Foraging your Backyard

1. Lamb's Quarters (Chenopodium album)

Identification:

- Gray green leaves w/ white powder coating
- Spade, egg, or lance shaped leaves 1–5 cm long
- Lookalikes: *Solanaceae* species

Harvest:

- Young plants can be cut and eaten w/ stems, larger plants will have tough stems- harvest leaves only
- Seeds can be harvested and eaten in moderation

Preparation:

• Prepare like spinach- no blanching needed



2. **Stinging Nettle** *(Urtica dioica)*

(*Ortica atoica*) Identification:

• Dark green,

opposite, deeply serrated leaves

• Covered in stinging hairs

Harvest:

- Harvest tender green in spring
- Harvest seeds in late-summer early autumn

Preparation:

• Can be eaten raw if crushed (mortar and pestle, food processor,

blender, etc.)

3. Cooking destroys stinging hairs (does not need to blended prior

4. Smartweed (Persicaria

pensylvanicum)

Identification:

- Smooth, reddish stems w/ swollen nodes, up to 3 ft tall
- Leaves are alternate, elliptic, with tufts of hairs at base of the leaf
- Flowers clustered in terminal spikes, usually pink, sometimes white

Harvest:

• Harvest aerial parts

Preparation:

• Can be eaten raw or cooked- occasionally smartweed is a bit peppery, so taste the batch before adding to a dish







5. Broad Leaf Dock (Rumex obtusifolius)

Identification:

- Grows in basal rosette
- Broad, smooth oblong leaves with densely netted veins

Harvest:

• Harvest young leaves (unfurled are the best)

Preparation:

• Cook like spinach for a slightly bitter green or blanch for 30-60 second before adding to a dish to remove some of the bitterness

6. Chickweed (Stellaria media)

Identification:

- Succulent, tender, lush
- Tiny spade-heart shaped leaves
- Small, white, star shaped flowers with five petals split to look like 10
- Single line of fine hairs running down the stem
- Lookalike: Anagallis arvensis

Harvest:

• Harvest aerial portions

Preparation:

7. Delicious raw, can also be cooked





8. Common Mallow (Malva neglecta)

Identification:

- Low lying
- Round leaves with long petioles and crenate margin
- Stems & leaves covered with short, stiff hairs
- Small pink flowers

Harvest:

- Harvest leaves or small wheel-like seeds Preparation:
 - Leaves can be eaten raw as a mild green
 - Add seeds fresh to salads, smoothies, etc.
 - Cooked greens and seeds will thicken dishes

9. Wood Sorrel (Oxalis stricta)

Identification:

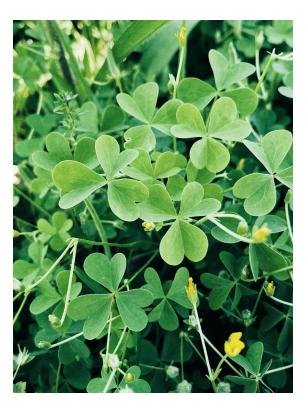
- Small, clover like leaves but leaflets are heart-shaped
- Tiny yellow flowers

Harvest:

• Harvest aerial portions

Preparation:

- Eat raw as a refreshing snack or added to salads
- Add small amounts to dishes for a lemony flavor





10. Blackberry (Rubus allegheniensis)

Identification:

• Thumb-sized black aggregate berries

Harvest:

- Ripe berries will be black and soft- ripe in July-August
- Harvest leaves from 1st year canes

Preparation:

- Raw, desserts, james, meat sauces, etc.
- Young leaves can be made into tea