

Chickweed

Latin Name: *Stellaria media*

Chickweed is a delicious weed. It has many medicinal qualities. Prime harvest time is early Spring and Fall.

How to ID: Has a green hairy stem and its leaves are pale green, egg-shaped, smooth, and sit on the stem in pairs. Small white star-like flowers stick up above the upper leaves. Grows in a trailing manner about 4 in tall.

Where to Find: Pops up in the cracks of sidewalks and driveways, in container gardens, flowerbeds, vegetable gardens, fields, waste grounds and roadside. It is said there is no part of the world where Chickweed is not found. The plant thrives late into autumn.

Edible Parts: The whole above-ground plant: leaves, stems and flower buds. Eat them raw. Great to use in small amounts in salads, or thrown in at the end of any dish you wish.

A Modern Herbal. Mrs. M. Grieve. 1971.



Sow Thistle

Latin Name: *Sonchus asper*

Foraged by people worldwide. It is nutritious to eat, and also helps restore healthy nutrients to the soil.

How to ID: Has yellow flowers that look just like dandelions. Leaves have sharp edges and ooze milky juice when broken. Has an undivided rounded stem clasping the lobes. Average height is about 3 ft.

Where to Find: Sow Thistle thrives as a common weed in gardens, near streams, rivers, forest clearings, waste places and pretty much anywhere.

Edible Parts: The leaves are most commonly eaten. Used in salads, added to soups, sautés and much more. Harvest leaves just before flowering – in the Fall.

Around the world in 80 Plants. Steven Barstow. 2015



Burdock

Latin Name: *Arctium lappa*



Burdock is everywhere. The stem is nutritious and delicious to eat.

How to ID: The plant is a dull, pale green, often with a faint purple tinge. Grows up to 4 ft tall with very large heart-shaped leaves that have a gray under color. Flowers are purple. Seed heads are notorious for sticking to animal fur and clothes.



Where to Find: Everywhere. Gardens, fields, roadsides. Harvested Spring to Fall.

Edible Parts: The root is traditionally pickled and eaten. It can also be cut up and cooked in stir fry, or root bakes. The tastiest part is the stem of the leaf, and the stalk of the flower. They are delicious cut up and sautéed in any meal.



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Sheep Sorrel

Latin Name: *Rumex acetosella*

Sheep sorrel is a wild edible plant found everywhere.

How to ID: It is a slender plant, usually growing 3-4 inches tall. The lower leaves narrow into lobes that divide out. It may develop a reddish tinge to the leaves.



Where to Find: Everywhere. Fields, pastures, lawns, dry gravelly places, etc. And its in most parts of the globe.



Edible Parts: The leaves. They have a tangy lemony flavor. Wonderful raw, tossed into a salad, or at the end of any dish. Harvested Spring through late into Fall.

A Modern Herbal. Mrs. M. Grieve. 1971.

