

Collecting food in nature

If you do not have a place to grow vegetables you can find edible plants, fruits, berries and mushrooms in the wild. What you can find is determined by the habitat you are in and of course the season of the year. Collecting food in the wild is a great activity but it is important to know how to forage for your food without harming the natural environment or yourself.

Remember:

- First, find out if it is legal to collect plants in the area, and if you want to collect plants on private land, always ask the landowner for permission first.
- Be aware of pollution. If you live in an urban or high-traffic area, avoid plants and mushrooms growing next to roadsides and avoid places with heavy spraying from farming such as herbicides, pesticides and fertilizer. Never eat food from polluted water or land areas.
- Only pick plants and mushrooms that you know can be safely eaten – find good pictures and descriptions of the plants/mushrooms that you want to collect, and bring them with you when you go out to collect. If you are in doubt whether a plant or a mushroom can be eaten or not - do not pick it up!
- Remember only to pick as much as you need and never take all the plants. In this way, the plants can restore themselves and there will be something left for others to collect.

Go and collect

Go out and see what edible plants you can find in the wild. Bring the template below and write down in the box corresponding to the month you are in what you find.

Try to find someone, an elderly perhaps, who can help you find some edible plants in your area, and how to use them.

