

Edible Weeds

Tuesday Gardening Series

August 13, 2019

Online Resources

- eattheweeds.com
- foragingtexas.com
- honestfood.net
- Oklahoma Wildcrafting Facebook Group

Precautions

- Positive/accurate ID critical
 - o Avoid carrot family
- Area harvested: Heavy metals? Pesticides? (PHI, preharvest intervals)
- Sustainability:
- May need to cook before eating (e.g. poke, morels)
- First time: try small amount

Common Summer Edible Weeds

- Purslane
- Lambsquarters
- Amaranth
- Perilla
- Creeping cucumber
- Jerusalem artichoke
- Sorrel

Common Cooler Season Edible Weeds

- Wild *Allium* spp.
- Dandelion
- Chickweed
- Henbit and dead nettle
- Pokeweed

Others to Explore

- Violets, *Viola* spp.
- Cleavers, *Galium aparine*
- Dock, *Rumex crispus*
- Spring beauty, *Claytonia virginica*
- Maypop/passion fruit, *Passiflora incarnata*
- Plantain, *Plantago* spp.
- Peppergrass, *Lepidium* spp.
- Sheperd's purse, *Capsella bursa-pastoris*