

A dense forest of tall, thin trees, likely spruce or fir, with a mossy forest floor. The trees are dark and vertical, creating a strong sense of depth and texture. The ground is covered in vibrant green moss, with some fallen logs and branches scattered throughout. The overall atmosphere is serene and natural.

WILD EDIBLES COMESTIBLES SAUVAGES

With Geneviève Losier – Forager & Wild Food Expert



MY STORY

MON HISTOIRE

Fiddleheads / têtes de violon

Matteuccia struthiopteris

Ostrich Fern / Fiddlehead Fern

- One of the first wild edibles available in the Spring
- Harvesting lasts about 3 weeks
- High in Omega 3 fatty acids & antioxidants (twice as much as blueberries!)
- High in fiber, vitamins A & C

- Easy to spot, easy to pick (but only pick 2-3 fronds per plant to help the plant keep producing)
- Grows in sandy areas close to rivers that flood every Spring
- Delicious in a salad, wild pickles, boiled then fried in butter and garlic with a splash of lemon juice, plain jane cooked over the fire with some fresh brook trout...
- Don't forget, the stems are just as good!





Stinging Nettle / Orties

Urtica dioica

- A wild vegetable & herb available from June to September
- High in vitamin A & C, iron and protein
- Grows wild in damp, nitrogen-rich soils (farms, near a body of water)
- You know you've walked into a patch of nettles if you get stung and itch like crazy!
Cooking/steaming/drying the plant removes the hairs that produce that uncomfortable sting
- Harvest the top third in Spring/Summer, and the seeds in the late Summer/early Fall
- You can also use the young stem in your cooking
- Delicious in a stir fry, in bannock (simple bread), as an everyday green boost, in finishing salts, in soups, in pesto

Japanese knotweed / renouée japonaise

Reynoutria japonica

- Incredibly invasive! Eat as much as you want of this abundant wild vegetable, either raw or cooked
- High in vitamin C
- Grows in disturbed spaces, near farms, on the sides of roads (take a drive out to Cap Enrage in NB, you'll see it everywhere!)
- Absorbs toxins so be sure to harvest in clean areas
- Harvest in the Spring. Young shoots are perfect for recipes
- Tastes like rhubarb, and has a lemony green taste
- Can replace rhubarb in recipes, or cook as you would asparagus
- Absolutely fantastic as a crunchy pickle, make a knotweed salsa, add to jams and breads





Fireweed / épilobe

Chamerion augustifolium

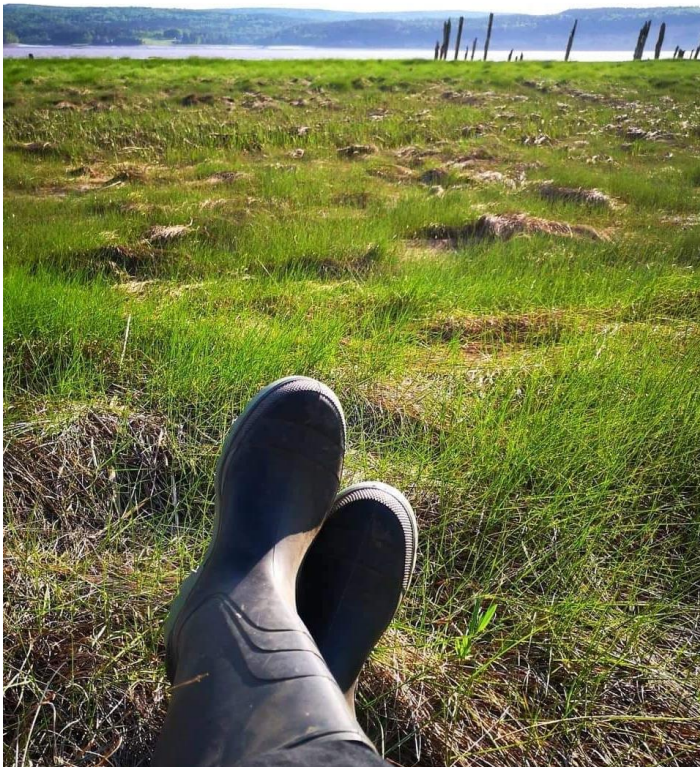
- Found in fields, disturbed soils, in recently burned areas, on the sides of roads
- High in vitamin A & C
- Young shoots are harvested in the Spring, leaves in the Summer before flowering. Flowers, well, when they flower 😊
- Can be used as a substitute for asparagus, young shoots in pickles, leaves in salads and in salad dressing, flowers in desserts or in a jam or jelly. Leaves can also be fermented to make Yvan or Russian tea. Young shoots and leaves can be added to your wild Kimchi

Lambs Quarters / chénopode blanc *Chenopodium album*

Goosefoot, pigweed, wild spinach

- A fast growing plant volunteer that grows wild in gardens and nutrient-rich soils like compost piles
- Harvest from clean areas as they do absorb toxins from their environment
- They pack a serious nutritional punch! High in vitamin A, C, E & K, and is a close cousin to the quinoa
- Seeds are harvested when they turn a pink-red color. Amino acid and protein-rich. Can be ground into a flour, roasted and used as a coffee substitute, eaten as a grain
- Harvest the top third of the plant from June to July. Use as you would spinach (that means in everything!). Add it to your wild salads and vinaigrettes, or in omelettes, potato pancakes, or wilted in a pan with garlic & mushrooms
- Contains oxalates (an acid that is also found in spinach, rhubarb, swiss chard and potatoes). Cooking & freezing it breaks down this acid





Goose Tongue Greens / passe-pierre *Plantago maritima*

- A staple wild food in the maritimes
- Flat & fat greens that grow in bunches in salt marches
- Vitamins A, C & K, potassium
- Related to plantain (*Plantago major*)
- Don't confuse it with poisonous arrow grass (compare the two before ingesting, they grow in the same areas)
- Can be eaten raw or cooked. It's salty, crunchy, keeps its form well in cooking
- Traditionally added to pork shoulder roasts & potatoes
- I prefer to make miso-type seaweed salads with it! Cooked, seasoned, then tossed in a miso vinaigrette (Pictured here: A goose tongue greens miso "seaweed" salad with cattail inner core and chive blossoms, an original recipe)

Ethics of The Forager

- Harvest only what you need, no more
- Protected species are off-limits. Know your at risk species (see United Plant Savers)
- 1 in 20 rule : Harvest where there are over 20 plants to maintain the population
- Leave the biggest & best plants so they can continue to grow the healthiest population
- Honor the animals that live & feed on these plants
- Leave 2/3 of the plant population (that includes Chaga, but not wild mushrooms)
- Bring a gift, a song, an offering to thank the plants for their gift of food or medicine
- Harvest away from polluted areas & 50 feet from roads
- If a friend brings you to their secret harvesting spot, don't go back without their permission. It's called respect
- Bring your kids with you! Teach them to be self-reliant in nature
- **NEVER put anything in your mouth unless you are 100% sure it is safe to eat!**

Most importantly, have FUN! There is nothing better than eating wild and bringing your bounty home to eat & share with your loved ones!



Wild Meal Ideas

- 1) Seafood linguine with homemade noodles, chanterelle & lobster mushroom sauce with local lobster meat
- 2) Garden squash torte with homemade honey mead spelt crust, stuffed with lambs quarter / dandelion greens cream cheese
- 3) Wild lobster mushroom stuffed garden yellow squash
- 4) Bear roast with garden peas, green beans & potatoes, topped with chanterelle mushrooms and a blueberry & blackberry coulis



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