

## Top 10 Foraging Plants in North America

Plant	Description	Uses
Dandelion ( <i>Taraxacum officinale</i> )	Recognizable by its bright yellow flowers and jagged leaves. Every part of the plant is edible.	Leaves can be eaten in salads, flowers can be used in fritters, and roots can be roasted as a coffee substitute.
Cattail ( <i>Typha</i> spp.)	Found in wetlands, cattails have long, flat leaves and a distinctive brown, cylindrical flower spike.	Young shoots can be eaten raw or cooked, the pollen can be used as flour, and the roots can be boiled or roasted.
Wild Garlic ( <i>Allium vineale</i> )	Often found in lawns and meadows, wild garlic has a strong garlic smell, and its leaves are narrow and grass-	Leaves, flowers, and bulbs can be used similarly to cultivated garlic or onions.
Chickweed ( <i>Stellaria media</i> )	A low-growing plant with small, star-shaped white flowers and tender leaves.	Can be eaten raw in salads or cooked like spinach.
Wood Sorrel ( <i>Oxalis</i> spp.)	Identified by its clover-like leaves and small, usually yellow or pink, flowers.	Leaves and flowers have a lemony taste and can be added to salads or eaten as a trail
Nettles ( <i>Urtica dioica</i> )	A stinging plant with serrated, pointed leaves and tiny, greenish flowers. Wear gloves when harvesting.	Once cooked, nettles lose their sting and can be used in soups, teas, or as a spinach substitute.
Purslane ( <i>Portulaca oleracea</i> )	A succulent plant with red stems and small, fleshy, green	Can be eaten raw or cooked, and is often used in salads or
Wild Strawberries ( <i>Fragaria vesca</i> )	Small, red berries that grow close to the ground with trifoliate leaves and white	Berries are sweet and can be eaten raw. Leaves can be used to make tea.
Lamb's Quarters ( <i>Chenopodium album</i> )	A tall, leafy green with a white, powdery coating on the leaves.	Leaves can be eaten raw in salads or cooked like spinach.
Acorns ( <i>Quercus</i> spp.)	Nuts from oak trees, varying in size and shape depending on the species.	Must be leached of tannins before eating, then can be ground into flour or roasted.