DELTA RIDGE TECHNOLOGIES

Wild Edibles

Sixteen easy plants, eight that need care, and a found it checklist

THE THREE RULES, BEFORE ANYTHING ELSE



There is no version of this hobby where guessing is acceptable. The rules below matter more than the list of plants.

Rule one

Never eat anything you cannot identify with certainty. Certainty means you know what it is, not what it looks like.

Rule two

Have a knowledgeable person confirm the first time. A photo, a person, or a local expert. Not a search result.

Rule three

Learn the deadly lookalikes for your area before you learn the edibles. Every good guide names them.

WHERE TO PICK, AND WHETHER YOU MAY

LAND	WHAT IS USUALLY ALLOWED
Private land	Only with the owner's permission, and only the part they said yes to
National parks	Generally no collecting at all, plants or mushrooms
National forest and most state forest	Often allowed for personal use, with limits. Check the district
Wildlife management areas	More restricted than you expect. Check before you pick
Roadsides and parks	Often sprayed, often polluted. Skip them for food

HOW TO PICK SO IT COMES BACK

- ☐ Take a third or less of any patch
- ☐ Never pull a plant you can cut
- ☐ Leave the oldest and the youngest
- ☐ Spray and traffic zones are not food
- ☐ Rinse everything before it touches your mouth
- ☐ One new species at a time, a small portion first

SAMPLE

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