

The Future of Food

Edible Wild Plants



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: paardebloem



Hedge Garlic - *Alliaria petiolata*

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



Cow Parsley - *Anthriscus sylvestris*

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



Ground Ivy - *Glechoma hederacea*

- edible parts: leaves (salad, pesto)
- HU: kerek repkény; GER: Gundermann; ES: hiedra terrestre; NL: hondsdraf



Chickweed - *Stellaria media*

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

Stinging Nettle - *Urtica dioica*

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



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



Yarrow - *Achillea millefolium*

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



Mallow - *Malva sylvestris*

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



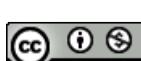
Wild Rocket - *Dipsacus tenuifolia*

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



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



foto's: M. Wijn-www.degodin.nl

This Project Product by The Future of Food Learning Partnership are licensed under a Creative Commons Attribution-NonCommercial 4.0 International License.



This project has been funded with support from the European Commission. This publication/communication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.