if you want to make it through the trek!

Mexican Prickly Poppy



This plant, which originated in Mexico, may now be found in many sections of the United States and also in other parts of the world. It's not uncommon for Prickly Poppy seeds to be mistaken for mustard seeds, due to their similar appearance.

The seeds of a Mexican Prickly Poppy, however, can cause vomiting, diarrhea, fainting, swelling, and even death. The Mexican Prickly Poppy, like the mustard

plant, has dark green leaves with spiky ends that are often coated with waxy resin.

Castor Bean



This plant, despite its name, does not yield beans. Its seeds, on the other hand, yield a lot of ricin. Nonetheless, because these plants are greatly sought after by bees, people cultivate them.

Even yet, these seeds can cause nausea, diarrhea, hypotension, and seizures that can last up to a week, if ingested by humans. A full-grown adult could die if he or she eats more than four Castor Bean seeds.

The Castor Bean is mainly found in the southern United States since it thrives in warmer conditions, but it has been reported to grow in at least 28 states.

Large, glossy leaves grow from long, reddish-purple stalks, which distinguish Castor Bean plants. The Castor Bean plant produces spherical, prickly- seeds. While this plant is beneficial to bees, if you notice it while trekking, keep on.

Honey Vine



Honey Vine is a milkweed vine that grows in the eastern and central parts of the United States, as its name suggests. Light green, heart-shaped leaves and twining vines with green are the most common features of Honey Vine. Honey Vine blooms are typically white and bloom in clusters, while the seeds are kept in big green pods with 3-6 seeds per pod. This plant, however, does not yield honey and should not be consumed if you wish to survive in the wild. If the Honey Vine residue comes into contact with the eyes, it can cause serious discomfort and

possibly damage to the eyes. Honey Vine can stop the heart of a fully grown adult if consumed. It's advisable to avoid including this vine in your foraged trail mix.

False Morel



If you are not a conscious and experienced forager, mushrooms are one of the most potentially harmful items you can gather in the forest. Not only are many mushroom species hazardous to humans, but several of the popular safe-to-eat varieties also have lethal look-alikes. Genuine Morel mushrooms, on the other hand, are just delectable. For two weeks every year when mushroom season “comes on,” the hills in my Appalachian region are flooded by foragers hunting Morels (*Morchella* genus). In a survival situation, finding a real Morel in the woods can provide a delightful and nutrient-

dense meal, but failing to choose correctly could quickly turn you into another disaster statistic.

Poison Hemlock



A goat, maybe, is the only living species that can survive swallowing even a little bit of Hemlock. This poisonous wildflower resembles both Queen Anne's Lace (wild carrot) and Wild Yarrow in appearance. In most cases, poison Hemlock will not be seen growing in an open field in full sun, unlike the two other common weeds regarded by herbalists for their therapeutic virtues, however cross-growing patterns can occur.

Poison Parsley



This plant not only looks like poison Hemlock, but it also looks like the same safe wild delicacies that it can be confused for if you're not careful when foraging. This poisonous wild herb resembles wild carrot plants that have gone to seed. The Poison Parsley plant is poisonous in all parts. This plant is a biennial to perennial herbaceous plant. When you eat Poison Parsley, you get the same horrifying poisoning symptoms and end outcome as when you consume poison Hemlock.

False Garlic (Crow Poison)



Crow Poison, also known as *Nothoscordum bivalve*, is a deadly *Amaryllidaceae* plant. From Virginia to Arizona, it grows largely in the southwest and southern states. False Garlic resembles both wild garlic and wild onion in appearance. If you eat this plant, it will not usually kill you, but it will make you very sick. Hypotension, nausea, dizziness, vomiting, paresthesia, headache, bradycardia, visual abnormalities, and atrioventricular

block are all symptoms of fake garlic poisoning.

CHAPTER 7:

Ten Steps To Making Tinctures

Tinctures are concentrated herbal extracts produced from chopped herbs and alcohol. The tincture is very good at extracting important components from plants, particularly fibrous or woody plants, as well as roots and resins. This approach is frequently recommended in herbal books and remedies as a preferred method of using herbs since it assures that the herbs and their nutrients may be stored for a long period.

Furthermore, many herbalists prefer tinctures for a variety of reasons, including their portability, value for long-term treatments, and ability to be absorbed quickly while allowing for immediate dosage modifications. In addition, if the tincture is bitter, it can be readily disguised by mixing it with juice. Another advantage of tinctures is that they

preserve plant nutrients in a stable, soluble state, as well as the volatile and semi-volatile components that would otherwise be lost during heat treatment and processing of dry herbal extracts.

Purchase quality alcohol

The most common type of alcohol used to make tinctures is vodka. This is mainly due to the fact that it is colorless, odorless, and flavorless. If vodka is unavailable, brandy, rum, or whiskey can be used instead. To prevent mildewing of the plant elements in the bottle, whatever alcohol is chosen must be 80 proof (40 per cent alcohol). A tincture can also be made with high-quality apple cider vinegar or glycerin. When the patient does not drink alcohol, the alternatives may be more effective.

Use a suitable container

The tincture should be kept in a glass or ceramic container. Metallic or plastic containers should not be used because they may react with the tincture or leach harmful substances over time. A Mason jar, a broad

glass bottle with an attached lid, and other similar containers are suitable for steeping a tincture. You'll also need some tiny dark glass tincture bottles to store the tincture in once it is finished; these bottles should have a tight screw-on or tight clip-on cover to prevent air intrusion during storage, while yet allowing for easy application. Before using, make sure that all containers have been well cleaned and sterilized.

Prepare the tincture

You can make a tincture by sight or by measurement; it all depends on how comfortable you are with simply adding herbs and gauging by eye or whether you prefer to add them by weight. You should consider whether you want to make the tincture with fresh, powdered, or dried plants. The following are some simple instructions for adding the herbs in order of fresh, powdered, or dried:

- Fill the glass jar halfway with fresh chopped herbs. Cover with a layer of alcohol.

- 1 pint (473ml) of alcohol (or vinegar/glycerin) + 4 ounces (113g) powdered herb
- 35 fluid ounces (1 liter) alcohol (or vinegar/glycerin) + 7 ounces (198g) dry plant material
- Stir near the edge of the glass container with a butter knife to break up any air bubbles.

Seal the container

- Place it in a cool, dark spot, such as a cabinet shelf. The container should be kept there for 8 to 30 days. Regularly shake the container. James Wong, a British Ethnobiologist in his book “Homegrown Revolution” suggests shaking it once or twice a day for 14 days. Make sure the steeping tincture is labelled, so you know what it is and when it was created. Keep it out of children's and pets' reach.

Strain the tincture

- When the steeping period is up (either the tincture instructions will tell you this or you'll know from experience, but if not, roughly two weeks is a decent steeping time), filter the tincture as follows:
- Using a muslin cloth, cover a sieve. Underneath the strainer, place a large bowl to capture the strained liquid. Pour the steeped liquid through the sieve lined with muslin gently. The plant material will be captured by the muslin, while the liquid will pass through into the bowl underneath. Squeeze out more liquid from the herb material with a wooden or bamboo spoon, and then twist the muslin to remove any remaining liquid from the plants.

Add liquid into a prepared tincture bottle

- If you do not have a steady hand, use a small funnel for this stage. Close the tincture and date and label it. Consider sealing the caps with wax if

you are storing this for a long time and won't be utilizing it until later.

Store and use

Because alcohol is a preservative, a tincture can have a shelf life of up to 5 years. However, be aware of the qualities of the herbs you have used, and stick to the instructions in the recipe for how long to preserve the tincture.

Follow the directions for using your tincture; if you need more information, visit a competent, trustworthy herbalist or a health practitioner; and remember that herbal therapies can be deadly if you do not understand the qualities of the herb and the repercussions.

CONCLUSION

Now that you know what edible wild plants are, you can make great use out of them. Not all wild plants are dangerous for the health; some are very useful, in fact. They are perfect for survival and to gain good health. Using the recipes, the forage techniques, storage methods and the calendar given in this cookbook, you can do it all with complete ease.