

Easy Edibles

Wild

Always get permission to harvest from someone else's land.

Always make sure your identification is correct and that you know how to properly harvest and prepare the plant.



Spicebush

Collect twigs (year-round), bark (year-round), and young leaves (spring). Pack into a saucepan, cover with water, and simmer until it's strong enough for you. Serve as hot tea, or chill (optional: add sweetener) and serve as iced tea.

Never harvest from an area treated with insecticides or pesticides!

Common Violet

Pluck flowers and young leaves. Toss both into a greens salad, or sprinkle the flowers on a cake or vanilla ice cream.



Gill-over-the-ground

Pluck leaves and dry thoroughly (a dehydrator works great). Use as a substitute for store-bought mint tea. Dress it up by mixing in dried lemon balm, chamomile, or other mints to make your own mint tea blend.

Never harvest from the side of a road (think about what drips out of cars!).

Sassafras

Pluck leaves and dry thoroughly. Crumble and use as a thickener and seasoning for gumbo and soups.



Sorrel

Pluck leaves and flowers. Place in saucepan and cover with water. Simmer until water turns yellowish. Strain water into a pitcher. Add sugar to taste and chill, then enjoy a cup of sorrel-ade.