Wild Edibles: Field Specimen Activity

Plant Collection & Identification

1. Use this activity to learn some of the wild edibles near you and to consider plants as part of your cookbook project.
2. Use the following reference books:
3. Peterson’s Field Guide to Edible Wild Plants
4. The Audubon Society Field Guide to North American Wildflowers
5. Find an easily identifiable specimen for 15 (fifteen) of the plants listed below.
6. Take a picture of the plant and insert it below the plant name.
7. Check off the plants below as you obtain your specimen or take a picture.

* The plants in the left column are the ones you MUST know.
* Plants have one or two numbers after it. The first is the page number from“**Peterson’s Field Guide**” and the second is the page number in the “**Audubon**” field guide.

[ ] Chicory pl. 7, 605 [ ] Asters 144, 603-610

[ ] Touch Me Not pl. 2, 315 [ ] Elderberry pl. 2, 217

[ ] Cattail pl. 3, 309 [ ] Violets pl. 2, 597

[ ] Wild Mint pl. 2, 561 [ ] Sumac pl. 11, 410

[ ] Milkweed p. 10, 547 [ ] Jerusalem Artichoke p. 12, 283

[ ] Burdock pl. 9, 487 [ ] Day Lily pl. 7, 370

[ ] Goldenrod pl. 13, 337-44 [ ] Bull Thistle pl. 10, 489

[ ] Clover 56, 120 [ ] Dandelion pl. 8, 305

[ ] Wild Strawberry 30, 58 [ ] Sunflower pl. 9, 286

[ ] Plantain 46, 33 [ ] Wild Asparagus 76

[ ] Wild Carrot 38, 191 [ ] Raspberry, 184

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