

FLOWERS (just the *petals* for the most part)

NASTURTIUM whole flower and leaves: flower's bright colors add spice and splash to salads and as garnish.

RED/PURPLE CLOVER (*Trifolium pratense*): petals for raw use. Whole flower plus nearby leaves to dry for tea.

MONARDA fistulosa (Bee Balm): I enjoy the petals. Leaves intense. Different varieties have different flavors and degrees of heat. Leaf and flower used medicinally in tea or tincture forms.

DANDELION: petals raw HONEYSUCKLE flowers: sweet nectar! SCENTED GERANIUM: hmm

PANSY/VIOLETS *Viola* - wild: spring, cool forest floor. Use flower to identify before eating leaves. As for pansies, not all hybridized pansies taste the same. More pretty than tasty if you ask me.

EVENING PRIMROSE, wild = *Oenothera biennis* These grow tall. Yellow buttery petals. Yum. Seems more common wild in Zone 4. Perhaps grow your own. (NOT the cute, squat primrose you buy blooming early spring.)

LEMON GEM SIGNET MARIGOLDS (sold at nurseries) Flower petals, not leaves.

CALENDULA officinalis: warmth and sunshine in a flower - great dried for winter soups for mood, inner warmth, cold and flu prevention. Fresh petals (bruised) are more for adding color (poor man's saffron) than good flavor.

PUMPKIN FLOWERS - Yum! Delicate. I put in my homemade Kimchee.

COLUMBINE: flower part only. Moderation.

ROSE HIPS - Some are edible, but they have fine hairs inside. Stick with Rose Hip Tea. Ask Joe Bergeson about the best tasting hips for tea or research online for yourself.

APPLE BLOSSOMS and other fruiting trees' blossoms: consume in moderation.

DIANTHUS: *Dianthus caryophyllus* - sweet petals in desserts (cut away the bitter white base of the petal). Dianthus - light clove-like or nutmeg scent. (So I've read.) Petals add color to salads.

SUMAC FLOWER: Sweet cold beverage - *ONLY RED, NOT WHITE*: crush a bit, soak in COLD water; strain.

DAY LILY, *Hermerocallis* Some cultivated varieties (bred for color etc) maybe not so great. Keep to the oldies.

LEAFY GREENS:

PURSLANE, *Portulaca oleracea*

Fresh or Cooked: in Salad, on a burger, grazing, add to eggs. Try boiling with dried currants.

PARTS: All. Leaves, stems, roots, flowers, seeds.

NUTRITION: Lots! 1 cup: Vitamin E 100%, Magnesium 100%; Calcium, potassium iron... Omega 3s

CHICKWEED, *Stellaria media*

Fresh! in Salads, on sandwiches, graze while weeding

PARTS: green leaves, stems, flowers

NUTRITION: Vitamins C, A, B-complex, multi-minerals, chlorophyll, (saponins)

NETTLES, *Urtica dioica*

Fresh blended in a smoothie. **Cooked**: chop and simmer. **Dried**: add to soups or soak in hot water as for tea; drink AND eat your tea!

COOKED! You definitely must either cook or dry nettles! Or blend in a smoothie.

Volatile Oil: gives you the sting; rendered painless by cooking or drying.

PARTS: Leaves have fewer spines than the stems. Stems okay to cook. (Juice contains antidote to sting from the volatile oil - ironically)

NUTRITION: **SUPER FOOD!** Calcium, iron, chlorophyll, Vitamin C, Vitamin A, Vitamin K, trace minerals

LOCATION: Outer edges of swampy areas, manure piles, around the barn: wet, rich soil/sunny

OTHER USES: cordage/rope, clothing (how-to site on book list) Roots: hair loss, prostate issues, anti-viral

(Leafy Greens continued...)

LAMBS QUARTERS, *Chenopodium alba*

Fresh or Cooked; fresh - only use younger leaves and harvest before flowering for least bitter taste.

Cooked - can be a little more generous in your gathering and try cooking stem too. Whole or chopped. Try adding raisins.

NUTRITION: Contains oxalic acid (oxalates) unless soaked or cooked. (Oxalic acid is water soluble.)
Calcium! Vitamin A, B Vitamins, minerals

NASTURTIUM: Leaves and flowers - Leaves: peppery, spicy. Flowers: milder

DANDELION: new greens (pre-flowering less bitter), and flowers. Root dried for tea.

VIOLET: leaves, maybe best cooked, several significant nutritional and herbal benefits. Identify when blooming.

OXALIS: Small heart shaped leaves hang from leaf-stem. Lemony flavor, great accent for a salad or sandwich.

RED CLOVER (pink/purple): new flowers for salads; new flowers with a few leaves for fresh infusions or drying.

CLEAVERS Gallium aparine or Gallium odoratum: flowers and greens in moderation. Raw, cooked. Dry for tea.

AMARANTH (Pigweed): Seeds (cook or grind to flour) and young leaves cooked. Use the wild non-hybridized.

GARLIC MUSTARD: greens and seeds. Makes a great pesto - no need to add garlic. Invasive further south/WI.

OSTRICH FERN FIDDLE HEADS: choose the youngest and fry with butter.

SHEPHERD'S PURSE: raw or cooked: edible seeds, new leaves, young stems if cooked.

PINE NEEDLES: brew 'em, chew 'em, or make a vinegar infusion: Soak in Apple Cider Vinegar 4-6 weeks.

MILK WEED: early sprouts cooked like asparagus (Joe's done it) tastes great. I.D: make sure it's **not dogbane**.

PARSLEY: Replace lettuce with **parsley on your sandwich** for a dose of vitamins and minerals in perfect ratios for your body - easier on your digestion than a MegaVitamin! fiber included.

PLANTAIN: Young cooked leaves pre-flowering. Some people eat raw in salads. Stringy. Suit yourself. Great skin wound healer: chew a leaf to bruise cells and apply to bug/bee stings, shallow cuts, scrapes. Not for deep or puncture wounds as heals skin over too quickly. For deeper wounds, refer to Yarrow leaves.

ROOTS/RHIZOMES:

BURDOCK (root), *Arctium lappa* - Raw, Cooked, pickled/vinegar, dried for tea: semi-sweet, earthy flavor. Supportive, gently cleansing - full of nutrients, binds with heavy metals, helps the liver/gallbladder, stones (gallstones and kidney stones), soothing to emotions and vaguely reasoned agitation, supports feeling satiated relative to emotional eating; and so, so much more. Can't get too much burdock root - Eat! Drink! Be healthy. (One burdock caveat: don't drink tea at same time as taking medications as it can render them less effective by bonding with them in digestive system. Meds in the morning, tea at lunch.)

TRUE SOLOMON'S SEAL, *Polygonatum biflorum* Eat horizontal rhizome - sweet! Nutritive and healing qualities. (**DON'T EAT THE BERRIES**)

DANDELION ROOT: boil like carrots, dry for tea. (NETTLE ROOT, YARROW ROOT - dry for medicinal teas)

MALLOW ROOT (*Malva neglecta*): Roots cooked or dried for tea. (Leaves edible also. Research the goodness.)

CATTAIL rhizome (horizontal root), fibrous. Early green shoots too! Make sure it's not Iris - Blue Flag etc. - toxic.

POLLENS:

CATTAIL (early topmost portion, not the long-lasting lower segment), DAY LILY, PINE and more.

NONONONOs!!

Death camus: avoid that one! distinguish from "wild onion"

Water hemlock: absolutely deadly. Distinguish similars: Queen Anne's Lace (edible root) and Angelica.

Castor bean - consume no part of it!

Datura - Don't be eatin' me or my seeds!! (hallucinogen)

Iris - not for consumption

Mullein Seeds - seeds are the only non-consumable part of the mullein plant. Not deadly per se.