



WILD FOODS 101!





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

Farmers' Co-Harvest Opportunity!

Wild Foods Are Free, Nutritious, & Delicious!



Going Wild @ Farmers Markets!



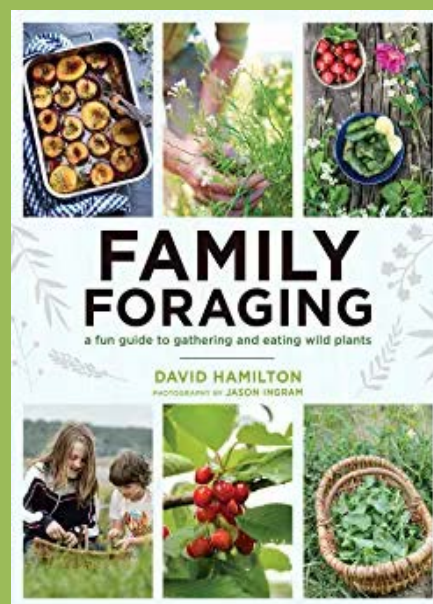
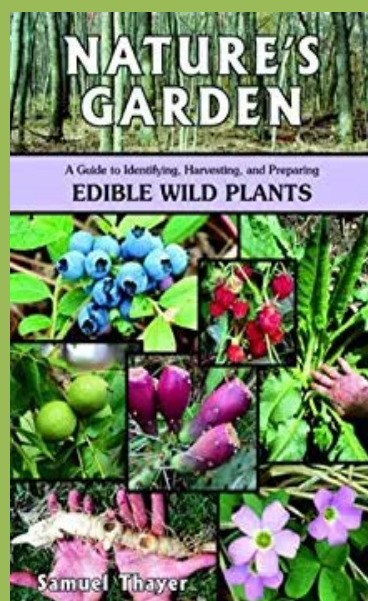
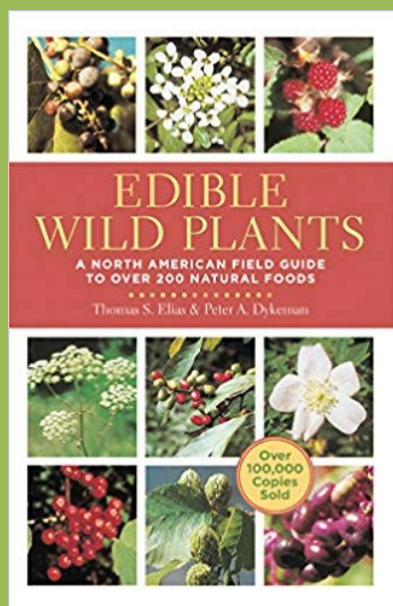
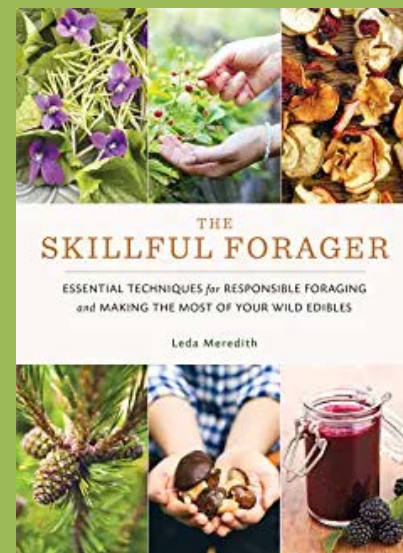
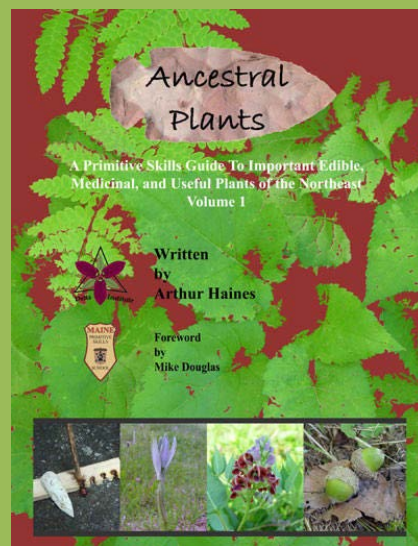
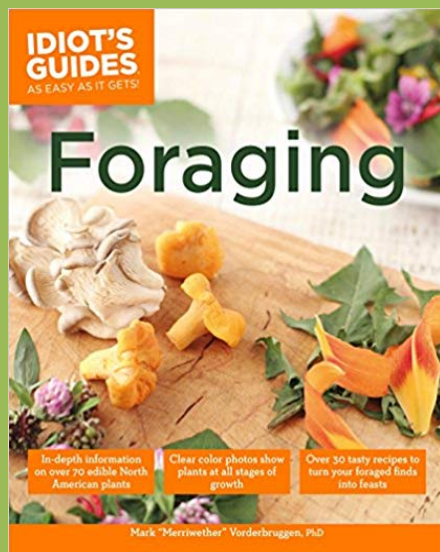
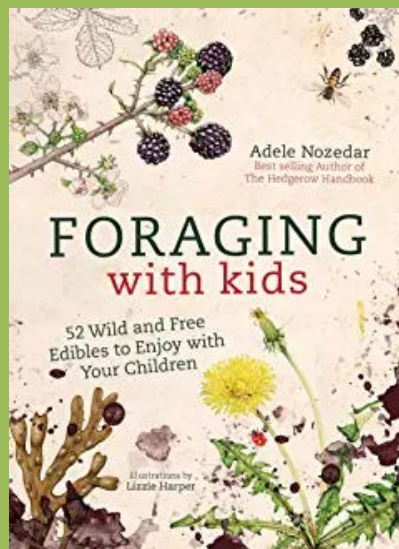
BEST PRACTICES

- IDENTIFY IT! @ WildFoodies.org/PlantProfiles.htm
- LEARN - Parts & Preparation
- GO SLOW - Eat In Moderation
- KNOW - Difference HERBS vs VEGGIES
- AVOID - Contaminated Areas & Roadsides



WildFoodies.org/PoisonousPlants.htm

**GO TO WildFoodies.org FOR
COMPLETE LIST OF CAUTIONS,
BOOKS, AND ONLINE RESOURCES**



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 Carpetweed 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</p> <p>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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LARGE PLANT FAMILIES

CARROT
DOCK/SORREL
GRASS
LETTUCE
MALLOW
MINT
MUSTARD/CRESS
THISTLES

CARROT FAMILY – *edible leaves, some roots*

Wild Carrot - Goutweed - Eastern Waterleaf - Sweet Cicely - Anisroot



BISHOP'S GOUTWEED - *aka wild parsley*



DOCKS & SORRELS – *leafy lemony delights!*

Patience



Curly



Bitter



Wood Sorrel – Sheep Sorrel leaf & plant



PATIENCE DOCK – *crispy or cooked*



GRASS FAMILY

Grass

-

Crabgrass

-

Cattail

-

Reedgrass



Wild Rice

-

Bamboo

-

Japanese Knotweed



CATTAIL – *all parts edible*



GRASS FAMILY *(continued)*

Asiatic Dayflower - Spiderwort - Lady's Thumb - Peppergrass



MALLOW FAMILY – edible flowers, leaves, most roots

Common Mallow



- High Mallow



- Marshmallow



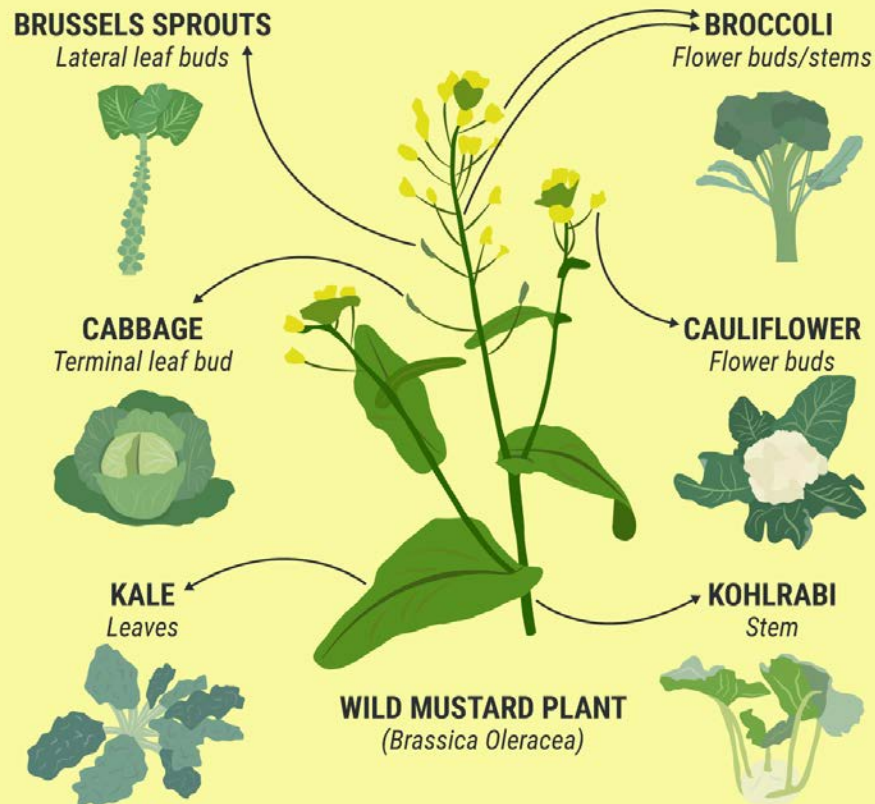
Velvet Leaf - Rose of Sharon



CULTIVARS FROM WILD MUSTARD!

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.



SOURCE: Botanist in the Kitchen

TECH INSIDER

MUSTARD-CRESS FAMILY

edible leaves, flowers and most roots

Field Mustard



Wintercress



Pennycress



Bittercress



MUSTARD-CRESS FAMILY (continued)

Peppercress



-

Shepherd's Purse



Garlic Mustard



-

Watercress



BITTERCRESS – *edible leaves*



PENNYCRESS

leaves, seeds & taproot



LETTUCE-LIKE – *all edible leaves, some roots & flowers*

Dandelion



–

Chicory



–

Sow Thistle



Wild Lettuce (leaves only)

–

Prickly Lettuce (leaves only)



DANDELIONS & CHICORY

leaves, flowers, & roots for more than just coffee



THISTLE FAMILY

edible roots, stalks, & leaves

Field Thistle – Milk Thistle – Bull Thistle – Burdock



BURDOCK ROOT – *yummy artichoke flavor!*

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





MINT FAMILY

GROUNDCOVER

edible flowers & leaves



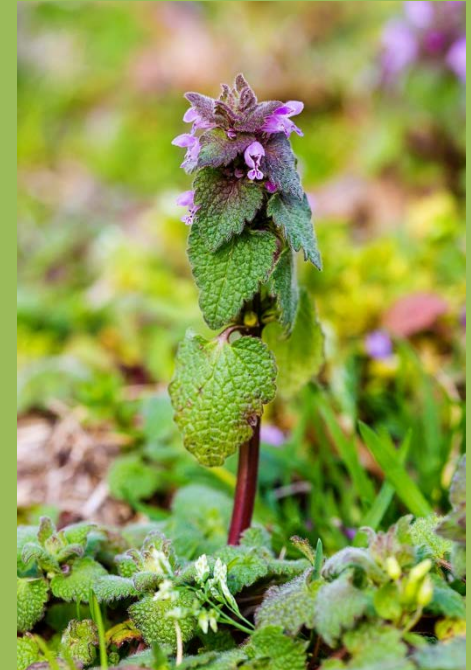
Creeping Charlie

—

Henbit

—

Purple Deadnettle



MINT FAMILY (continued)

Spearmint



Shiso



Wild Bee Balm



Scarlet Bee Balm



Mountain Mint



Horsemint



MINT FAMILY (continued)

Watermint



Lemon Balm



Anise Hyssop



Giant Hyssop



MORE PLANTS!

Amaranth
American groundnut
& American hog peanut
Artemisia
Bunchberry
Carpetweed & Cleaver
Chamomile
Chickweed
Clovers
Daylily
Fiddlehead Fern
Goldenrod, Primrose, & Mullein
Hosta
Jewelweed
Kudzu
Mayapple
Milkweed
Nettles

Nightshade
Onion & Garlic
Plantain
Pokeweed
Prickly Pear & Purslane
Ramps
Salsify
Solomon Seal & False S.S.
Speedwell
Spring Beauty
Strawberries
Sunflowers
Waterlilies
Wild Ginger & Chamomile
Wild Violet
Yarrow
Yucca

AMARANTH – *edible leaves, spinach substitute*

Common

–

Mat

–

Spiny



Lamb's Quarter's 



AMARANTH - *pigweed or Aztec Superfood?*



AMERICAN GROUNDNUT & AMERICAN PEANUT

edible root, seed, & seedpod (for groundnut)



ARTEMISIA – herbs for flavor & health

Mugwort - Epazote - Sweet Annie



MUGWORT - *a sage substitute*



Japanese Mugwort Yomogi tea

ASPARAGUS – *edible shoot*



BUNCHBERRY aka Creeping Dogwood

edible fruit, raw or cooked



CARPETWEED & CLEAVER

- edible leaves



CHAMOMILE

relaxing & edible leaves & flowers

Wild Chamomile

&

Pineapple Chamomile



CHICKWEED – *edible leaves & flowers*

Common – Fuzzy (mouse ear) – Sticky Fuzzy



CLOVER – *edible flowers & leaves*

White Clover

&

Red Clover



DAYLILLY – *all parts edible*



FIDDLEHEAD FERN

frond edible only before it unfurls



GINGER, WILD & CHAMELEON

- *edible roots*

- *edible roots & leaves*

both have a taste of ginger, but they are not related



GOLDENROD – EVENING PRIMROSE – MULLEIN

some similar traits, but not related

leaves, flowers, seeds



/ flowers & roots



/ leaves & flowers



HOSTA

edible shoots, stalks, buds, & flowers

(The exception to the “wild” rule)



JEWELWEED - *more medicinal than edible*

The antidote to stinging nettles, as well as bites and stings!



KUDZU

edible leaves, flowers, roots, not pods



MAYAPPLE – *edible fruit, not seeds*



MILKWEED

edible 8" shoots, flowers, seed, seedpods



NETTLES – *edible leaves*

Stinging Nettle - Wood Nettle - Clearweed



NIGHTSHADE – *edible leaves & fruits*

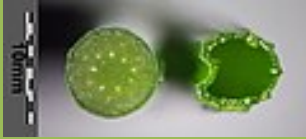
Ground Cherry & Black Nightshade



BLACK NIGHTSHADE

bridging the blueberry-tomato divide





ONION GRASS & WILD GARLIC

edible leaves, roots, and flowers



PLANTAINS – Broad & Narrow Leaf

mushroom taste & powerhouse medicinal



POKEWEED – *edible 8" shoot, boil twice*



PRICKLY PEAR (succulent)

everything above ground is edible



PURSLANE (succulent)

everything above ground is edible



RAMPS – *edible leaves & roots*



SATISFYING “SALSIFY” – *all parts edible*



SOLOMON'S SEAL & FALSE SOLOMON'S SEAL

Only False Solomon Seal berries are edible, both have edible roots



SPEEDWELL – *edible spring leaves*



SPRING BEAUTY – *all parts edible*



STRAWBERRY FAMILY – *fruit & leaves edible*

Indian Strawberry & Wild Strawberry



SUNFLOWER FAMILY – *edible roots*

Sunchoke (Jerusalem Artichoke) & Woodland Sunflower



SUNCHOKES - aka Jerusalem Artichoke

The root tastes like artichoke, but is also a lesson in preparation!



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

VIOLET, WILD – *edible flowers & leaves*



YARROW

edible young leaves - important medicinal



YUCCA – *edible flower only*



SELECT MARSH PLANTS



PURPLE LOOSESTRIFE – *edible leaves & roots*



WATERLILY FAMILY

American Lotus (all parts edible) & **Yellow Pond Lily** (edible seeds)



Arrowhead - Arrow Arum - Pickerelweed

(edible root)



(edible cooked root & fruit)



(edible stalk & seeds)



WATER CHESTNUT & WATER HYACINTH

– *edible nut*



– *young leaves & flowers*



DUCKWEED & BROOKWEED

not related - both have edible leaves



VINES!

GRAPE

GREENBRIER

HONEYSUCKLE

HYACINTH

KIWI, HARDY

KUDZU

MILE-A-MINUTE

PASSION VINE

POTATO VINE

GRAPEVINE

edible fruit, leaves, and sap



GREENBRIER aka SMILAX

edible roots, shoots, young leaves, mature berries



HONEYSUCKLE, JAPANESE

– edible flowers & cooked leaves

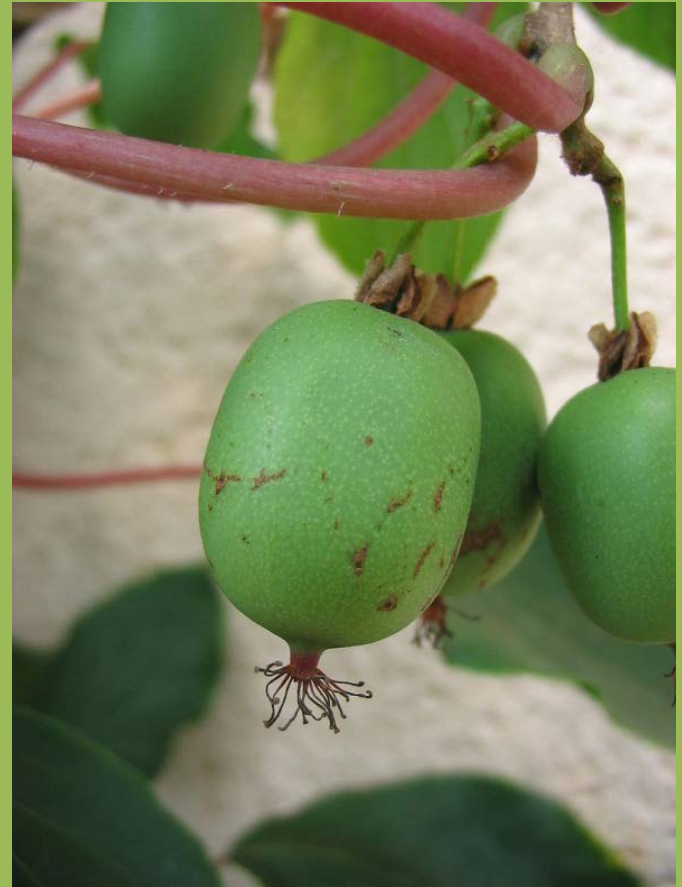


HYACINTH BEAN

edible seed, seedpod, flower, leaves, root



KIWI, HARDY – *edible fruit and sap*



MILE-A-MINUTE

edible fruits, leaves, shoots, seeds



PASSION VINE aka MAYPOP

edible leaves, flowers, fruits



PORCELAINBERRY

related to grape, edible berries and leaves



POTATO VINE – *edible root, size varies*



BUSHES!

AUTUMN BERRY

BARBERRY

BAYBERRY

BEAUTYBERRY

BLUEBERRY FAMILY

CURRENT - RIBES

DEVIL'S WALKING STICK

ELDERBERRY

HOLLY FAMILY

LEMON, ASIAN

MAHONIA

RASPBERRY FAMILY

ROSE FAMILY

SPICE BUSH

SUMAC FAMILY

VIBERNUM FAMILY

PLUM, BEACH

AUTUMNBERRY aka AUTUMN OLIVE

edible fruits and seeds



BARBERRY, EUROPEAN

edible leaves, shoots, fruits



BAYBERRY, NORTHERN aka Bayleaf

use like a bay leaf, remove before eating



BEACH PLUM – *edible fruit*



BEAUTYBERRY – *edible fruit*



BLUEBERRY FAMILY – *edible fruit*

High Bush Blueberry



Black Chokeberry



Black Huckleberry



Low Bush Blueberry



Red Chokeberry



Box Huckleberry



CURRANTS aka *Ribes* – edible fruit

Clove Currant & Prickly Gooseberry



DEVIL'S WALKING STICK – *edible shoots*



ELDERBERRY – *edible flowers & fruits*



HOLLY FAMILY – *tea leaves, berries not edible*

Winterberry



Inkberry



LEMON, ASIAN aka Trifoliate Orange

edible fruits and leaves



MAHONIA – *edible fruit*



RASPBERRY FAMILY aka Brambles

Allegheny Blackberry



– Sawtooth Blackberry



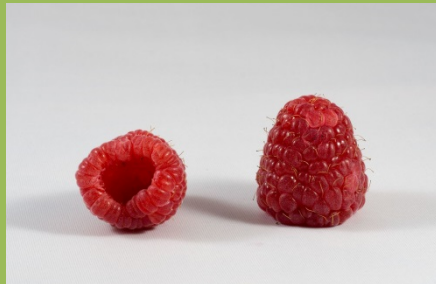
– Dewberry



Black Raspberry



– Red Raspberry



– Wineberry



ROSE OF SHARON

put some 'romance' in your recipes!



ROSE FAMILY – *edible leaves, flowers, fruits*

Multiflora Rose



Native Rose



Rosa Rugosa



SPICE BUSH & *Swallowtail Butterfly*

edible leaves, flowers, fruits, & twigs



SUMAC FAMILY – *edible fruit*

Fragrant

-

Winged

-

Staghorn



VIBERNUM FAMILY – *edible fruit*

Guelder Rose



Witherod



VIBERNUM (continued)

Black Haw



Highbush Cranberry



Nannyberry



TREES!

APPLE FAMILY

ASPEN

BEECH

CHERRY

CONIFERS

COTTONWOOD

DOGWOOD

ELM

EMPRESS

GINKGO

HAZELNUT

HICKORY

HOLLY

JUNE BERRY

LINDEN

LOCUST FAMILY

MAPLE FAMILY

MIMOSA

MULBERRY FAMILY

REDBUD

OAKS

PAW PAW

PERSIMMON

SASSAFRAS

SWEETGUM

SYCAMORE

TULIP POPLAR

WILLOW

WALNUT FAMILY

EDIBLE TREE LEAVES? *THINK KALE CHIPS & WRAPS*

Maple



Hawthorn



Elm



Linden



Birch



Beech



Empress



Sassafras



Mulberry



Paper Mulberry



APPLE, CRAB - *edible fruit*



APPLE – ROSE FAMILY – *edible fruit*

Hawthorn (also leaves) – Hackberry (also leaves) – Pear



Plum

–

Quince

–

Rowan



ASPEN – *edible catkins, inner bark, sap*



BEECH – *edible young leaves, nuts, inner bark*



BIRCH, SWEET

sap, inner bark of twigs used for flavoring



CHERRY FAMILY – *edible fruit*

Black - Choke - Pin



CONIFERS – *edible greens*

Balsam Fir



– Hemlock



– Juniper



Larch



–

Pine



–

Spruce



COTTONWOOD – a forgotten food

edible leaves, buds, seeds, sap, & inner bark



DOGWOOD FAMILY

Cornelian Dogwood (fruit) & Kousa Dogwood (fruit & leaves)



ELM FAMILY – *edible leaves, pods, seeds*

Chinese – Slippery – Siberian



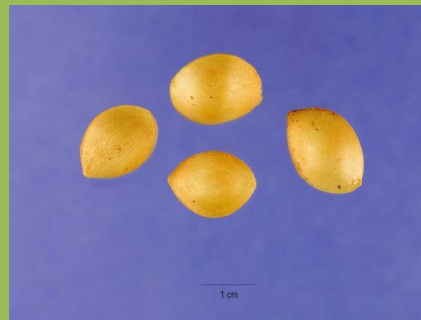
EMPRESS - *edible leaves and flowers*



SPRUCE, FUR & HEMLOCK “TIPS”!



GINKGO — *edible nuts, tea leaves*



HAZELNUT – *edible nuts*



HICKORY, SHAGBARK – *edible nuts & sap*



HOLLY FAMILY - *tea leaves, don't eat berries*
Holly Tea played a part in the American Revolution!



JUNEBERRY - *edible berries*



LINDEN – edible leaves, flowers, fruit, sap



LOCUST FAMILY

Black Locust - Honey Locust - Kentucky Coffee Tree



BLACK LOCUST - *edible WHITE BLOSSOMS*



HONEY LOCUST PODS

think “peas & carobs”



MAPLE FAMILY

edible sap, seeds, inner bark, and sweet young leaves

Sugar — Silver — Norway — Box Elder



MIMOSA – edible flowers & leaves



MIMOSA & BLACKBERRY CORDIAL



MIMOSA TINCTURE

MULBERRY FAMILY - *edible fruit & leaves*

Black Mulberry



Red Mulberry



PAPER MULBERRY – *edible fruit & leaves*



OAK FAMILY – *edible acorns*

White



Pin



Red



Chinkapin



PAW PAW – *edible fruit*



PERSIMMON

edible fruit, seeds, and leaves



REDBUD

edible leaves, buds, flowers, pods, & seeds



SASSAFRAS – *edible leaves & drinkable roots*



SWEETGUM – *edible sap*



SYCAMORE – *edible sap*



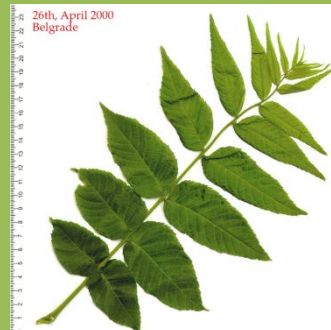
TULIP POPLAR

roots for flavoring, edible sap, & bees love it!



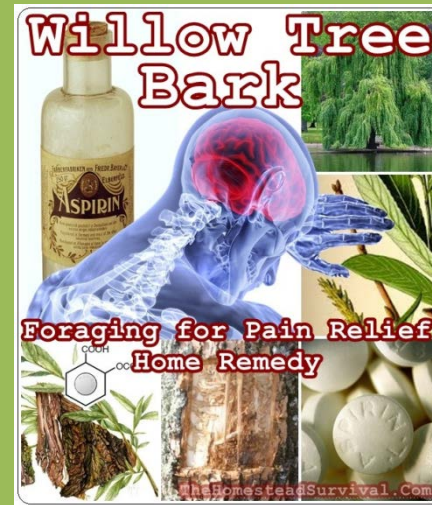
WALNUT FAMILY – *edible nuts*

Black Walnut & Butternut



WILLOW, BLACK

edible bark and leaves in all willows - used mainly for pain relief!





WILD FOODS 101!



THANK YOU FOR WATCHING!

Lynn Landes, Founder



(Philadelphia Inquirer photo)

Wild Foodies.org

(4,900+ members)

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was brought to you by**

WildFoodies.org

This Power Point is a general over-view of wild foods available in the Mid-Atlantic Region of the U.S. and many other places. Please go to our website for specific information on each plant, which parts to use, and how to prepare them, as well as cautions, comments, and photos.

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