



Adventures with Foraging

Shopping for groceries in
your backyard



Seeds2Plate



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Garden Coach & Speaker

Gardening advice from seed to plant to harvest to plate

Sign up for my mailing list at: www.seeds2plate.com/subscribe

Safety First!

- Know what you're foraging
- Watch for chemicals and dog pee
- Eat small amounts to test for sensitivities
- Harvest $<1/3$ of crop to ensure future harvests (unless it's invasive)
- If in doubt, compost it!
- Watch for ticks



Lawn

Flower beds

Open Fields

Plant
Locations

Lawn

	Parts Used	How to Consume
Clover	Flowers, leaves	Fresh, dried, infusion
Dandelion	Flowers, leaves, roots	Fresh, dried, fermented
Hairy Vetch	Flowers, leaves	Fresh
Lamb's Quarters	Leaves, seeds	Fresh or cooked
Purslane	Leaves, stems	Fresh or cooked, pickled
Sheep Sorrel	Leaves	Fresh or cooked
Violet	Flowers, leaves	Fresh or dried, candied flowers

Flower Beds

	Parts Used	How to Consume
Bee Balm	Flowers, leaves	Fresh, dried, vinegar infusion, use as seasoning
Daylily	Flowers, buds, shoots, tubers	Fresh flower & buds, cook tubers and shoots
Hibiscus	Flowers, leaves	Fresh or dried flowers, cook leaves
Nasturtium	Flowers, leaves, seeds	Fresh or dried, pickle seeds
Prickly pear cactus	Nopales (pads), tunas (fruit)	Cook, use for jelly & jam
Rose	Flowers, hips, leaves	Fresh or dried, freeze hips

Open Fields

	Parts Used	How to Consume
Elderberry	Flowers, fruit	Fresh or dried flowers Cooked berries, use as infusion
Garlic Mustard	Leaves, flowers, roots	Fresh or cooked
Japanese Knotweed	Shoots, roots	Pickled, fermented or tinctured
Lilacs	Flowers	Fresh in tea or sugared
Staghorn Sumac	Fruit	Infuse for Sumac-ade, Dry berries for seasoning
Stinging Nettle	Leaves	Cooked, steamed or dried

Foraging for more?

Foragerchef.com

-Educational blogs about edible plants and mushrooms and recipes

Backyard Foraging by Ellen Zachos

-Common plants and basic info for finding and eating

Northeast Foraging by Leda Meredith

-More plants and detailed information on ID

