



Lindsay Huettman

Spring Edibles of Washington



**Why harvest
wild edibles?**



Connection.....Community.....Empowerment...

AND MORE HEALTHY!!!...



Things to know when harvesting wild edibles:

- **Location?**
- **ID!!! Poisonous??**
- **Healthy?**
- **Sprayed?**
- **Endangered?**
- **Storage?**
- **1 in 20 rule**
- **Right parts?**
- **Right time?**
- **Give back...**

Are you going to use it?

Plant Food as Medicine



Health Benefits of Vitamin A

Prevents cancer

Builds immune system

Supports bodily functions

Delays signs of Ageing

Improvement in vision

Makes the bones stronger

Prevents Urinary Stones

Promotes Muscle Growth

Reduces acne

Antioxidant Capabilities



Health Benefits of Vitamin B

It helps in healing wounds faster

Your problem of canker sores will be solved

You can be free from alcohol addiction

Treats anxiety

Improves body performance

Help in eliminating ADHD symptoms

People with hives can be treated

Cures stomach problems

Osteoporosis can be treated

It helps in premenstrual syndrome



Health Benefits of Vitamin K

Preventing osteoporosis

Reduces the clotting of blood

Reduces excessive menstrual flow

Prevents internal bleeding

Reduces menstrual pain

Relieves nausea during pregnancy

Prevents hemorrhaging in babies

Prevents biliary obstruction

Protects the immune system

Regulates the blood sugar



HEALTH BENEFITS OF MINERALS

Pottassium- Manages diabetes and boosts brain function

Iron- Aids in formation of hemoglobin and prevents anemia

Magnesium- Treats high blood pressure, lowers anxiety and stress

Phosphorous- Reduces muscle weakness and corrects sexual weakness

Zinc- Manages skin care, eczema, acne, heals wound and nights blindness

Calcium- Boosts bone health, relieves insomnia and improves dental health



Stinging Nettle-*Urtica dioica*

**Leaves, Seeds,
Fiber**

Common Uses: Like spinach, dried for tea and ground up for pesto. Seeds: dried

Nutrition: High in calcium, protein and iron

***Caution! Must harvest with care! Causes rash
Heating/drying denatures acid***



Osoberry-*Oemlaria cerasiformis*



Common Uses: Eat the leaf buds raw, stir fry; Fruit is eaten raw or made into jam; great as salad dressing



Nutrition: Anthocyanins; High in Vit C, also some Iron, Potassium

Waterleaf-*Hydrophyllum* sp. (Pacific or Fendlars)



Common Uses: Young leaves are great as salad greens; When they get older...too fuzzy! Cooked green in soups and stir fry as it gets older; Flowers are edible



Nutritional: It has not been analyzed to my knowledge There is ALWAYS high nutrient value in wild plants due to phytonutrients.

Big Leaf Maple-*Acer macrophyllum*

Common Uses: Flowers and Seedlings are eaten raw, stir fried, fritters and pickled. Sap is harvested-low in sugar so takes more (Jan/Feb)

Nutritional: The sap is said to be high in Vit. A and C; There is ALWAYS high nutrient value in wild plants due to phytonutrients.



Dandelions-*Taraxacum officinale*

Common Uses: Greens, Vinegars (flowers/leaves); Flowers-fritters, salad garnish Roots-tea, vegetable



Nutrition: Excellent source of vitamins A, C and K. They also contain vitamin E, folate and small amounts of other B vitamins



Salmonberry- *Rubus spectabilis*

Common Uses: Flower petals are harvested as garnish; eaten fresh; vinegars/oils for color; Berries!; Shoots peeled and treated like asparagus.



Nutrition:

They contain the vitamins A and C in minor amount. Small amount of various minerals including potassium, iron and calcium are also present in these fruits.(Only Foods)



Thimbleberry-*Rubus parviflorus*

Common Uses: Flower petals are harvested as garnish; eaten fresh; vinegars/oils for color; Berries! Shoots peeled and treated like asparagus

Nutrition:

They contain the vitamins A and C in minor amount. Small amount of various minerals including potassium, iron and calcium are also present in these fruits. (Only Foods)



Lady Fern-*Athyrium felix-femina*

Common Uses:

Fiddleheads are good in SMALL amounts raw; COOK to denature enzyme that blocks B Vit absorption. Great for kimchi, pickling and in baked dishes



Nutritional Value:

Vitamin C, Niacin (B 3) and Potassium



Cattails-*Typha latifolia*

Common Uses: Shoot are harvested in spring, the shoots are harvested and **COOKED** (garidia); Female and male parts can be harvest and eaten raw or stir fried/steamed and eaten like corn. Later, the pollen can be harvested from the male part and added to flour, eaten raw sprinkled on dishes.

**Nutrients: High in B
vit (pollen); Stalks-**

Manganese

Vitamin K

Magnesium

Total dietary Fiber

Iron



Fireweed-*Chamerion angustifolium*



Common Uses: Shoots are great as asparagus like greens; The tea from the leaves is a tasty and a great treatment for inflammation

Nutrition: Contains high C and A vitamins



Plantain-*Plantago major*

Common Uses: Young leaves (ONLY!) as salad greens

Nutrition: High in iron and many other minerals; VERY nutritious. High in calcium, VIT A, C and K; Zinc and Potassium, Silica







SEEDS:

Plantain seeds are rich in proteins, carbohydrates and omega 3 fatty acids.



commonsensehome.com/broadleaf-plantain/

Lambs Quarters/Pigweed-*Chenapodium* sp.

Common Uses: Great for a green that is cooked; there are some enzymes to be denatured if you eat in large quantities-VERY tasty! Like spinach.

Nutrition: “According to journalist and food advocate Michael Pollan, lamb’s quarters is one of the two most nutritious plants in the world (source)”

“ It is rich in beta carotene, vitamin B2, niacin, calcium, iron, and phosphorus. Lamb’s quarter greens are also an excellent source of vitamin A and more than 4% protein.”-This Organic Life



Mustards-*Brassicaceae*

Common Uses: Shoots, Flowers, greens and seed pods are used for greens, natural mustard, wild wasabi because they can be very spicy! Too much can irritate stomach

Nutritional Value:

Good source of Protein , Niacin and Phosphorus, and a very good source of Dietary Fiber, Vitamin A, Vitamin C, Vitamin E (Alpha Tocopherol), Vitamin K, Thiamin, Riboflavin, Vitamin B6, Folate, Calcium, Iron, Magnesium, Potassium, Copper and Manganese.

Read More <https://nutritiondata.self.com/facts/vegetables-and-vegetable-products/2489/2#ixzz5kLMIBvYB>



Chickweed: *Stellaria media*

Common Uses: The **WHOLE** plant is a great salad addition; food as medicine



Nutrition: Chickweed is loaded with nutrition, being high in chlorophyll, minerals (especially calcium, magnesium, manganese, zinc, iron, phosphorus and potassium), and vitamins (especially C, A—from carotenes—and B factors, such as folic acid, riboflavin, niacin and thiamine). <http://pathwaystofamilywellness.org/Nutrition/chickweed-is-a-star.html>

Purslane-*Portulaca sp.*

Common Uses:

Whole plant can be pickled, stir fry, soups, etc.

Nutritious

Purslane packs the highest amount of vitamin A present in any leafy vegetable. Vitamin A is important for the improvement and maintenance of visual health, and is also crucial for bone and cell growth.”

<https://articles.mercola.com/herbs-spices/purslane.aspx>



Siberian Miners Lettuce: *Claytonia sibirica*



According to a study in the *Journal of the American Dietetic Association*, 100 grams of miner's lettuce—about the size of a decent salad—contains a third of your daily requirement of Vitamin C, 22 percent of the Vitamin A, and 10 percent of the iron.

Oxeye Daisy Leaves-*Leucanthemum* *vulgare*



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Red Alder and Beaked Hazelnut Catkins

Red Alder-(Tree)



Beaked Hazelnut-(Small Tree)



engaging in the natural processes that sustain us...

stoneageskills.com

A Note on Eating Alder Catkins

One fine day in mid-March, here on the Olympic Peninsula of Washington State, found me scouting my new landscape for wild edibles. Old salal berries, huckleberries, rose hips, various leaves and roots, sweet hemlock tree cambium, licorice fern, earthworms—all fine tidbits for the table. Since there were not many mushrooms this time of year to draw my attention, I actually looked upward once in a while, a direction my forage-vision doesn't usually go. Leaf-out of deciduous trees and shrubs had just begun, when I noticed that the red alders (*Alnus rubra*) were sporting thousands of fresh catkins, or hanging spikes of male flowers.



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- 0.6 oz of crude protein
- 1/3 oz of simple sugars
- 1/6 oz of crude fat
- 1/3 oz of starches
- all amino acids necessary for human health
- over 40 vitamins and minerals
- trace amounts of glucose oxidase, an antibacterial compound

<http://stoneageskills.com/articles/eatingaldercatkins.html>

Eastside/Coastal Spring Edibles

- **Arrowleaf balsamroot**

(Basalamorhiza sagittata)



- **Wild Onions**

(Allium sp.)

- **Glacier Lily**

(Erythronium grandiflora)

- **Spring Beauty**

(Claytonia virginica)



Nutrition & Wild Plants:

- **Secondary Metabolites: plant defense**
 - **Historically bred out beneficial substances for SUGAR and SIZE**
 - **Many MORE times nutritious and disease fighting-**
 - Wild Tomatoes-15 X more lycopene than domestic
 - Wild Andes Potatoes-28 X more phytonutrients than russets
 - Wild Nepalese Apples-100 X more phytonutrients than domestic
- (Jo Robison-Eating on the Wild Side)**
- **Lindsay's Philosophy: More nutritional domestic choices & supplemental wild choices! Don't strain yourself!**