

These notes reflect the discussions at the workshop on Food Foraging hosted by Transition Brockville and the Brockville Public Library on Sunday, June 24, 2018. Please consider them only as suggestions for further research.

### General Notes

- Be aware of possible pollution in the area
- Dress appropriately (ticks, etc.)
- Permission to access property may be required
- Research the plant as much as possible in advance
- Be careful not to over-reap the plant
- Allows us to appreciate nature more closely

### Plants

What	Where	Part	When	Why
Purslane	Garden weed	Leaf	June-July	Fresh in salads
Lamb's Quarters	Garden weed	Leaf (young)	June	Use like spinach
Monarda (bee balm)	Gardens	Leaf & flowers		Use like oregano
Gout weed	Garden weed	Leaf	Spring/summer	Use like spinach
Hosta	Gardens	Leaf (young)	Spring/summer	Chop and sauté
Miner's lettuce	Gardens	All but roots	Spring	Salads
Nasturtium	Gardens	Flower Leaf	Spring/summer	Salads As appetizer wrap
Elderberry	Some Hwy 401 ramps	. Flowers . Berries	. When in bloom . When ripe	. Syrup (see recipe) . Cordial
Rugosa rose		. Rosehips (fruit) . Petals	. In fall . At first blooming	. Jams, jellies . Herb butter
Canna lily	Gardens	Rhizome	In fall or spring	Roast like potato
Dandelion	Everywhere!	All parts: . Leaves . Flower bud  . Flower petals . Roots (roasted)	Spring	Superfood! . In spring salads . Bud has mushroom texture . Dandelion wine . Coffee substitute
Daylily	Gardens, fields, roadsides	All parts: . Unopened bud 1" to 3" long . Flowers  . Early stem shoots, < 6" . Tubers	. June  . June-July  . April-early May  . Fall or April	Superfood! . Taste of green beans . In salad, pasta, rice . Saute briefly in butter or olive oil . Oiled & roasted
Ostrich fern fiddleheads	Woodland margins	Unopened frond	April	Boil 15 mins, sauté in oil

What	Where	Part	When	Why
Milkweed (all parts are toxic until cooked)		. Early stem/shoot . Flowers . Pods	. May/June . Late June/early July . Fall	. Blanch, then roast . Make syrup . Use in stews
Sumac	Edges of roads, woods	Mature flowers	July/August	Cold citrusy tea
Herb-Robert		(see notes below)		Tea (anti-oxidant)
Wild strawberries				Easy to pick
Creeping charlie				Medicinal uses. Add young growth to soups
Wild leeks	Woodlands		April	
Mushrooms – 5 varieties easier to identify eg. puffballs				
Stinging nettles	Garden weed	Leaves	May-July	Teas, soup, hair rinse
Red clover		Blossom		
Jerusalem artichoke		Rhizome	Fall or early spring	Cook like potato
Wild ginger				
Cattails		Rhizome		
Wild watercress				Soup, salad, sauté
2 <sup>nd</sup> year juniper berries				2 per soup/stew pot (like bay)
Plantain	Lawn weed	Leaves	June-August	Itch balm

## Resources

### A) Books

- *Stalking the Wild Asparagus* by Euell Gibbons (Alan C. Hood & Company, Inc.; 1962)
- *Herbs for Cooking & Health* (Harper Collins Publishers; 1987, 1998) – Collins Gem illustrated guide
- *Wildflowers Along The Alaska Highway* by Verna E. Pratt (Alaskakrafts Inc. Publishing; 1991, 1996, 2000) – colour-coded with 497 colour photos
- *How to Get Your Lawn Off Grass* by Carole Rubin (Harbour Publishing; 2002) – colour-photo guide to turning off the water tap and going native
- *The Forager's Harvest* by Samuel Thayer (Foragers Harvest Press, 2006)
- *Nature's Garden: A guide to identifying, harvesting and preparing edible wild plants* by Samuel Thayer (Foragers Harvest Press, 2010)
- *Edible Wild Plants: Wild Foods from Dirt to Plate* by John Kallas (Gibbs Smith; 2010)
- *Backyard Foraging: 65 Familiar Plants You Didn't Know You Could Eat*, by Ellen Zachos (Storey Publishing, 2013). This book is sold at the TSC store, behind Walmart; price \$27

## B) Online

- *Eat the Weeds and other things too* – website of Green Deane – <http://www.eattheweeds.com>
- *Wild Edibles* – YouTube series, 3 seasons – <http://youtu.be/YevUz69iWvs>

## C) Recipe for Elderflower Syrup

12 flower heads  
80 gm citric acid  
2 kg sugar  
Grated zest of 2 lemons  
1.25 L boiling water

Choose newly opened blossoms, and pick off any bugs. Do not wash. Assemble flowers, and lemon zest in a large pot. Slice and add the lemons.

In another pot, dissolve the sugar and citric acid in boiling water. Pour the syrup over the other ingredients and cool. After 48 hours, strain through muslin into bottles or jars (mason jars work well).

Store in cool place. Keeps up to one year.

To serve, dilute with water or sparkling water about 1:8, or to taste. Also tasty in a glass of white wine.

## D) Herb-Robert

This grows freely amongst other forest/garden native plants and visually adds beauty as a free-seeding bi-annual. Delicate, spreading on one central root system. Pull it, throw it off to the side of a fence or forest edge and the following year – another lovely patch. Left unattended, it self-seeds and will fill in spaces along shaded areas of a forest garden, or rock garden. Lovely, airy plant thrives in dappled, shady, and moist areas. Pairs nicely with Forget-Me-Not.

From *Wikipedia*:

*Geranium robertianum*, commonly known as Herb-Robert, Red Robin, Death come quickly, Storksbill, Fox geranium, Stinking Bob, Squinter-pip (Shropshire), Crow's Foot, or (in North America) Roberts Geranium, is a common species of cranesbill native to Europe and parts of Asia, North America, and North Africa.

Dr. Otto Warburg, Nobel Prize winner, said in 1966, "The prime cause of cancer is lack of oxygenation of the cells". He discovered that riotous, wayward cancer cells could not exist in the presence of abundant oxygen, but only in an anaerobic state. Because oxygen plays such an important role in cell health and immune function, using Herb Robert regularly is a powerful contribution to maintaining robust good health and well-being.



Herb-Robert self-seeded at our kitchen door

- <http://www.juliasedibleweeds.com/general/healing-with-herb-robert/>
- <http://www.luontoportti.com/suomi/en/kukkakasvit/herb-robert>

*Thanks to Jen Rogers and Virginia Glover for additional info provided after the workshop.*