



# A QUICK GUIDE TO FORAGING

WHERE AND WHEN TO FIND FOOD IN THE WILD

## WILD STRAWBERRY

*FRAGARIA VESCA*

May – June

Found in fields, meadows, along roads and in open woodlands.

Leaf: Young leaves can be cooked or eaten raw, used in salads, dried for herbal teas.

Roots: Used in herbal teas, coffee substitute.

Fruit: Eaten fresh, used in pies, ice cream, mousses, fruit juices, jams and jellies, candies.



## DANDELION

*TARAXACUM OFFICINALE*

May to July

Dandelions are one of the most widespread wild plants in the world.

Found in fields, lawns and in forests.

Leaf: Add to salad soup or omelettes

Root: Roasted to create caffeine-free dandelion root coffee.

Flower: Syrup, vinegar, tea



## FIDDLEHEAD

*DRYOPTERIS FILIX MAS*

May – June

Found on shaded forest floors and damp shaded areas.

The ancient family of ferns lived before dinosaurs walked the Earth.

Full of vitamin A and C, rich in antioxidants and a great source of fibre and omega-3 fatty acids.

Young stems: boiled, steamed or pickled, they can be added to salad, soup, sautés



## RED CLOVER

*TRIFOLIUM PRATENSE*

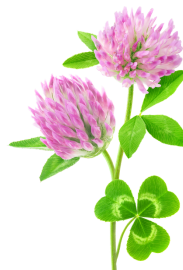
May-September

Widely used as animal feed.

Found in fields, grassy areas, meadows, and lawns.

Leaves: Salads and teas, garnish.

Flower: Herbal tea, jellies, and honey.



## SPRUCE BUDS

*ABIES BALSAMEA*

April-May

Found in northern forests across Canada except the northernmost reaches of Nunavut.

Spruce Buds are the tips of the spruce branches. They can last for multiple months stored at cool temperatures. High level of Vitamin A and C, contains potassium, magnesium, and chlorophyll, also has antibacterial properties-

They are cooked pickled or eaten raw – in salads, vegetable dishes, smoothies, teas, soups, pastas, stews, and desserts (ice cream, shortbread, and pies).



## DULSE

*PALMARIA PALMATA*

June-September

Grows on the northern coasts of the Atlantic and Pacific Oceans and is collected at low tide.

Can be eaten raw, cooked or dried.

Dulse is great as a snack on its own, or you can try dried dulse flakes sprinkled over a salad, in soup or on popcorn.

