

Edible plant handout

Some frequently asked questions.

Why study edible plants?

Nutritional value- It's my opinion, and I'm certain there is some research out there to support it. But the nutritional value of wild edible plants is probably off the charts! The main reason I believe this is because where the plant is growing is perfect for the plant to grow. A wild plant is not sown, it is not cared for, it is not fertilized or pruned. The slope, the shade or lack thereof, the precipitation and soil... every condition has to be perfect for that particular plant species to grow. If the conditions are not perfect, the seed will not thrive.

Are there some general rules to know if a plant is edible?

-The simple answer is NO!

There are no wild edible plant hacks. You will need to put the effort into their study and learn them.

How do I get started?

This is the fun part! You buy a good wild edible plant guide. I wouldn't even bother studying it. Then go to your favorite canyon with flowing water. Pick two plants, then sit down with your book and go through it until you find it. If it's not there, then it's not edible and you move on to the next two plants. When you find one that is edible, take some with you and try it several different ways. Now you know a couple plants. Every time you are out, you can do the same thing. In no time you will be proficient with several plants that you can use regularly in recipes!

What are the emergency benefits to edible plants?

Availability –

the great thing about knowing wild edible plants is that, unlike animal hunting, they don't run away! As long as you know what the plant is, all you have to do is pick it up and prepare it.

Another benefit is that edible plants can be very abundant as well.

References

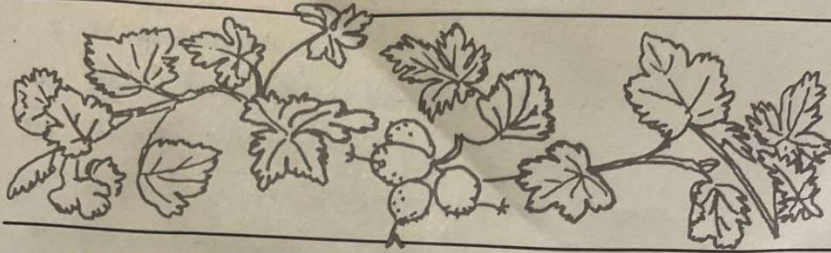
-Edible Native plants of the Rocky Mountains. RD Harrington.

-National Audubon, field guide to wildflowers.

-YouTube-it's easier if you know what specific plant to you want to research.

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EDIBLE



NATIVE PLANTS

OF THE ROCKY MOUNTAINS

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FIELD GUIDE TO
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