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# Troop 5 Meeting Skill

Wild Edibles

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## **WARNING**

Please note: you should **NOT EAT** any of species without positively identifying it and verifying with outside sources, as some edible plants and fungi species look very similar to poisonous varieties.

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# Black Raspberry

**Leaves:** 3-7 Leaflets of ranging sizes.

**Flowers:** White 5-petaled. Appear from April to July.

**Fruits:** Red fruit that turns black when ripe. Seeds clustered together.  
Available from June to September

**Habitat:** Sunny areas. Thickets or edges of pastures across the Northeastern United States.



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# Cattails

**Leaves:** Long, slender, parallel veins

**Habitat:** Shallow water (fresh or brackish) in marshes and ponds, throughout the United States.

**Uses:** The bases can be prepared as a potato. Immature flower spikes can be boiled for several minutes, and served like corn on the cob.



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# Dandelions

**Season:** Harvest the leaves and buds in early spring, the flowers in spring and early summer, and the roots in fall and early spring.

**Use:** Salad, cooked green, cooked vegetable, fritter, coffee. Young leaves can be eaten raw in salad or boiled. Young flower buds can be boiled and served with butter. Flowers can be used for fritters. Baked and ground roots can be steeped to make a coffee-like drink.



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# Clover

**Growth Form:** Weed-like short stalked plants. Often dispersed as ground cover



**Leaves:** 3 Leaflets with round shape.  
Small and solid green.

**Season:** Harvest April-Sept.



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# Fiddleheads

**Growth:** Fiddleheads grow in wild and wet areas throughout New England and eastern parts of Canada.



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# Acorns

**Roasted Acorns:** Place the damp nut chunks on a baking sheet and sprinkle with fine salt. Toast them for 15-20 minutes at 375 degrees in a pre-heated oven, or roll them around in a dry frying pan over the camp fire. You can tell they're done when the color has changed a little, and the nut pieces smell like roasted nuts.





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# Sources:

<https://fearlesseating.net/fiddleheads/>

[http://www.bio.brandeis.edu/fieldbio/Edible\\_Plants\\_Ramer\\_Silver\\_Weizmann/Pages/Homepage.html](http://www.bio.brandeis.edu/fieldbio/Edible_Plants_Ramer_Silver_Weizmann/Pages/Homepage.html)

<https://www.outdoorlife.com/blogs/survivalist/survival-skills-5-ways-eat-acorns/>

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# Questions?

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# Kahoot!

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