

WINTER FORAGING

A Note on Foraging:

- **Always be absolutely certain of your plant identification before consuming any foraged material.** A single mistaken bite could have serious consequences. Consider taking a foraging class or going with an experienced guide to learn proper identification techniques.
- **Respect the environment.** Only take what you need and leave the area as you found it. Avoid disturbing fragile ecosystems or trampling on protected areas.
- **Be aware of local regulations.** Some areas may have restrictions on foraging, especially in parks or nature reserves.
- **Prioritize safety.** Dress appropriately for the weather, wear sturdy shoes, and be mindful of potential hazards like slippery surfaces or wildlife.

Winter Foraging Finds:

While winter offers fewer options than spring or summer, there are still some edible and useful plants to be found:

1. **Evergreen Needles:**
 - **Conifers like pine, spruce, and fir:** Their needles can be used to make tea, which is high in vitamin C.



Pine needles

2. **Rose Hips:**
 - **Wild roses:** These bright red fruits are packed with vitamin C and can be used to make tea, jam, or syrup.



Rose hips

3. **Hawthorn Berries:**
 - **Hawthorn trees:** These small, red berries can be used to make a tart jelly or cordial.



Hawthorn berries

4. **Ground Ivy:**
 - **Creeping plant with rounded leaves:** The leaves can be used fresh in salads or dried for tea.



Ground Ivy

5. **Chickweed:**

- **Low-growing plant with small, white flowers:** The young leaves and stems can be eaten raw or cooked.



Chickweed

6. **Nettle Roots:**

- **Stinging nettle:** The roots can be harvested in winter and used to make a nourishing tea.



Nettle roots

7. **Tree Bark:**

- **Certain trees like willow and birch:** The bark can be used to make teas or infusions. However, it's crucial to identify the correct species and use only a small amount.



Willow tree bark

Remember: Winter foraging requires extra caution due to the cold weather and potential for slippery surfaces. Always dress warmly and be prepared for changing conditions. If you're new to foraging, it's best to start with easily identifiable plants and gradually expand your knowledge