

FORAGING

Ramsons, wild garlic



Grows in damp areas, usually in woodlands.

Smells distinctively of garlic, especially when it is in flower.

Has broad green, shiny leaves up to 25cm long tapered towards the end.

In early summer has star shaped white flowers

Leaves look similar to non-edible plants but smell of garlic is unique to this edible and tasty plant.

Eat the leaves or flowers- raw or in soup.

Blackberries, brambles



Widespread and abundant in hedgerows, woodlands, waste land and heaths.

A prickly shrub, usually growing in tangled clumps.

Has prickly and toothed leaves, green to reddish purple in colour.

Has white or pinkish flowers with five petals.

Has distinctive berries turning from green to red to black from August to October.

Eat the berries raw- the ones on the tip of the stalk are sweetest.

Goosegrass, Sticky Willy, Cleavers



****better picture**

Widespread and abundant in hedgerows, woodlands and cultivated ground.

Straggling and bristly, grows 50-180cm high.

Has square stems and narrow pointed leaves in whorls of 6-8 covered with tiny prickles.

Has tiny white flowers from May-June.

Usually thrown at other people's clothes, as it sticks on.

Eat the leaves and stems when they are young- before they have developed the hard round seeds, and ideally when less than 10cm tall as it becomes tough and stringy when older. Use cooked in soup, good mixed with nettles.

Wear gloves to handle and avoid skin contact as it can produce an itchy rash.

Chickweed



Found on cultivated and waste ground.

Forms a loose mat with many stems.

Has soft, small, oval and bright green leaves.

Has small white star shaped flowers throughout the year.

Eat flowers, stems and leaves, raw in sandwiches or cooked in soup.

Best cut with scissors to avoid pulling up the roots which will be muddy!

Ox Eye Daisy



Widespread on banks, pastures and meadows.

Tall upright plant, grows 60cm to 100cm tall.

Has loosely toothed ovate/ paddle shaped leaves, with long thin stems.

Has flowers with bright yellow centre and white petals, 2.5-5.5cm across.

Eat petals raw (don't eat the yellow part, it is very bitter) and put the young shoots and leaves in soups.

Dandelion



Widely available in open grassy places and easily recognisable.

Has green, roughly toothed leaves growing from the base of the flower stalk.

Has large yellow flowers with many fine petals, on a hollow stem which exudes milky fluid when cut.

Eat young leaves washed well, raw in sandwiches or cooked in soup. Avoid older leaves as they are very bitter. The white fluid from stems is also very bitter.

Mallow, common



Widespread and abundant on roadsides, banks and waste land.

Bushy plant, 20-100cm high.

Has crinkly ivy-shaped green leaves.

Has purple, streaked flowers with five petals, up to 4cm across from June to October.

Eat flowers raw or leaves when pale, in the summer, cooked in soup mixed with other leaves.

Stinging Nettles



Widespread and abundant. Grows on waste and cultivated ground, wet woodlands and river valleys.

Grows upright to 150cm high.

Has deeply toothed, ovate leaves which grow opposite each other. Each leaf is 3-8cm long and covered with stinging hairs. Use scissors and gloves to harvest

Cut off the top of each plant in spring or autumn, in summer time they will be tough and gritty.. When preparing remove the stem and use the leaves in soup. In autumn these are best used with other leaves.



Wood Sorrel

Found in woodlands, hedgerows and the edges of lawns and fields.

Has small heart-shaped leaves in groups of 3. Has tiny flowers between April & usually white or yellow with 5 petals. Not recommended to eat large quantities due to its oxalic acid content, similar to spinach.

Can be eaten raw or in soup. Has citric/ lemony taste.