

The Future of Food

Edible Wild Plants

European Learning Partnership



Dandelion - *Taraxacum officinale*

- edible parts: leaves (salad), stems, flowers (deco), buds (capers), seeds (sprouts), roots (coffee) • HU: Gyermekláncfű; GER: Löwenzahn; ES: diente de leon; NL: paard-bloem

Stinging Nettle - *Urtica dioica*

- edible parts: leaves (tea), young tips (soup), green seeds (muesli, salads) • HU: Nagy csalán; GER: Brennessel; ES: ortiga; NL: brandnetel



Hedge Garlic - *Alliaria petiolata*

- edible parts: leaves (salads), flowering tips, flowers
- HU: Kányazsombor; GER: Knoblauchsrauke; ES: aliaria; NL: look-zonder-look



Dead Nettle - *Lamium album*

- edible parts: leaves (salads), young tips, flowers • time: early spring before flowering
- HU: fehér árvacsalán; GER: weisse Taubnessel; ES: ortiga blanca; NL: witte dovenetel

Plantain - *Plantago lanceolata*

- edible parts: leaves (salad)
- HU: lándzsás útifű; GER: Spitzwegerich; ES: llantén menor; NL: smalle weegbree



Cow Parsley - *Anthriscus sylvestris*

- edible parts: leaves (salad)
- time: autumn, spring
- HU: erdei turbolya; GER: Wiesenkerbel; ES: perifollo verde; NL: fluitekuid



Yarrow - *Achillea millefolium*

- edible parts: leaves (salad, flowers tea) • HU: közönséges cickafark; GER: Schafgarbe; ES: milenrama; NL: duizendblad



Mallow - *Malve sylvestris*

- edible parts: leaves (salad), flowers, seeds • HU: erdei mályva; GER: Malve; ES: malva común; NL: kaasjeskruid



Ground Ivy - *Glechoma hederacea*

- edible parts: leaves (salad, pesto)

- HU: kerek repkény; GER: Gundermann; ES: hiedra terrestre; NL: hondsdraf



Do's and Don'ts about foraging:

Enjoy and protect nature:

- protect plants: don't pick protected or rare plants
- don't overpick: leave enough for the plant to thrive
- avoid pollution: don't pick in polluted areas or along roadsides
- protect wild life: many plants are important for butterflies, bees, caterpillars etc. Don't pick leaves that are insect homes

Enjoy eating and sharing: eat and share your free food + recipes

Wild Rocket - *Diplo-taxis tenuifolia*

- edible parts: leaves (salad), flowering tips, flowers • HU: ?; GER: wilde Rauke; ES: rucula; NL: vaste rucola

Chickweed - *Stellaria media*

- edible parts: whole plant (salad, pesto) • time: early spring before flowering • HU: tyúkhúr; GER: Vogelmiere; ES: pamplina; NL: vogelmuur



Fat Hen - *Chenopodium album*

- edible parts: leaves (salad, spinach), young tips, whole plant, seeds (flour) • HU: fehér libatop; GER: weisser Gänsefuss; ES: rabarber; NL: melganzevoet

