Wild Harvest

The plants in this booklet were found within a quarter acre in Fulton County. I regularly eat many of these varieties, and others. They make a great living salad when you add them to your lettuce, arugula, and fresh herbs. Such a salad has so many flavors that you won't need dressing if you eat it like my family does, sprinkled over our rice, beans, and tofu.

If your yard is not sprayed, or you live close to a public park with green space that is not manicured, you will be able to have greens harvested within 10 minutes of eating time. That means you will get that vital oxygen within the plant, plus the minerals, and non-irradiated nutrients you need so much!

Go out today—gather another gift from God to you.

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Sorrel

Tender, low-growing plant. Yellow flowers, heart-shaped leaves. Delicious, sour citrus-like leaves or flowers sprinkled on a salad. Children often love this plant, and it's not hard to identify by sight or taste.

Let's go on a foraging walk!

Know of a place where no chemicals are sprayed? Maybe your yard or an organic farm? Foraging is tops for your diet, and it is excellent for your physical, emotional, and spiritual well-being. You use all the muscles of your body (including your eyes!) while getting fresh air and sunshine. You fill up with gratitude as you get in touch with your great Creator, the Giver of all good. Your heart swells up with love as you bend to pick a free gift of life and health planted by God for your benefit and healing.

If you don't know where to start, or are a little hesitant about trying new things, I will take a foraging walk with you, and eat the edible and medicinal harvests in front of you—so you have no excuse! Let's talk! -*Annette*

annetteconrad@zizosky.com (470) 680-3116



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Dandelion

Tender young leaves, bitter when mature. Yellow flowers on tall, hollow/straw-like stem. Long, toothed leaves at base of stem. Excellent nutritional addition to salad, or munch flowers in the field. The bitter leaves or roots make a cleansing diuretic tea that's good for the blood, liver, and kidneys.



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Cleavers

Long, clinging, square, fibrous stems with circles of small leaves at intervals. It sticks to clothing! Barely noticeable white flowers. This is not good as a salad vegetable, but makes an excellent spring tonic lymphatic tea. Said to help shed weight and cleanse the blood.



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Chickweed

Long, tender stems with a single line of tiny hairs and small, succulent, round but pointed leaves. Small white flowers. The whole plant is a mild and lovely salad ingredient, although the stems are a little long, so just the tips are best. Also great to chew and place on insect bites, wounds, and burns. It has a long list of health benefits if eaten regularly.



Broad-leaf Plantain

Tough, low-growing, oval leaves. Puts up tall seed spikes that can be used like psyllium. Leaves are fine for soup or tea. Also great to chew or mash for insect bites, wounds, and burns. Looks similar to spinach but boasts a superior nutritional profile and grows without cultivation on hard ground.



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Wild Strawberry

Creeping stems with groups of three jagged leaves. Yellow five-petaled flowers followed by small strawberries. Leaves may be made into tea or skin wash. Berries are seedy, with not much taste, but edible and also used for skin care.



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Wild Violet

Low-growing clusters of dark green heart-shaped leaves on tender stems. Flowers range from light to dark purple, to almost pink or white, and sometimes yellow, with 5 petals. Both leaves and flowers make a good, anti-carcinogenic salad, tea, or poultice placed on tumors. Flowers on your salad? It’s not just for fancy catering!



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Cranesbill
Low-growing cluster of round, highly toothed leaves on hairy, sometimes reddish stems. Mild, pleasant addition that adds a lot of character to salads.

Foraging tip:
You may notice the same plant in smaller or larger sizes depending on its growing conditions. Chickweed and cranesbill are good examples. Larger leaves usually indicate better growing conditions, and the plant is likely to be milder and less bitter. However, small, struggling plants may be more medicinally potent.



Bittercress
Leaves like watercress, but smaller. Smooth, sturdy stems with tiny white flowers. Leaves are sparse along stem and in a cluster at the base of the plant. Mild, slightly peppery, pleasant addition to salads. Excellent watercress alternative, and it doesn't need a wetland to grow!



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