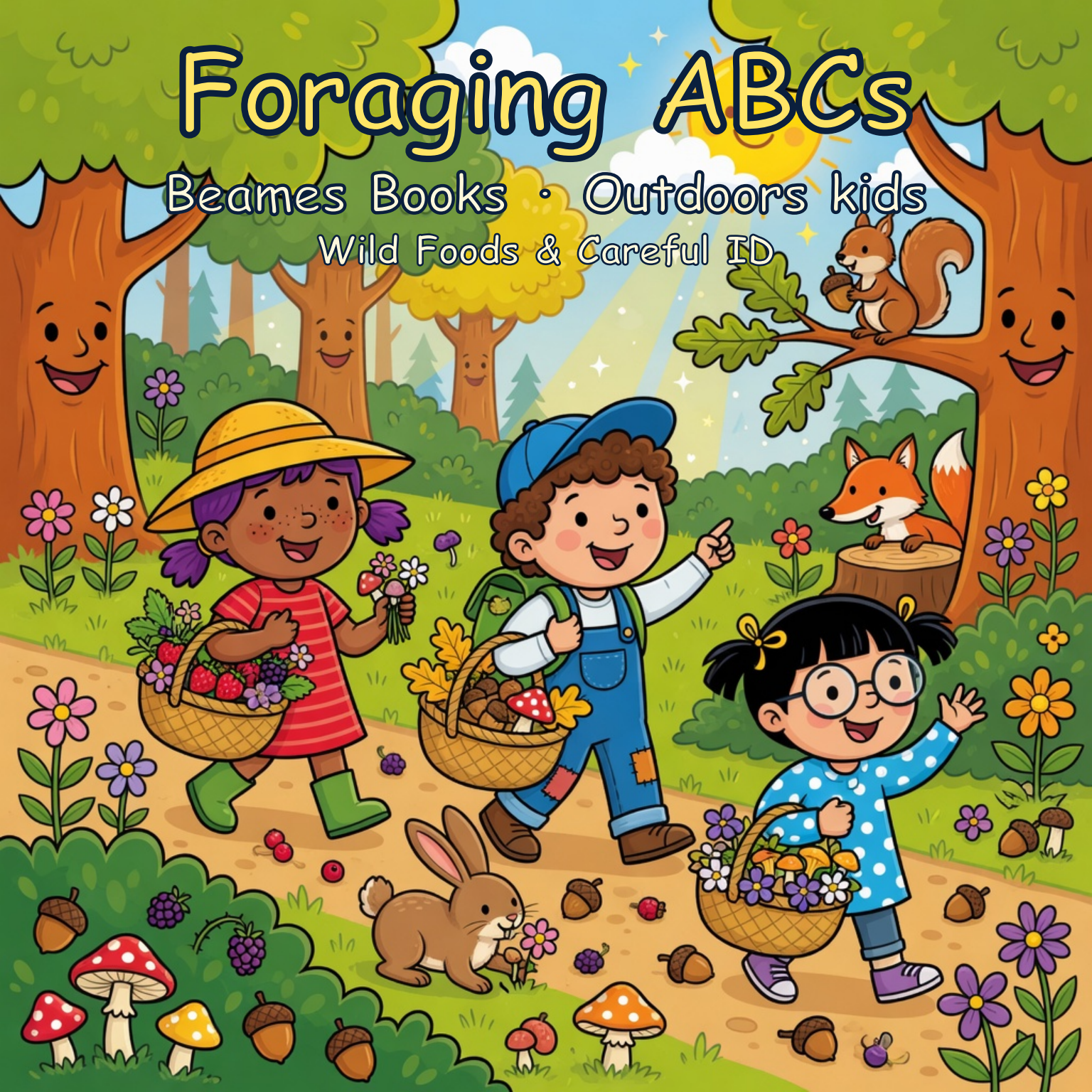


# Foraging ABCs

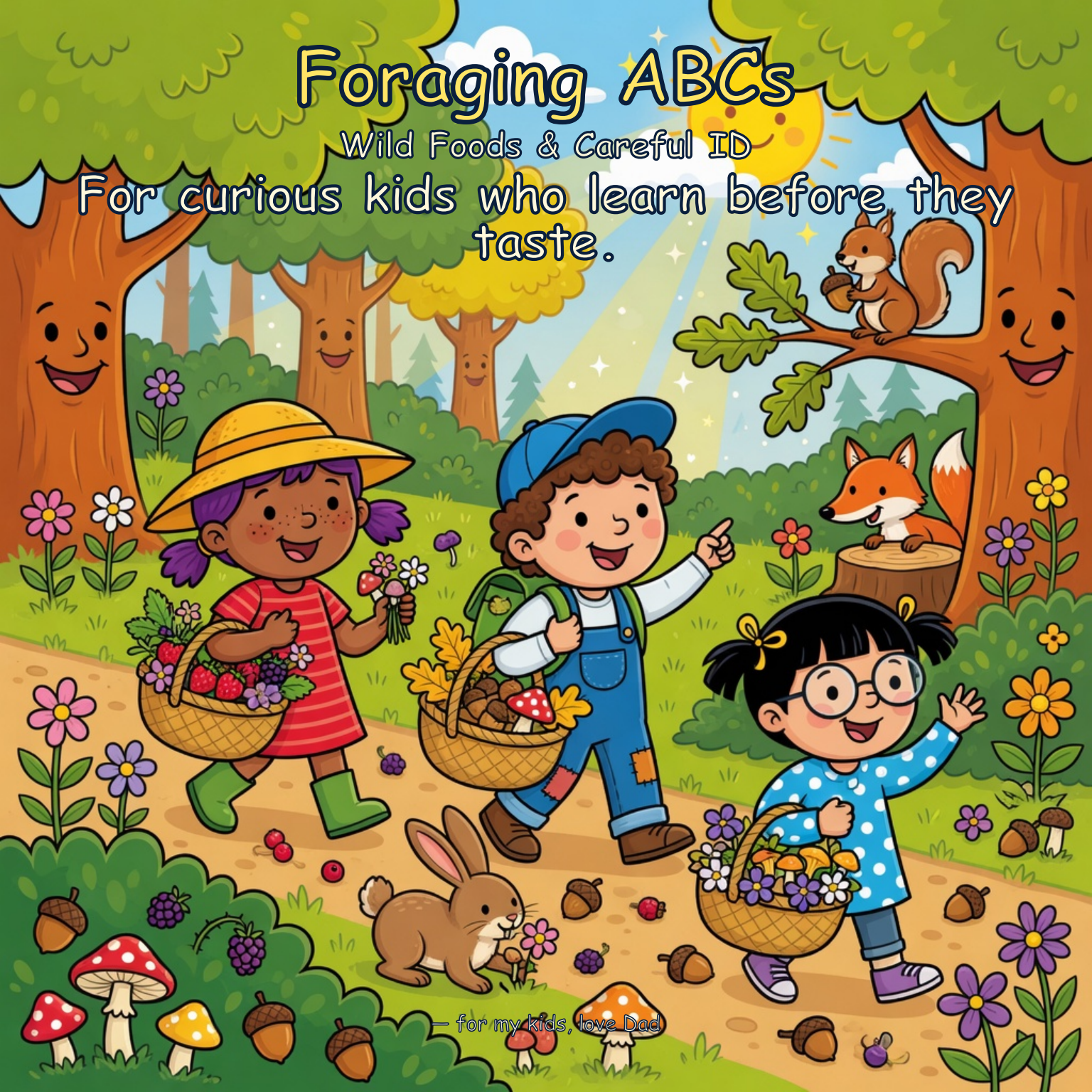
Beames Books · Outdoors kids  
Wild Foods & Careful ID



# Foraging ABCs

Wild Foods & Careful ID

For curious kids who learn before they taste.



— for my kids, love Dad



A

A is for Acorn

A is for Acorn — oak nuts that can become flour.



B

B is for Blackberry

B is for Blackberry — thorny canes of summer fruit.



C is for Cattail

C is for Cattail — marsh plant with many uses.



D

D is for Dandelion

D is for Dandelion — sunny weeds you can eat.



E

E is for Elderberry

E is for Elderberry — dark berries for syrup when cooked.

F



F is for Fiddlehead

F is for Fiddlehead — young fern curls in spring.

G



G is for Garlic mustard

G is for Garlic mustard — invasive green with a kick.



H

H is for Hickory nut

H is for Hickory nut — hard shells with sweet meat.

I



I is for Identify

I is for Identify — never eat what you cannot name.



J

J is for Juniper berry

J is for Juniper berry — blue cones with piney scent.

K



K is for Knotweed

K is for Knotweed — invasive stems some cook when young.

L



L is for Lamb's quarters

L is for Lamb's quarters — wild spinach-like greens.

M



M is for Morel

M is for Morel — honeycomb mushrooms for experts only.

N



N is for Nettle

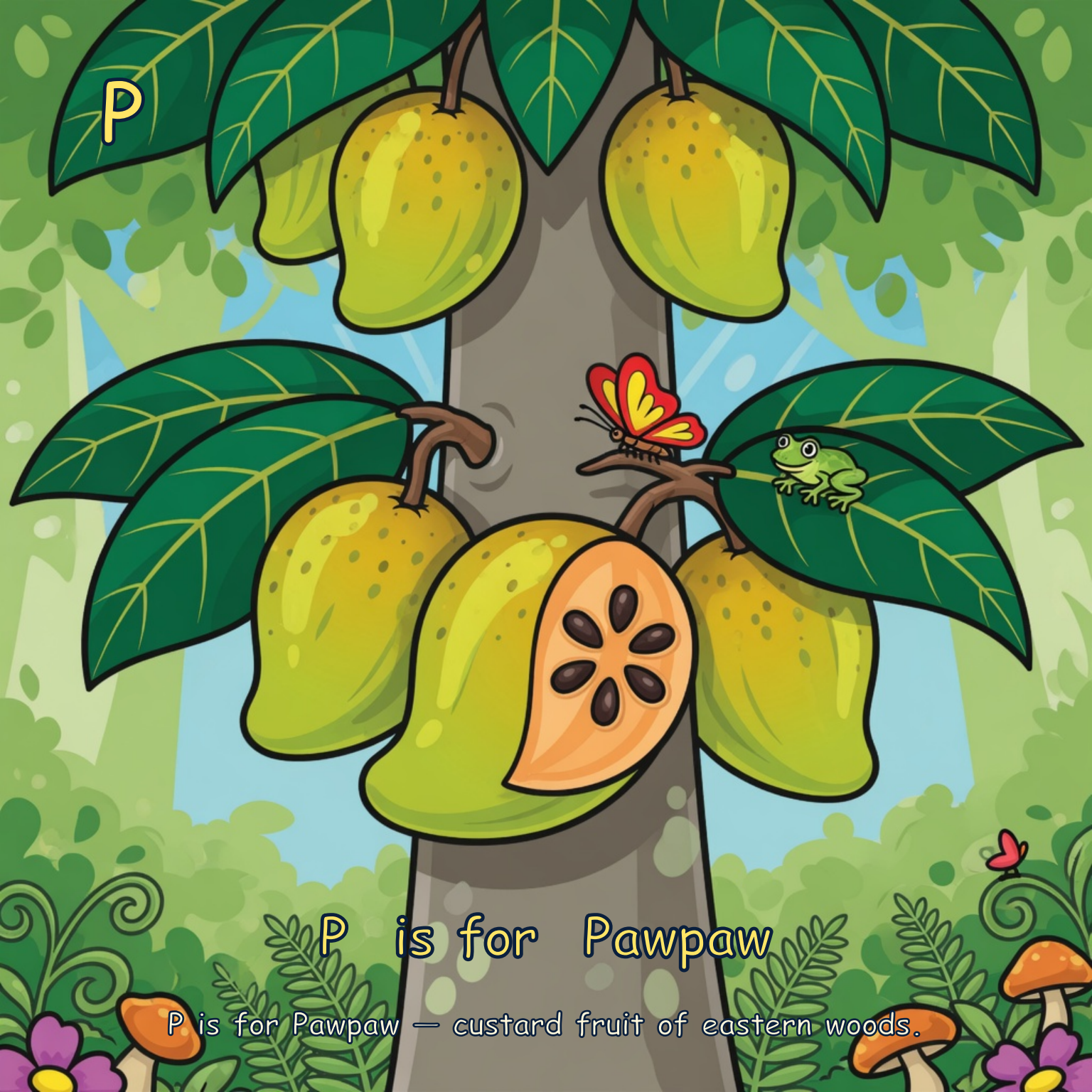
N is for Nettle – stinging leaves that cook soft.



O

O is for Onion grass

O is for Onion grass — wild alliums that smell like onion.



P

P is for Pawpaw

P is for Pawpaw — custard fruit of eastern woods.

Q



Q is for Queen Anne's lace

Q is for Queen Anne's lace — wild carrot (know look-alikes).



R

R is for Raspberry

R is for Raspberry — soft red fruit on canes.



S



S is for Serviceberry

S is for Serviceberry — sweet early tree berries

T



T is for Thistle

T is for Thistle — prickly plants with edible hearts.

U

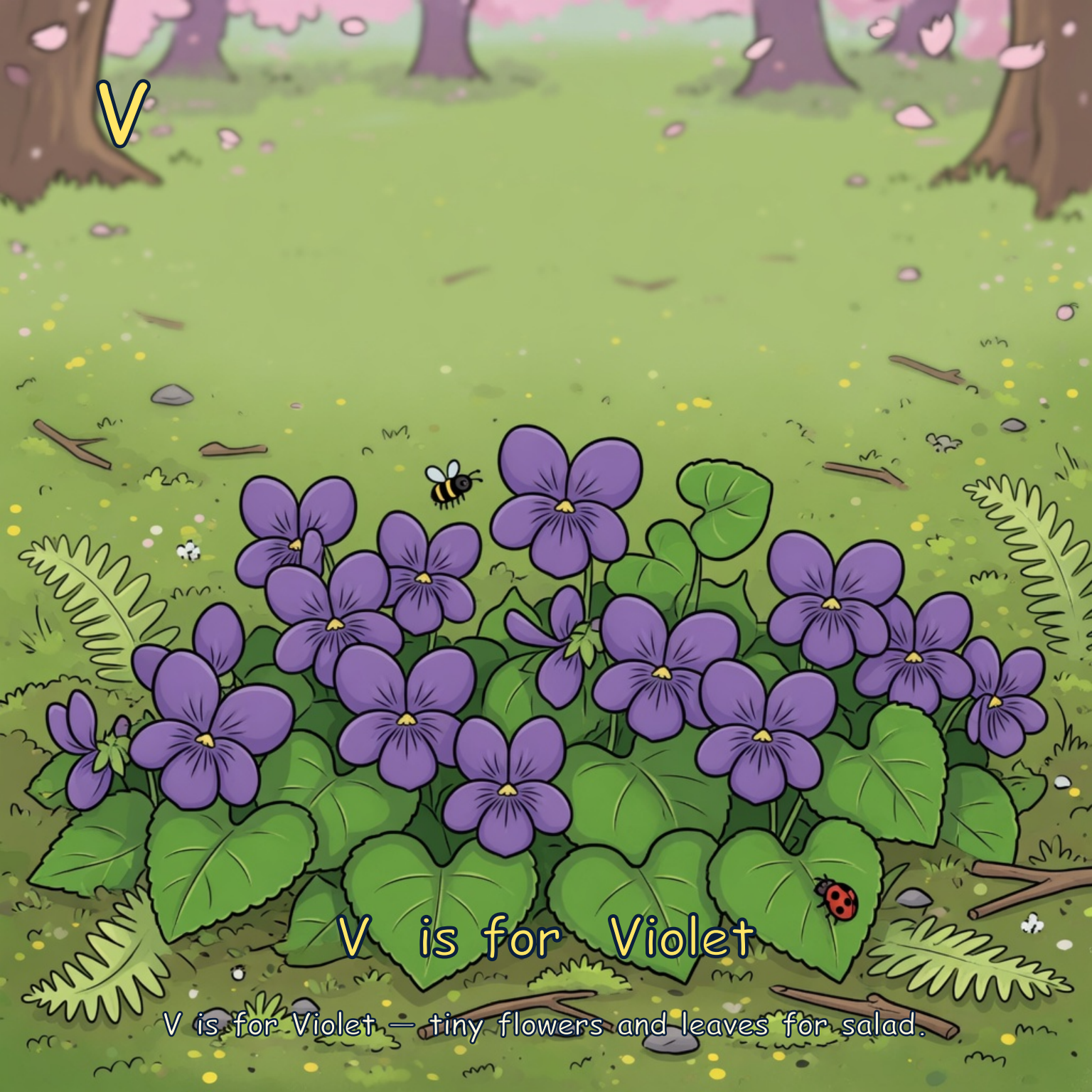


U is for Usnea

U is for Usnea — stringy lichen of clean-air woods.



V



V is for Violet

V is for Violet — tiny flowers and leaves for salad.



W

W is for Walnut

W is for Walnut — black walnuts from forest trees.

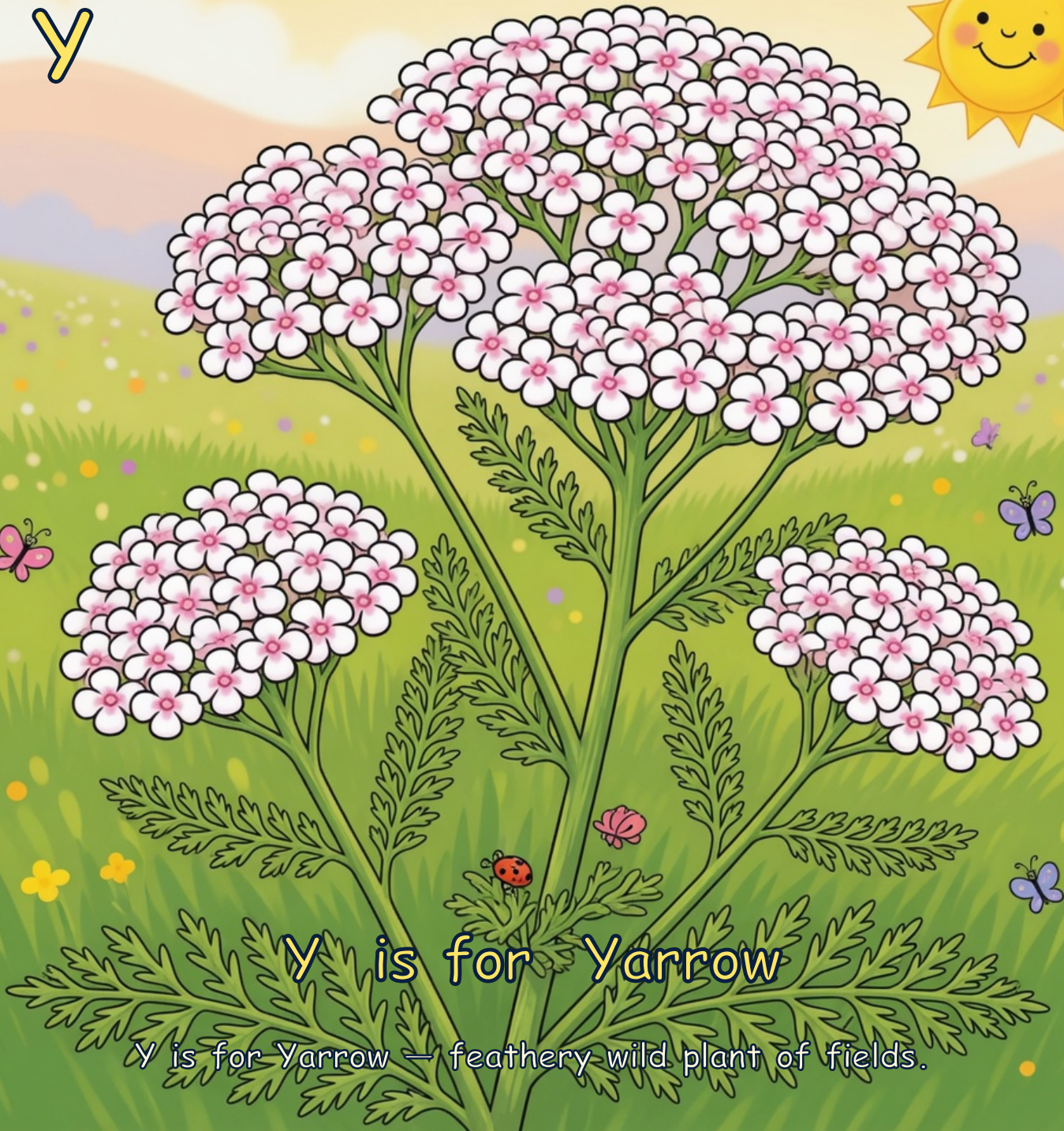
X



X is for Xanthium

X is for Xanthium — cocklebur (know it, don't snack).

Y



Y is for Yarrow

y is for Yarrow — feathery wild plant of fields.

Z



Z is for Zigzag goldenrod

Z is for Zigzag goldenrod — late blooms for bees.

# See you outside!

Never eat what you cannot name with care.



# Foraging ABCs

Wild Foods & Careful ID

Berries, nuts, greens, and the golden rule: identify first.

© Beames Books / Beames Enterprises. All rights reserved.

Beames Books · Beames Enterprises

[books.beamesenterprises.com](http://books.beamesenterprises.com)

