

Wild Foods!

"Haute Cuisine"



Lynn Landes, Founder

WildFoodies.org

A Co-Harvest Opportunity!

They're free, nutritious, delicious & haute!



Going Wild @ Farmers Markets & Stores!



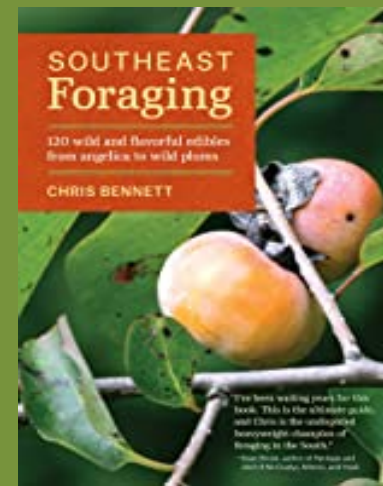
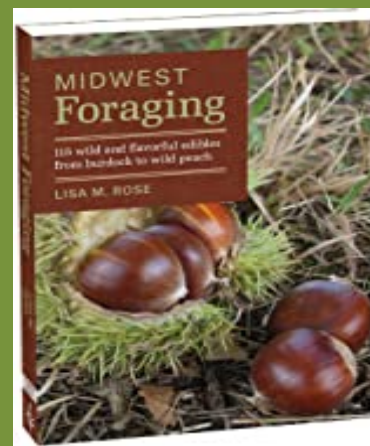
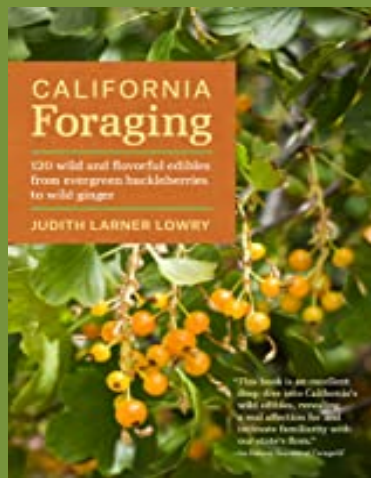
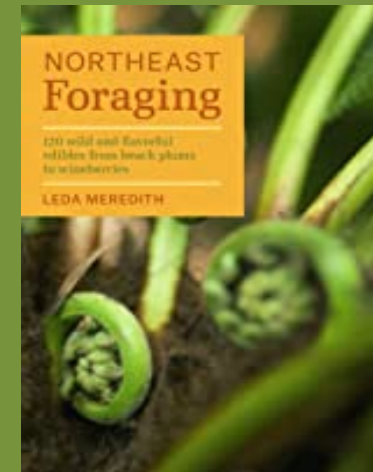
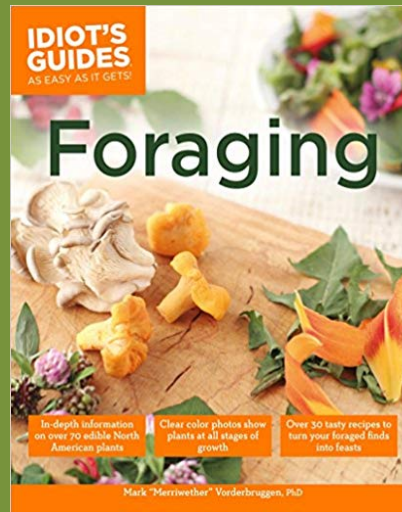
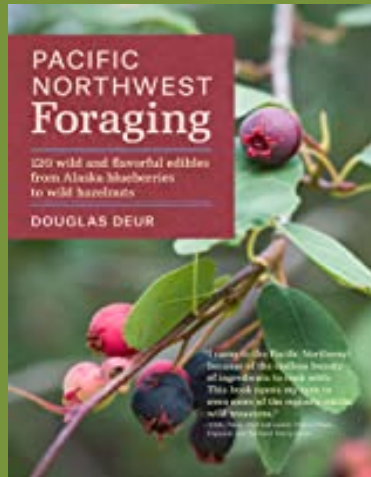


“Chefs around the world are using foraged ingredients to add exciting, fresh, and eco-friendly flavors to their menus.” Food Tank

“Across the planet — from Australia to the Faroe Islands — the culinary world is rediscovering a very old idea, foraging for food.” First We Eat

***“Top restaurants are going crazy for these secret ingredients found in the wild”
Business Insider***

WildFoodes.org: Books & Online Reference Info



230+ WILD EDIBLES in Mid-Atlantic Region

<p>PLANTS:</p> <p>American groundnut American peanut Amaranth: - common - mat - spiny - Lamb's quarters Arrowhead, wapato - Arrow Arum, white Artemesia: - epazote, wormseed - mugwort, wormwood - sweet Annie Asparagus Brookweed Bunchberry Carrot family: - carrot - goutweed - eastern waterleaf - sweet cicely - aniseroor Carpeweed Chameleon Chamomile: - wild - pineappleweed Chickweed: - common - fuzzy, mouse-ear - sticky mouse-ear Cleaver Clover: - red - white Daylily Dock/Sorrel: - bitter dock - curly yellow dock - patience dock - sheep sorrel - wood sorrel, oxalis</p>	<p>Duckweed Evening primrose Evergreen, berries: - Wintergreen - Creeping snowberry - Lingonberry - Partridgeberry - American cranberry - Bog cranberry Fiddlehead fern Ginger Goldenrod Grass: - Asiatic dayflower - bamboo - cattail - grass - crabgrass - knotgrass - knotweed, Japanese - reedgrass - LadysThumb - pepper grasss - spiderwort - wild rice Hosta Jewelweed Kudzu Lettuce-Like: - chicory - dandelion - lettuce, wild - lettuce, prickly - sow thistle Mallow/Hibiscus family: - common - high - marshmallow - Rose of Sharon - velvet leaf mallow Mayapple Milkweed</p>	<p>Mint: groundcover - ground ivy - henbit - purple deadnettle Mint: upright - anise hyssop - bee balm, scarlet - bee balm, wild - horsemint - giant hyssop - lemon balm - mountain mint - shiso, beefsteak - spearmint - watermint Mullein Mustard & Cress: - mustard - garlic mustard & cress: - bittercress - pennycress - peppercress - Sheperd's purse - watercress - wintercress Nettle: - clearweed - stinging - wood Nightshade: - ground cherry - black nightshade Onion & Garlic: - garlic, wild - onion grass - ramps Pickerelweed Plantain/Plantago: - broad leaf - narrow leaf Pokeweed Prickly pear</p>	<p>Purple loosestrife Purslane Salsify Solomon Seal: - common - false Speedwell Spring beauty Strawberry: - Indian - wild Sunflower: - sunchoke - sunflower Thistle: - bull - burdock - field - milk Violet, wild Water chestnut Water hyacinth Water lilies: - American lotus - yellow pond lily Yarrow Yucca VINES: Grapevine & related: - grape, riverbank - porcelainberry Greenbrier/Smilax Hardy kiwi Honeysuckle, Japanese Hyacinth bean Kudzu Mile-a-minute Passion vine Potato vine</p>	<p>BUSHES: Asian Lemon Autumnberry/olive Bayberry, northern Barberry Beach plum Beautyberry Blueberry-like: - high bush - low bush - chokeberry, black - chokeberry, red - huckleberry, black - huckleberry, box Devil's walking stick Elderberry Holly: - inkberry - winterberry Mahonia Raspberry & related: - blackberry, Allegheny - blackberry, sawtooth - dewberry - raspberry, black - raspberry, red - wineberry Ribes: - currant, clove - gooseberry, prickly Rose: - multiflora rose - rose, many species RosaRugosa Rose of Sharon Spicebush Sumac: - Sumac, fragrant - Sumac, staghorn - Sumac, winged Viburnum: - black haw - high bush cranberry - nannyberry</p>	<p>TREES: Apple & related: - Callery pear - crab apple - hackberry - hawthorn - plum - quince - rowan Aspen, American Beech, American Birch, sweet Cherry & related: - black cherry - chokecherry - pin cherry Conifers & related: - fir, balsam - hemlock - juniper - larch - pine, white - spruce, Norway Cottonwood Dogwood: - cornelian dogwood - kousa Elm: Elm, Chinese Elm, slippery Elm, Siberian Empress Ginkgo Hazelnut, American Hickory, shagbark Holly, American Juneberry Linden/basswood Locust & related: - black locust - honey locust - Kentucky coffee tree Maple family Mimosa</p>	<p>Mulberry & related: - black - paper - red - white Redbud Oaks: - chinquapin - pin - red - white Paw Paw Persimmon Sassafras Sweetgum Sycamore Tulip poplar Willow, black Walnut & related: - black - butternut</p>
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AMARANTH - *pigweed or Aztec Superfood?*



LAMB'S QUARTERS

aka wild spinach



PURSLANE - popular Mediterranean food!



CHICKWEED - *cold weather microgreen!*



DANDELIONS & CHICORY

leaves, flowers, & roots for more than just coffee



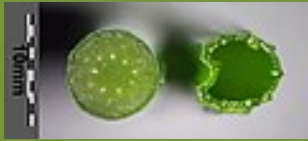
BISHOP'S GOUTWEED - *aka wild parsley*



PLANTAINS - broad & narrow leaf

mushroom taste & powerhouse medicinal





ONION GRASS & WILD GARLIC



MUGWORT - *a sage substitute*



Japanese Mugwort Yomogi tea

6 vegetables that are the same plant

Over hundreds of years farmers have been breeding one plant – called *Brassica Oleracea* – into dozens of different varieties. These six vegetables you can find in the grocery store are actually all the same plant.

BRUSSELS SPROUTS

Lateral leaf buds



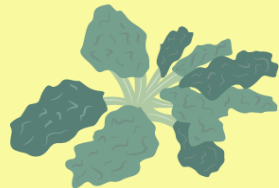
CABBAGE

Terminal leaf bud



KALE

Leaves



BROCCOLI

Flower buds/stems



CAULIFLOWER

Flower buds



KOHLRABI

Stem



WILD MUSTARD PLANT

(Brassica Oleracea)



THE MUSTARD FAMILY

field mustard, peppergrass, watercress, garlic mustard, wintercress, Shepherd's purse



BITTERCRESS



PENNYCRESS

leaves, seeds & taproot



DOCKS & SORRELS – lemony delights!

patience, curly, bitter - wood sorrel & sheep sorrel



PATIENCE DOCK – *crispy or cooked*



SUNCHOKES - aka Jerusalem Artichoke

“A lesson in education & preparation”



**BEFORE you cook or sell SUNCHOKES, SOAK them
for 24 hours, replace water after first 12 hours!**

BURDOCK ROOT – *artichoke flavor*

a comforting broth, perfect with wild rice, mushrooms & greens



SATISFYING SALSIFY



EDIBLE TREE LEAVES? THINK KALE CHIPS & WRAPS

maple, hawthorn, elm, linden, birch, beech, empress, sassafras, mulberry, paper mulberry



SASSAFRAS

for “gumbo” and “root beer”



BLACK LOCUST 'WHITE BLOSSOMS'



HONEY LOCUST PODS

think “peas & carobs”



SPRUCE, FUR & HEMLOCK TIPS



A CHAMELEON CACOPHONY

ginger - mint - cilantro flavour



BLACK NIGHTSHADE

bridging the blueberry-tomato divide



EXOTIC INVASIVES

PAPER MULBERRY & ASIAN LEMON



MARVELOUS MULBERRIES!





ROSE OF SHARON



put some 'romance' in your recipes!



THANK YOU FOR WATCHING!

Lynn Landes, Founder



(Philadelphia Inquirer photo)

Wild Foodies.org

(4,800+ members)

WHY HARVEST WILD FOODS?



- **Truly Sustainable** – Wild foods can survive and multiply without human assistance, unlike crops that are hybridized, selectively bred, or genetically modified.
- **Real Food Security** – Although “food security” is often portrayed as a sufficient number of grocery stores within a given area, 'real' food security is available through the mindful harvesting & careful cultivation of our local wild resources.
- **Nutritionally Diverse** - Plants that grow in the wild and diverse environment makes them more nutritious than similar plants grown using conventional farming practices.
- **Connects People to Nature** - The mind-stomach-nature connection is a powerful one, particularly as people learn that many of the plants they routinely ‘walk on’ are important sources of food, fiber, and medicine!