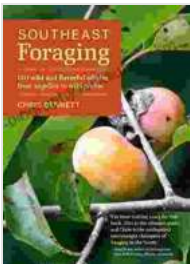


120 Wild and Flavorful Edibles: A Regional Foraging Guide from Angelica to Wild Plums

Embark on a culinary adventure and discover the diverse world of wild edibles that nature has to offer. From the aromatic Angelica to the sweet and tangy Wild Plums, this comprehensive regional foraging guide will empower you to identify, harvest, and savor the flavors of the wild.



Southeast Foraging: 120 Wild and Flavorful Edibles from Angelica to Wild Plums (Regional Foraging Series)

by Chris Bennett

★★★★☆ 4.7 out of 5

Language : English
File size : 253489 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 294 pages
Lending : Enabled



Angélica (Angelica archangelica)



Description: Angelica is an impressive biennial or perennial herb that can reach heights of up to 6 feet. It features large, fern-like leaves and clusters of small, white flowers. The entire plant, including the roots, stems, and leaves, is edible.

Nutritional Value: Angelica is a good source of vitamins A, C, and E, as well as minerals such as potassium, calcium, and magnesium. It is also

known for its antibacterial and antiviral properties.

Safe Foraging: Angelica is generally safe to consume, but it is important to note that the roots and stems can be somewhat bitter. It is best to harvest young plants in the spring or early summer.

Blackberries (Rubus allegheniensis)



Description: Blackberries are a type of bramble fruit that grows on thorny bushes. The berries are typically black or purple and have a sweet and tart flavor. They are a good source of fiber, vitamin C, and antioxidants.

Nutritional Value: Blackberries are a good source of vitamins A, C, and K, as well as minerals such as potassium, manganese, and copper. They are also high in fiber and antioxidants.

Safe Foraging: Blackberries are generally safe to consume, but it is important to wash them thoroughly before eating to remove any dirt or debris. It is also important to avoid eating any berries that are bruised or damaged.

Chickweed (*Stellaria media*)



Description: Chickweed is a common annual plant that can be found in a variety of habitats, including lawns, fields, and gardens. It has delicate, star-shaped flowers and trailing stems.

Nutritional Value: Chickweed is a good source of vitamins A, C, and K, as well as minerals such as potassium, calcium, and magnesium. It is also high in antioxidants.

Safe Foraging: Chickweed is generally safe to consume, but it is important to wash it thoroughly before eating to remove any dirt or debris. It is also important to avoid eating any plants that have been treated with pesticides or herbicides.

Dandelion (*Taraxacum officinale*)



Description: Dandelion is a common perennial herb that can be found in a variety of habitats, including lawns, fields, and gardens. It has a rosette of jagged leaves and a yellow flower head.

Nutritional Value: Dandelion is a good source of vitamins A, C, and K, as well as minerals such as potassium, calcium, and magnesium. It is also high in antioxidants.

Safe Foraging: Dandelion is generally safe to consume, but it is important to wash it thoroughly before eating to remove any dirt or debris. It is also

important to avoid eating any plants that have been treated with pesticides or herbicides.

Elderberries (*Sambucus nigra*)

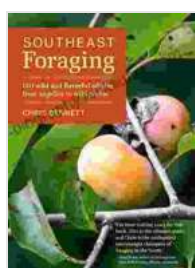


Description: Elderberries are a type of bramble fruit that grows on small trees or shrubs. The berries are typically black or purple and have a tart flavor. They are a good source of fiber, vitamin C, and antioxidants.

Nutritional Value: Elderberries are a good source of vitamins A, C, and K, as well as minerals such as potassium, manganese, and copper. They are also high in fiber and antioxidants.

Safe Foraging: Elderberries are generally safe to consume, but it is important to cook them thoroughly before eating. Raw elderberries can contain a toxin that can cause nausea, vomiting, and diarrhea.

Lamb's-Quarters (*Chenopodium album*)



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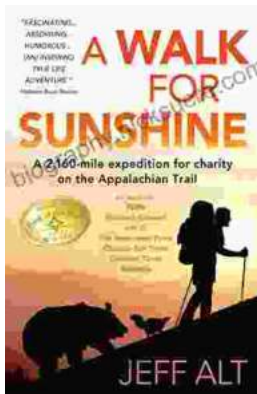
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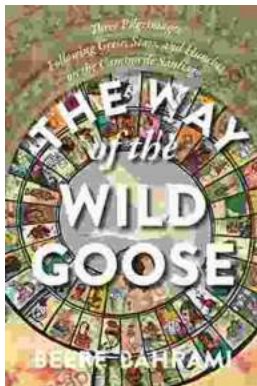
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