

**Wild food calendar for some plants found in the parish of Roughlee Booth, by the Lancashire Wildlife Trust 2017.**

(green = salad, pale yellow = cooked, brown = tea/coffee, pink = preserves & wines, orange = pickled, white = raw snack)

Common name(s)	Scientific name	Jan	Feb	Mar	Apr	May	June	Jul	Aug	Sep	Oct	Nov	Dec	Life-cycle	Parts eaten	Type of food
Ash	<i>Fraxinus excelsior</i>						✓	✓	✓					Perennial - tree	Young seeds 'keys'	Pickled
Beech	<i>Fagus sylvatica</i>				✓	✓								Perennial - tree	Young leaves	Salad
Beech	<i>Fagus sylvatica</i>									✓	✓	✓		Perennial - tree	Nuts	Snack (raw or roasted), soup & stew thickener
Blackberry or Bramble	<i>Rubus Fruticosus</i>			✓	✓	✓								Perennial	Young leaf buds	Salad
Blackberry or Bramble	<i>Rubus Fruticosus</i>							✓	✓	✓	✓			Perennial	Fruit	Jam, jelly, leather*, puddings & wine
Burdock (Greater & Lesser)	<i>Arctium lappa, Arctium minus</i>		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		Perennial	Roots	Roasted, stir-fried, pureed
Burdock (Greater & Lesser)	<i>Arctium lappa, Arctium minus</i>			✓	✓	✓								Perennial	Stem insides	Steamed side vegetable
Chickweed	<i>Stellaria media</i>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Annual	Young leaves & fresh tops	Salad
Cleavers, Goosegrass	<i>Galium aparine</i>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Annual	Young leaves	Steamed side vegetable
Cleavers, Goosegrass	<i>Galium aparine</i>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Annual	Seeds	Coffee substitute
Clovers (Red, White etc.)	<i>Trifolium pratense, T.repens etc.</i>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Perennial	Flowers	Salad
Comfrey (from cream-flowered plants only)	<i>Symphytum officinale</i>					✓	✓	✓	✓	✓	✓			Perennial	Leaves	Young leaves as a green in soups & stews, older leaves as fritters

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Comfrey (from cream-flowered plants only)	<i>Symphytum officinale</i>					✓	✓	✓	✓	✓	✓			Perennial	Stems	Asparagus substitute
Comfrey (from cream-flowered plants only)	<i>Symphytum officinale</i>				✓	✓	✓	✓	✓	✓	✓	✓		Perennial	Roots	Coffee substitute
Crab Apple	<i>Malus sylvestris</i>										✓	✓	✓	Perennial - tree	Fruit	Jelly and "cheese"
Cuckooflower Lady's-smock	<i>Cardamine pratensis</i>			✓	✓	✓	✓	✓	✓					Perennial	Leaves & flowers	Salad
Daisy	<i>Bellis perennis</i>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Perennial	Leaves	Salad
Damsons	<i>Prunus domestica</i>									✓	✓			Perennial - tree	Fruit	Jam, jelly, leather*, puddings & wine
Dandelion	<i>Taraxacum officinale</i>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Perennial	Young leaves	Salad or as a green in soups & stews
Dandelion	<i>Taraxacum officinale</i>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Perennial	Unopened flower buds	Pickled
Dandelion	<i>Taraxacum officinale</i>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Perennial	Flowers	Marmalade & wine
Dandelion	<i>Taraxacum officinale</i>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Perennial	Roots	Coffee substitute
Elder	<i>Sambucus nigra</i>					✓	✓							Perennial - shrub	Unopened flower buds	Pickled and used like capers
Elder	<i>Sambucus nigra</i>						✓	✓						Perennial - shrub	Flowers	Cordial, syrup, deep fried & 'champagne'
Elder	<i>Sambucus nigra</i>							✓	✓	✓	✓			Perennial - shrub	Berries	Pontiac sauce (ketchup) & wine
Fat-hen	<i>Chenopodium album</i>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Annual	Young leaves	Salad
Fat-hen	<i>Chenopodium album</i>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Annual	Leaves	Spinach substitute

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Fat-hen	<i>Chenopodium album</i>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Annual	Unopened flower buds	Broccoli substitute
Fat-hen	<i>Chenopodium album</i>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Annual	Seeds	Quinoa substitute
Garlic Mustard or Hedge Garlic	<i>Alliaria petiolata</i>			✓	✓	✓	✓	✓	✓	✓				Biennial	Young leaves	Salad
Greater Stitchwort	<i>Stellaria holostea</i>			✓	✓	✓	✓							Perennial	Young leaves & flowers	Salad
Ground Elder or Goutweed	<i>Aegopodium podagraria</i>		✓	✓	✓	✓	✓	✓	✓	✓	✓			Perennial	Young leaves	Salad
Ground Elder or Goutweed	<i>Aegopodium podagraria</i>				✓	✓	✓	✓	✓	✓	✓			Perennial	Older leaves	Steamed side vegetable
Hawthorn	<i>Crataegus monogyna</i>			✓	✓	✓	✓							Perennial - tree	Young leaves & flowers	Salad
Hawthorn	<i>Crataegus monogyna</i>									✓	✓	✓	✓	Perennial - tree	Berries	Jelly & leather*
Hairy Bittercress	<i>Cardamine hirsuta</i>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Annual	Leaves	Salad & substitute for Cress
Hazel	<i>Corylus avellana</i>									✓				Perennial - tree	Nuts	Snack
Hogweed	<i>Heracleum sphodylium</i>			✓	✓	✓	✓							Biennial	Young leaves & shoots	Blanched side vegetable, Spinach substitute, soups & stews
Hogweed	<i>Heracleum sphodylium</i>						✓	✓	✓	✓				Biennial	Flower buds	Broccoli substitute
Hogweed	<i>Heracleum sphodylium</i>			✓	✓	✓	✓	✓	✓	✓	✓	✓		Biennial	Roots	Parsnip substitute

Common name(s)	Scientific name	Jan	Feb	Mar	Apr	May	June	Jul	Aug	Sep	Oct	Nov	Dec	Life-cycle	Parts eaten	Type of food
Lesser Celandine	<i>Ficaria (Ranunculus) verna</i>		✓	✓	✓	✓	✓							Perennial	Leaves and flowers	Salad (in moderation)
Lesser Celandine	<i>Ficaria (Ranunculus) verna</i>		✓	✓	✓	✓	✓							Perennial	Nobbles on roots	Roasted or boiled
Lime	<i>Tilia platyphyllos</i>				✓	✓								Perennial - tree	Young leaves	Salad
Lime	<i>Tilia platyphyllos</i>						✓	✓	✓					Perennial - tree	Flowers & fruit inc bract	Tea
Nettle	<i>Urtica dioica</i>		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		Perennial	Young leaves	Soup, side vegetable, Spinach substitute
Oak (Pedunculate & Sessile)	<i>Quercus robur &amp; Q.petraea</i>									✓	✓	✓		Perennial - tree	Acorns	Binding for breads, pasta & biscuits
Plantain, Ribwort	<i>Plantago lanceolata</i>				✓	✓	✓	✓	✓	✓				Perennial	Young flower buds	Mushroom-flavoured stock
Pignut, Earth Chestnut	<i>Conopodium majus</i>			✓	✓	✓	✓	✓						Perennial	Tuber	Snack
Pineappleweed	<i>Matricaria discoidea</i>					✓	✓	✓	✓	✓				Annual	Leaves & young flower heads	Salad & snack
Ramsons or Wild Garlic	<i>Allium ursinum</i>		✓	✓	✓	✓	✓							Perennial	Leaves & flower buds	Salad & Garlic substitute
Raspberry	<i>Rubus idaeus</i>							✓	✓	✓				Perennial - shrub	Fruit	Jam, jelly & puddings
Rosebay Willowherb	<i>Chamerion angustifolium</i>				✓	✓	✓	✓	✓					Perennial	Young leaves	Salad
Rosebay Willowherb	<i>Chamerion angustifolium</i>				✓	✓	✓							Perennial	Very young stems	Asparagus substitute

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Rosebay Willowherb	<i>Chamerion angustifolium</i>					✓	✓	✓	✓	✓	✓			Perennial	Inside of older stems	Soup & stew thickener
Shepherd's-purse	<i>Capsella bursa-pastoris</i>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Annual	Leaves	Salad
Smooth Sow-thistle	<i>Sonchus oleraceus</i>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Annual	Young leaves	Salad & a green in soups & stews
Sorrel (Common & Sheep's)	<i>Rumex acetosa</i> & <i>R. acetosella</i>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Perennial	Leaves	Salad & a green in soups & stews
Sweet Chestnut	<i>Castanea sativa</i>										✓	✓	✓	Perennial - tree	Nuts	Roasted
White Dead-nettle	<i>Lamium album</i>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Perennial	Young leaves	Steamed side vegetable, Spinach substitute
Wood Avens or Herb Bennett	<i>Geum urbanum</i>		✓	✓	✓	✓	✓							Biennial	Young leaves	Salad, stew or deep-fried
Wood-sorrel	<i>Oxalis acetosella</i>			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Perennial	Leaves & flowers	Salad & thirst-quencher
Yarrow	<i>Achillea millefolium</i>			✓	✓	✓	✓	✓	✓	✓	✓	✓		Perennial	Leaves	Salad & tea

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Other plants, in addition to Lime, Nettle and Yarrow above, whose leaves can be used to make a tea include Chamomile (*Chamaemulum nobile*), Mint (*Mentha* species), Mugwort (*Artemisia vulgaris*) and Pine (*Pinus* species).

Other plants, in addition to Blackberry, Crab Apple, Damson, Hawthorn & Raspberry above, whose fruit can be made into a Jelly include Guelder-rose (*Viburnum opulus*), Mountain Ash or Rowan (*Sorbus aucuparia*) and those in the white box below. \* A 'leather' is a pressed and dried sheet of berries that can be eaten as a snack through the winter & spring.

Other plants, in addition to Crab Apple above, whose fruit can be made into a "Cheese" include Blackthorn or Sloe (*Prunus spinosa*).

The fruits of Whitebeam (*Sorbus aria*) can be eaten once they have 'bletted', i.e. started to go soft. They can be eaten raw or made into a jelly preserve.

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Note: The hairy seeds of Rosebay Willowherb gathered in a bunch makes a good tinder for sparks or friction fires.

Plants that are rare or have a restricted distribution have not been included and mushrooms have been excluded due to the risks of misidentification.

For further details and recipes see 'Food for Free' by Richard Mabey, 'Wild Food' by Roger Phillips and the following websites in particular:  
[www.eatweeds.co.uk](http://www.eatweeds.co.uk) and [www.wildfooduk.com](http://www.wildfooduk.com)

Notes:	