

Purslane

Latin Name: *Portulaca oleracea*

Purslane is a delicious weed. It has leaves rich in omega-3 fatty acids (which prevents heart attacks and strengthens the immune system).

How to ID: Has a distinctive thick, reddish stem and succulent (fleshy), green spoon-shaped leaves. Grows in a trailing manner about 4 inches tall.

Where to Find: Pops up in the cracks of sidewalks and driveways, in container gardens, flowerbeds, vegetable gardens, fields, waste grounds and roadside.

Edible Parts: Leaves, stems and flower buds. Eat them raw or cooked. Great to use in salads, soups, stews or any dish you wish.



Lamb's Quarters

Latin Name: *Chenopodium album*

Lamb's Quarters is a delicious weed. It is nutritious to eat, and also helps restore healthy nutrients to the soil. Be sure not to harvest this plant from a contaminated area, as it can thrive in bad soils. It also appears in perfectly healthy soils.

How to ID: Looks dusty from a distance due to a white powder on the leaves. It produces tiny green flowers that form in clusters on top. Leaves are light green on the top and whitish underneath, some teeth along edges, are goosefoot-shaped. Average height is about 3 ft.

Where to Find: Lamb's quarter 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. Has an earthy, mineral rich taste. Can be eaten in salads, added to soups, sautés and much more.

www.ediblewildfood.com



Pigweed / Amaranth

Latin Name: Amaranthus Spp.

Pigweed pops up everywhere once the heat of the summer sets in. It is nutritious to eat, it attracts beneficial insects, and it improves soil.

How to ID: The stem is distinctive - greenish to slightly reddish but usually red near the roots. Anywhere from 4in to 6ft tall. The flowers are small, green and crowded into clusters on top of the plant. The leaves alternate on the stem and range from dull green to shiny or reddish green. The leaf blade is oval to diamond-shaped. The tips of the leaves are pointed or sometimes slightly notched.

Where to Find: Everywhere. Gardens, fields, roadsides. It has also been cultivated into ornamental varieties found in landscaping, and edible varieties for the leaves and seeds found in farming.

Edible Parts: Young leaves can be eaten raw or cooked like spinach, sautéed, etc. The seed is very small but easy to harvest and nutritious.



Red Clover Flower

Latin Name: Trifolium pratense

Red clover is a wild edible plant with a long history of use. It has been eaten for food and medicine by cultures across the world forever.

How to ID: Has a reddish round flower head. Green leaves have a white or pale green chevron on the upper side which helps to guide pollinator insects to the flower head. Petals are pink or purplish, becoming white toward the base of the flower. They bloom Spring-Fall.

Where to Find: Everywhere. Fields, pastures, lawns, etc.

Edible Parts: The preferable part is the flower. Leaves can be eaten. Good raw, tossed into a salad, cooked in any dish, or used in a tea. Red clover flowers are the tastiest of all clovers.

www.ediblewildfood.com

