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Samuel Thayer is an internationally recognized authority on edible wild plants who has authored two award-winning books on the topic, *Nature's Garden* and *The Forager's Harvest*. He has taught foraging and field identification for more than two decades. Besides lecturing and writing, Samuel is an advocate for sustainable food systems who owns a diverse organic orchard and harvests wild rice ...

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[( Nature's Garden: A Guide to Identifying, Harvesting ...  
When to Harvest: Spring for flowers; Late summer for berries;  
Distinguishing Features: Shrub with smooth, gray-brown bark;  
Umbrella-shaped flower clusters; Purple-black berries in  
clusters; Need to Know: All parts of the plant, other than the  
flowers and berries, are poisonous; Garlic Mustard. Edible  
Parts: Flowers: Salads; Leaves: Salads, tea

15 Wild Edible Plants: How to Identify, Harvest and Eat ...

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Written with novice foragers in mind, *Adventures in Edible Plant Foraging*, serves as a simplified guide to edible plants that can be found throughout North America, and includes a glossary of botanical terms. This all encompassing guide will teach you how to prepare for your first foray into foraging—what to bring and what to watch out for—and show you how to identify various edible wild plants native to your own backyard, the forest, fields and the sandy shores along lakes and beaches.

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The Forager's Harvest: A Guide to Identifying, Harvesting ...  
Identifying & Harvesting Edible and Medicinal Plants  
PDF/EPub by Steve Brill - VFRWSA17NOV81B. The course begins with the basic ground rules of foraging safety and ethics, and then moves on to botany and plant identification. The printable manual is hundreds of pages long and filled with close-up photos for identification, medicinal uses, and loads of easy-to-follow recipes.

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First, rinse or wash the parts of the plant you are using.

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