

# THE **SANE** PREPPER

*Prepared... WITHOUT the crazy!*

## **Ten Foraging Plants Worth Knowing:**

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## 10 Foraging Plants Worth Knowing:

### Pawpaw

Pawpaws are large native fruits that grow on small understory trees in river valleys and rich woodlands. The soft yellow flesh has a sweet, custard-like flavor often compared to banana, mango, or vanilla.

Edible parts include:

- ripe fruit flesh 🍌

The large seeds and skin are not eaten. Pawpaws are commonly eaten fresh or used in breads, puddings, ice cream, and desserts.



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# Ramps

Ramps are wild onions with broad green leaves and a strong garlic-onion smell. They grow in moist forests in early spring, often forming thick patches on shaded forest floors.

Edible parts include:

- leaves
- stems
- bulbs 🌱

Ramps can be eaten raw or cooked and are often sautéed, grilled, or added to eggs, potatoes, soups, and pasta dishes.



# Elderberries

Most elderberry plants you'll find in North America are:

- multi-stemmed bushes
- about 6 to 12 feet tall
- often growing along roadsides, creek banks, field edges, and sunny clearings

The berries grow in flat-topped clusters called umbels, usually hanging outward from the ends of branches.



## Wood Sorrel

All above-ground parts of wood sorrel are edible. 🍃

That includes:

- the shamrock-shaped leaves
- the tender stems
- the small flowers
- the immature seed pods

The leaves are the part most commonly eaten. They have a crisp, tart lemon flavor that works well raw in salads, soups, or as a trail nibble.

Wood sorrel contains oxalic acid, the same compound found in spinach and rhubarb. Most people can safely eat moderate amounts, but large quantities aren't recommended, especially for people prone to kidney stones or certain kidney disorders.

Foragers usually treat it as a flavorful wild green rather than a bulk vegetable.



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## Lambs Quarters

Lamb's quarters is a common wild green with soft, dusty-looking leaves and a flavor similar to spinach. It grows in gardens, fields, and disturbed soil, often reaching several feet tall.

Edible parts include:

- young leaves
- tender stems
- growing tips
- immature flower clusters



# Miner's Lettuce

Miner's lettuce is a small, tender plant with round, cup-shaped leaves and a mild, fresh flavor. It grows in moist, shady areas and is commonly found in forests and along stream banks in early spring.

Edible parts include:

- leaves
- stems
- flowers
- seed pods



# Purslane

Purslane is a low-growing succulent with smooth, round leaves and reddish stems. It has a mild, slightly tangy flavor and commonly grows in gardens, sidewalks, and disturbed soil.

Edible parts include:

- leaves
- stems
- flowers
- seed pods



## Serviceberries

Serviceberries grow on shrubs or small trees and produce clusters of sweet purplish-red berries with a flavor similar to blueberries. They're commonly found along woodland edges, fence rows, and open forests.

Edible parts include the ripe berries.



# Stinging Nettles

Stinging nettles are tall leafy plants covered with tiny hairs that can cause a sharp sting when touched. They grow in moist soil along creeks, fence rows, woodland edges, and shaded fields.

Edible parts include:

- young leaves
- tender upper stems 🌿

Always cook nettles before eating. Boiling, steaming, or sautéing removes the sting completely. They're commonly prepared like spinach and are excellent in soups, stews, omelets, and teas.



# Plantain

Plantain is a common lawn weed with broad oval leaves marked by distinct parallel veins. It has a mild flavor and is often found in yards, trails, fields, and disturbed soil.

Edible parts include:

- young leaves
- seeds



## Rose Hips

Rose hips are the bright red or orange fruit of wild rose plants. They appear in fall, often after the first frost, and are extremely high in Vitamin C with a tart, fruity flavor.

Edible parts include:

- outer fruit flesh

The seeds inside contain irritating hairs and are usually removed before eating. Rose hips are commonly used in teas, jams, syrups, and soups.



The investment required to become a competent forager is primarily time spent outdoors with good references. It's one of the most genuinely satisfying preparedness skills to develop, partly because it makes any outdoor environment look less hostile and more like a potential resource.

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