Wild Edibles: Field Guide Worksheet 2

“A Field Guide to Wild Edible Plants” by L.A. Peterson

WORKSHEET: How to use a field guide (*continued*)

Look up ten different wild edible plants and give the following information about EACH plant as shown in the example below:

CN: The common name of the plant as given in the field guide. *There may be more than one common name. If so, write them all.*

PN: The page number on which you found the plant. If there is a color plate in the center section of the field guide, include that “Plate Number” also. *The information will tell you whether there is a plate number or not.*

SN: The scientific name (Genus species) of the plant.

WF: “Where Found”: the habitat of the plant.

U/P: “Use/Parts of Plant”: Give the standard ways that the plant may be prepared to eat by naming the part of the plant that is edible and how it is edible (*see the example below*).

EXAMPLE: “Chicory”

 The following is an example of what you should enter into your notebook for EACH of the ten wild edibles listed in this activity. Copy this example into your notebook and look up the information in the field guide so that you can do the other TEN plants on your own.

PLANT # example

CN: Chicory

PN: 144, color plate #7

SN: Cichorium intybus

WF: roadsides, waste places (*not the toilet*)

U/P: Coffee (roots), salad (young leaves), cooked green (boiled leaves), [see pages 15-16, “Explanation of Symbols” for definitions of these uses.]

Copy the EXAMPLE above, then look up and record the same information (labeled and in order as shown in the EXAMPLE) for the following ten edible plants:

1. Wild Mint 6. Wild Carrot

2. Touch Me Not 7. Milkweed

3. Golden Rod 8. Wild Strawberry

4. Plantain 9. Cattail

5. Clover 10. Burdock

Field Guide Activity #2 Answer Key

Plant example

a) CN: chicory

b) PN: 144, color plate #7

c) SN: Cichorium intybus

d) WF: roadsides, waste places (not the toilet)

e) U/P: Coffee (roots), salad (young leaves), cooked green (boiled leaves), [see

 pages 15-16, “Explanation of Symbols” for definitions of these uses]

Plant #1

a) CN: Wild Mint

b) PN: 54, 138, color plate #2

c) SN: Mentha arvensis

d) WF: wet, shady places.

e) U/P: tea (dried leaves)

Plant #2

a) CN: Touch Me Not

b) PN: 92, color plate #7

c) SN: Impatiens capensis

d) WF: wet, shady places.

e) U/P: cooked green (leaves); remedy for poison ivy and stinging nettles (ground

 up stems, leaves)

Plant #3

a) CN: Goldenrod

b) PN: 90, color plate #13

c) SN: Solidago spp.

d) WF: dry open woods, roadbanks, pine barrens

e) U/P: tea (fresh, dried leaves)

Plant #4

a) CN: Plantain

b) PN: 46

c) SN: Plantago spp.

d) WF: lawns

e) U/P: salad (young leaves, sprout), cooked green (young leaves), sautéed

Plant #5

a) CN: Clover

b) PN: 56, 124

c) SN: Trifolium spp.

d) WF: roadsides, lawns, fields

Plant #5 *continued*

e) U/P: salad, cooked green (leaves), tea (flower heads, leaves), flour (flower heads,

 seeds)

Plant #6

a) CN: Wild Carrot, Queen Anne’s Lace

b) PN: 38

c) SN: Daucus carota

d) WF: fields, waste places

e) U/P: cooked vegetable (root)

Plant #7

a) CN: Milkweed

b) PN: 112, color plate #10

c) SN: Asclepias syriaca

d) WF: dry soil, fields, roadsides

e) U/P: asparagus, cooked green (leaves), cooked vegetables (broccoli), fritters

Plant #8

a) CN: Wild Strawberry

b) PN: 30

c) SN: Fragaria spp.

d) WF: fields, open places

e) U/P: fresh or cooked fruit, jam, tea (berries/leaves)

Plant #9

a) CN: Cattail

b) PN: 158, 230, color plate #3

c) SN: Typha latifolia

d) WF: fresh or brackish marshes, shallow water

e) U/P: salad (young leaves), asparagus (young stalks), cooked vegetable (young

 sprouts, pollen), flour (roots, pollen), pickle (sprouts at rootstocks), potato

 (sprouts at rootstocks)

Plant #10

1. CN: Burdock
2. PN: 126, color plate #9
3. SN: Arctium minus
4. WF: roadsides, waste ground
5. U/P: cooked green (leaves); cooked vegetable, salad (leaves); candy (flower

Stalks)