



Fact Sheet

Wild food, edible flowers and the power of taste!



Gathering wild leaves and any food to eat like berries or nuts from green spaces like verges, fields, parks or hedgerows is really fun and is called **foraging**.



After many recent years of people just wanting to get their food from the supermarket, recently more and more people are getting interested again in finding the tasty wild food that nature gives us for free, and is often hiding in the grass, bushes or trees just near where you live!

But you really do have to be very very sure of what you are type of plant you are picking (!!)

as although many wild plants and fruits are edible, nutritious and very tasty, there are also a few poisonous ones!!

So best to go out looking with someone who knows all about plants the first time – then they can help you pick things that are definitely safe to eat.

You can also feel like you have been a bit of a forager by having a good wander around your own garden, backyard or park, and this might be easier! Or I find it really fun to just get some normal salad leaves out of my fridge at this time of year and simply pick a few beautiful flower petals or more unusual wild leaves to add in to make it a more colourful and interesting mix of salad!

Thousands of years ago, before humans invented farming, all of their food had to be foraged or hunted for in the wild.

Foods like berries, seeds and nuts would have made up most of people's diets, with only the occasional bit of meat if the hunters were lucky enough to catch a wild animal like a rabbit or deer.

More information:

<https://www.woodlandtrust.org.uk/blog/2020/04/edible-garden-weeds/>

<https://forager.org.uk/recipes/130-wild-leaf-salad-with-apple-and-lettuce>

<http://www.hedgerowharvest.org.uk/Foraging/Autumn>

