

HIDE N SEEK

AMARANTH



Amaranthus retroflexus and *viridis*
Leaves in soups and casseroles, seeds in breads and cakes

CHICKWEED



Stellaria media
Young leaves used in salads, soups and stews, or as a garnish

DANDELION



Taraxacum officinale
Leaves used in salads, flowers as a tea, roots as a coffee substitute

FISHBONE FERN



Nephrolepis cordifolia
Watery root tubers cooked, young fiddleheads soaked and cooked

OXALIS



Oxalis spp
Leaves in salad, flowers as a garnish

PLANTAIN



Plantago lanceolata and major
Young leaves raw or cooked, seeds dried and used like Sago or ground as flour substitute

PURSLANE



Portulaca oleracea
Leaves or stems raw or cooked, good soup thickener due to mucilaginous quality

SCURVY WEED



Commelina cyanea (Aus native)
Young leaves and shoots used as vegetable in stews or casseroles

SLENDER CELERY



Apium leptophyllum
Leaf tips and flower heads eaten as a herb or used as a garnish

SOW THISTLE



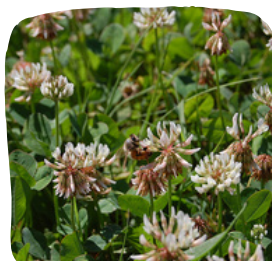
Sonchus oleraceus
Young leaves used in salads, or cooked in soups and stews

THICKHEAD



Crassocephalum crepidioides
Leaves and stems used fresh or cooked

WHITE CLOVER



Trifolium repens
Leaves raw or cooked, roots cooked, flowers raw in salads or dried for tea or flavouring



ACTIVITY INSTRUCTIONS

Using the Wild Edibles Hide n Seek sheet, explore your local neighbourhood to discover some of the edible plants growing wild all around you! Remember to respect private property, try not to damage plants when you harvest and take only what you need.



Please make sure you positively identify any plant, and which parts to use, before eating and be wary of possible contaminants - "If in doubt, go without"!

SUGGESTED LOCATIONS

Foraging in your local area, even your own backyard, is a wonderful way to connect with nature, wherever you live. Try walking around your local streets, or down to the park, to see what you can find. Forage throughout the year, to discover how the wild food story of your hood changes with the seasons...and remember to say hi to the neighbour whose abundant fruit tree overhangs the fence!



FURTHER ACTIVITIES

If you get bitten by the foraging bug and want to delve deeper, check out some of these goodies for info and inspiration:

- thewildfoodhuntress.com.au
- db.weedyconnection.com
- www.milkwood.net
- "Useful weeds at our doorstep" by Pat Collins
- "Wild food plants of Australia" by Tim Low

