

# WILD EDIBLES

# CHEAT SHEET

Sergei Boutenko

Print these pages, laminate them, and take them with you on your next outdoor adventure.



1 Clover



2 Broadleaf Plantain



3 Dandelion



4 Miner's Lettuce



5 Salsify



6 Sheep Sorrel



7 Pineapple Weed



8 Wild Strawberry



9 Fir Needles



- 1 Clover** Three oval leaves with pink, white, or red flowers. Rich in vitamin C, calcium, copper, zinc, and manganese. Add leaves and flowers to salads, smoothies, sandwiches, wraps, and soups. Greens taste similar to pea sprouts. Flowers are slightly sweet.
- 2 Broadleaf Plantain** Round robust leaves with clear parallel veins. Bountiful seedpod on hearty stem. Rich in protein, beta-carotene, and calcium. Apply plantain juice or poultice to cuts and insect bites for instant relief. Eat leaves in salads and soups. Boil young seedpods like green beans.
- 3 Dandelion** Dark green toothy leaves with smooth main vein. Stems contain milky sap. Yellow flowers turn into puffballs in late summer. Rich in vitamins A, B, and C. Great for liver purification. Add young leaves & flowers to salads, smoothies, sandwiches, wraps, and soups.
- 4 Miner's Lettuce** Round, disc-like leaves with a stem that grows directly through the center of the leaf. Tiny white flowers grow at the top of the plant. Rich in vitamins A and C. Greens and flowers are juicy and mild to the taste. Eat as trailside nibble or add to salads.
- 5 Salsify** Bright yellow/ purple flowers with daisy-like petals and pointy green sepals. Rich in vitamins A, B, and C. Beneficial for inner organs. All parts of the plant are edible, but the tender parts taste best. Add flowers and delicate greens to salads, sandwiches, and wraps.
- 6 Sheep Sorrel** Long leaves with symmetrical lobes that resemble a fish. Tiny reddish flowers that grow at the top of the plant. Rich in iron. All parts are edible. Leaves and flowers are slightly sour to the taste. Add tender greens to salads, smoothies, sandwiches, wraps, and soups.
- 7 Pineapple Weed** Tiny, pineapple-like flower heads that grow at the top of the plant. These flower heads smell sweet when crushed. Leaves are made up of many small leaflets. Pineapple weed is essentially wild chamomile. Dry the leaves and flowers and brew in tea.
- 8 Wild Strawberry** Three oval leaves with deep serrations. White flowers with five petals. Tiny red berries. Rich in vitamins A, C, and iron. Eat ripe berries as a delicious trailside nibble. Use young leaves and flowers in salads.
- 9 Fir Needles** Coniferous evergreen tree. Needles are flat and short. Rich in vitamins A and C. Eat light green tips in salads. Steep dark green needles in boiling water and drink as tea.



- 1** Don't eat something if you don't know what it is!
- 2** When trying new food for the first time, eat a small amount to make sure your body reacts positively to it.
- 3** Don't mix wild edibles until you know how they affect your body.

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