

Summer Foraging Fun!



A broad pink to lilac flower that you can spot in hedgerows blooming from June until September



The fruit are called 'cheeses' which are the young seed pods. They have a nutty flavour and are a great snack

Mallow



Five lobed pentagon shaped leaves



Feathery leaves

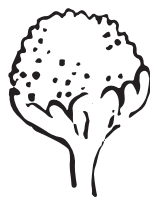


Crush the flower heads, it'll smell like PINEAPPLE!



This little plant makes a super delicious tea or frozen ice lolly

The flowers have no visible petals!



Pineapple weed



Wood Sorrel

Sharp and sour taste!



Like apple peel and lemon, very pleasant when thirsty

3 heart shaped leaves that look a little like a clover!



Delicate little five petaled white flowers with pink or purple veining



A fairly common find!

Bilberries



Incredibly tasty little berries that hardly ever make it home. They are a great on the go snack, tasting similar to Blueberries!

Forage with an adult, taking care with these berries as there are many similar look a likes. See our website for further ID help

Berries are dark blue, almost black with a 'cogwheel' shaped end



Leaves are small, shiny green and slightly toothed



Never eat, drink or pick anything unless you are 100% sure it's safe.
Check out our guides at www.wildfooduk.com

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Lobed trumpet shaped flowers can be white, pink or purple. The leaves are serrated with red veins and tinged edges



Make a musical instrument!

The stems are hollow. Cut and turn them into pan flutes. Slice them and blow into the stem as you would a bottle



Himalayan Balsam

Meadowsweet



Found in damp Meadows, gardens, wetland, hedgerows and fields



'Frothy' looking white flowers

The leaf stem is red with small leaflets between the larger leaves



The flowers can be collected and used to make fritters or even champagne



Found in grasslands, lawns, and roadsides often seen growing in rings or troops



White Flesh when cut and has no Stem



One of the safest mushrooms to forage in the UK. A football being the only real lookalike when spotted from afar

A great mushroom that can be sliced and fried like steak or breaded and fried into schnitzles!



Giant Puffball



A fairly common find!

Wild Strawberries

The flowers have five white petals

Strawberries are found in mixed woodland or hedgerows, usually in partial shade



Three lobed leaves with serrated edges

A delicious, succulent treat on any woodland walk in late Spring/Summer



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The flesh exudes a blood like liquid in drops!



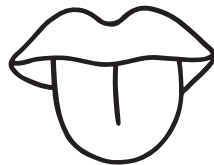
This mushroom can be varying shades of red, pink and brown



The Flesh is red with white 'veins' resembling raw meat and can be found growing on living or dead oak and sweet chestnut



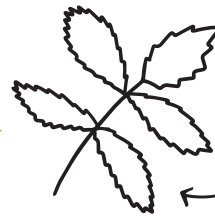
Tongue shaped!



Beefsteak Fungus

Wild Raspberries

Delicious!



Compound leaves with five to seven serrated leaflets

The fruit appears from Summer to Autumn

Found in mixed woodland clearings and roadsides



Raspberry flowers have a very short life, the petals only last about a day



Jelly Ear Flesh is Translucent, thin and jelly like!



Very common mushroom and that can be found year round growing on dead or living elder. Also known as Wood ears



Ear shaped and red to brown in colour



Jelly Ears

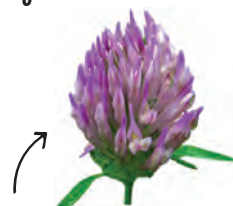
Red Clover



The leaves have a grassy taste, the seeds taste like peas and the flowers, depending on when they are picked can be quite sweet. Red Clovers are great in salads!



Clovers have 3 leaves opposing each other on one stem



Red clover flowers have the best taste



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