

# Wild Edibles

Trip slip # 3  
7/6/05

Leaders:

Dyuda "Zelda"  
Kovalchuk  
(617)-584-2624

David "Q" Krinsky  
(617)-332-4459

Where: Brown Middle School

When: 9am - 4pm

What to bring:

- boots, lunch, water, notebook + pencil, rain gear,
- 1st aid, raspberries, an appetite for adventure!

So! You have decided to sign up for wild edibles! And a very good decision it was, because wild edibles is one of my favorite day trips. Tomorrow we will set off on a journey to collect some plants. But not just any plants, plants you can eat! You might be surprised by the kinds of things we'll find, because many of them can be found in your own backyard. Some examples are dandelions, day lilies, plantain, and even cattails! After we harvest our plants, we'll cook them and eat them back at Brown. Get ready to try some tasty, unusual foods!

Here are some of the things that will probably be on our menu:

- day lily pancakes
- dandelion fritters
- buttered cattails
- sumac tea

We'll also learn some ecology and untangle the mystery of food webs...



In case of emergency, your child will be brought to: Newton-Wellesley Hosp.

617-243-6000

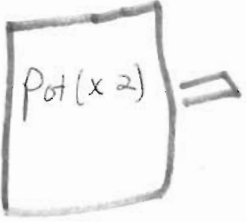
This program must comply with the regulations of the Mass. Dept. of Public Health and must be licensed by the City of Newton Health Dept.

# WILD EDIBLEZ

TRIPS 11P #3



Who: David Krinsky  
617-332-4459  
Lyuda Kovalchuk  
617-584-2624



Where: Brown  
Need: Backpack, Lunch, H2O, Hiking boots  
Pocket knife, Plastic bags.

Bring your appetite because we will cook

a ~~STOMACH~~ Plant

We will make some Day lily, Tempura,  
<sup>try to</sup> Catails, and maybe Dandelion.  
I hope you enjoy tomorrow!

If you have any food allergies  
★ Call one of us and tell us if you do  
The day before ★



★ In case of Emergency, your child will be brought to:  
Newton Wellesley Hospital: 617-243-6000. ★  
This program must comply with the regulations of the Massachusetts Dept. of  
Public Health and must be licensed by the City of Newton Health Department.

# WILD EDIBLES

## THINGS TO MAKE-

- DAY LILLY TEMPURA
- BIRCH TEA
- SASSAFRASS TEA
- RASPBERRY/BLACKBERRY TARTS
- CATTAILS - (GREEN ONES)
- WOOD SOREL
- STAC HORN SUMAC LEMONADE
- SALAD w/ CAICORY + DANDELION

# TEAS

BIRCH - GET YOUNG YELLOW OR BLACK BIRCH TWIGS  
SASSAFRAS ROOTS W/ BARK

\*BOIL WITH MINT LEAVES

- ADD SUGAR OR MILK TO TASTE

## STAGHORN SUMAC-ADE

- SEPARATE FRUITS FROM TWIGS

- STEEP IN NEAR BOILING H<sub>2</sub>O (NO LESS THAN ONE CUP FRUITS TO ONE QUART H<sub>2</sub>O)  
FOR AT LEAST 15 MINUTES

- STRAIN THROUGH CLOTH, DILUTE, SWEETEN TO TASTE

- DRINK HOT OR COLD

## DANDELION + CHICKORY SALAD

- SEE PAGES 104 + 115 IN EDIBLE WILD PLANTS BOOK

BERRY TARTS - USE STORE BOUGHT BISCUIT DOUGH

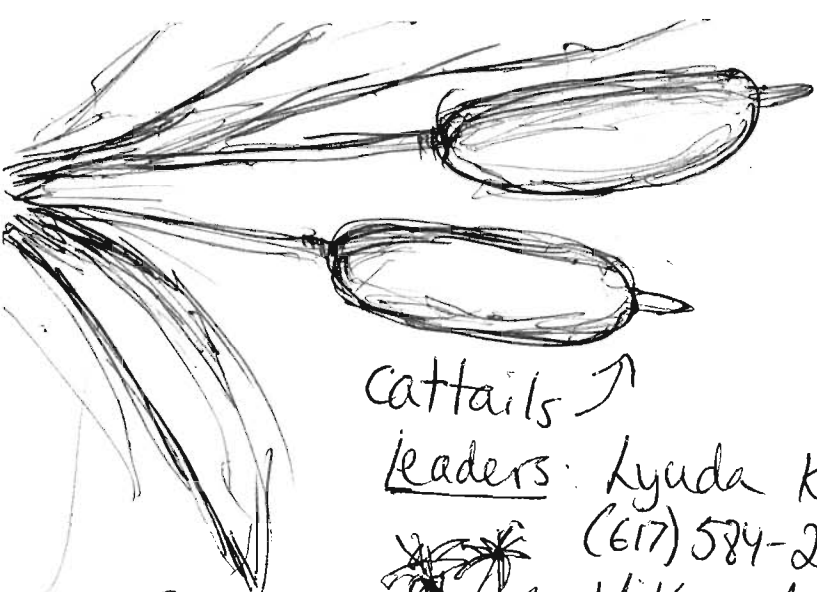


Leaders: Amelia Runyan of  
 Run-yan can cook fame  
 (617) 244-8836  
 Master Chef Mike McLellan  
 (617) 244-0998

Where? Brown Middle School  
 When? 9-4 What? Sneakers, Lunch,  
 H<sub>2</sub>O, field kit, notebook and pencil,  
 possibly some food like raspberries.

Today, cadets, we will attempt to make nature edible. And we shall succeed, oh yes, we will succeed. Although there are many plants that are NOT edible, such as deadly nightshade, some mushrooms and some other stuff, there is also a ton of totally edible delicious stuff growing right in your backyard!! Or your middle school gardens and fields, as the case may be. The things at the top of this page are some of the most delicious and easy-to-find plants in the area. We'll brew some sasaparilla tea, add a bit of sumac and birch and fry up some cattails and day lilies as hors d'oeuvres or however you happen to spell what sounds like "orderves." My attempt to actually spell that failed, I apologize. So come prepared to try some new foods (no picky eaters allowed!!) and also be prepared to cook up a storm!! One thing to keep in mind is to be very neat and respectful of the FACS (family and consumer science) room. It's not ours so we need to treat it well!!

# EDIBLE PLANTS



cattails →

Leaders: Lyuda Kevalehuke

(617) 584-2624



Mike McLellan



(617) 244-0998

Where: Brown Middle School When: 9-4

What to bring: boots, lunch, H<sub>2</sub>O, notebook + pencil, rain gear, 1st aid, an appetite for some wild plants

Here is a trip for those who aren't afraid to try new things! We will scour the area around Brown for edible plants, collect them, cook them, and finally, eat them!

Though you probably wouldn't expect it, there are tons of edible plants right in your own backyard! These include dandelions, plantain, black birches and all the stuff I drew around <sup>the</sup> this page. Here is a look at some of the things we'll probably be making:

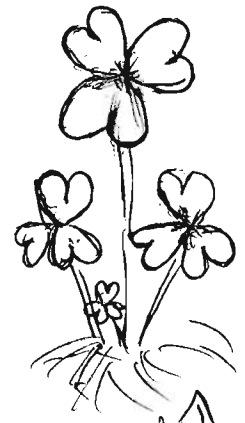
- \* day lily pancakes  yum!
- \* sumac / sassafras tea 
- \* wood sorrel / plantain salad (?)



sassafras ↑



day lily ↑



wood sorrel (how is it different from clover?) ↑



sumac ↑



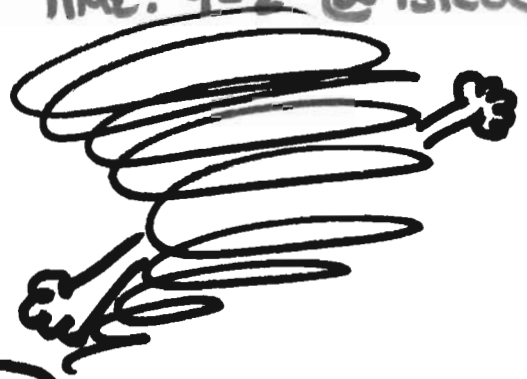
C.U. on Wed!

TRIPSLIP #3

AMIELIA (

) ANGELA (527-7993)  
TIME: 9-2 @TBROWN

# WFLD



# EDIBLES

HELLO + WELCOME TO WHAT I (ANGELA)  
CONSIDER THE BEST (OR ONE OF) TRIPS OF  
THE YEAR. BASICALLY, WHAT WE GET TO  
DO IS EAT AND LEARN ABOUT ~~THESE~~  
FLOWERS. WE ARE GOING TO COOK SOME  
GREAT FOOD AND HAVE A PARTY WHILE WE  
EAT IT. YOU ALL STILL HAVE TO WEAR  
BOOTS AND BRING YOUR RANGEAR BECAUSE  
WE ARE GOING TO BE FINDING THIS FOOD  
OUTSIDE. YOU ALL SHOULD ALSO ALL BRING  
A LUNCH BECAUSE THERE IS NO GUARANTEE  
HOW MUCH OR WHAT WE WILL FIND.  
OUR GOAL FOR THIS TRIP IS TO LEARN ABOUT  
FLOWER STRUCTURE AND TO EAT SOME REALLY  
GREAT FOOD. (HOPEFULLY YOU ALL WILL  
LEARN NOT WHAT TO EAT AS WELL)



Katie

TRIPSLIP # 9

Leaders: Jesse, Jesse bo bessy, banana fana fo fesse,  
me my mo messe, Jesse (965-2719)

~~Jenny, Jenny bo honny, banana fana fo fanny, me my mo monny, Jenny (969-2770)~~

Dan, Dan bo ban, banana fana fo fan, me my mo man, Dan. (527-2763)

13  
July 9, 1998

Times: 9 AM - 2 PM

@ Brown Junior High



Jesse  
the  
Elf  
(with his new  
hair cut)

# WILD EDIBLES



Equipment: Backpack, lunch, H<sub>2</sub>O, boots OR sneakers, Field Kit, pocket knife,  
PLASTIC BAGS, Trowel or small shovel. A shoe horn.

Willy: Jesse, I'm really excited for wild edibles. Are you?

Jesse: Oh, I'm psyched. Especially since we get to eat day lilies!!!!

Willy: Oh dear lord, THE HORROR, THE HORROR!!!!!!!!!!

Jesse: Don't worry Willy, we wont eat you. But your family, they're free for the picking.

Willy: Dear lord NOOOOO!!!!!!!!

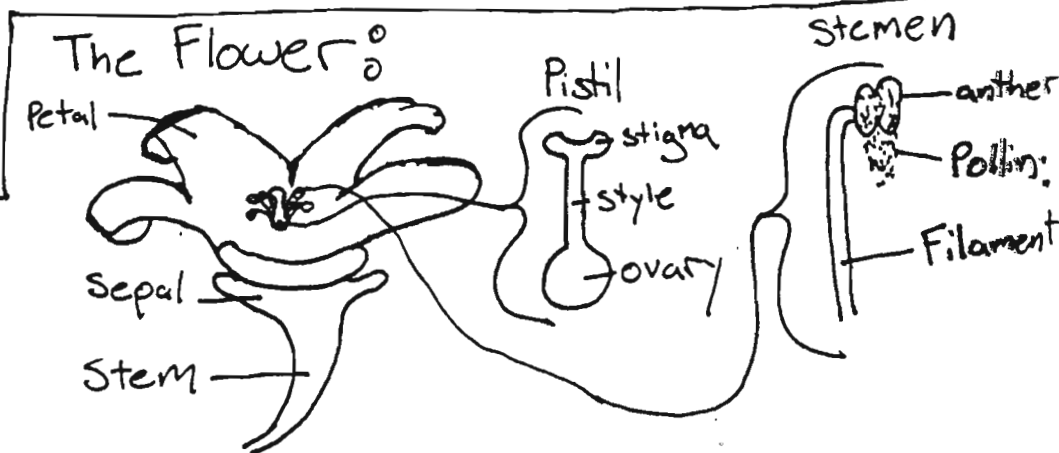
Jesse: We are also going to cook; green cattails, raspberries, mulberries, black/yellow birch, wood sorrel, dried curlydoc, and Sassafras. So students, bring your appetites, some small plastic bags, SMALL shovels, and be prepared to dig around in the dirt.

Willy: What about my family???

Jesse: Stop your whining Willy, and suck it up. Maybe we will find some new fun things to eat with Jenny's NEW wild edibles book. Any last words before we eat you Willy?

Willy: WHAT???????

Jesse: I'm just kidding.



We will  
Talk about  
what each  
part does



W  
I  
L  
D  
E  
D  
I  
B  
L  
E  
S

Leaders: Mike "Cabinet" Mike (Ha! Fooled you) 617-244-0998

Lyuda "Doorknob" Kovalchuk 617-584-2624

Where: Brown Middle School @ 9am - 4pm

Bring: Water, hiking boots, lunch, raingear, First Aid, spare canoe

Today we will put your first day listening skills to the test. Also your remembering and eating skills. (I hope you don't have lockjaw). For our trip we will go out to the wilderness of Brown Middle School and find all sorts of wild edibles, hence the name of the trip (if you need this to be explained: we will find WILD EDIBLES on the WILD EDIBLES trip. Get it?). This plants will the be taken into our high-tech Deluxe Culinary Cooking Art Room For The Act of Cooking Artistically, and then eaten by you, the viewer. Here's what we will look for:



Cattails



sumac  
(not  
poison)



Day lily  
(plural)



In case of an emergency, your child will be brought to: **Newton Wellesley Hospital 617-243-6000**

This program must comply with the regulations of the Massachusetts Department of Public Health and must be licensed by the City of Newton Health Department.

# WILD EDIBLES.

**Tripslip number:** Six (6)

**Date:** Thursday, July Twelfth, Two-thousand-one (7/12/01)

**Time(s):** Eight-Thirty until Four (8:30am-4pm)

**Meeting Location:** Brown Middle School, in Newton

**Leader(s):** Jonathan Rivnay (617-527-1849)

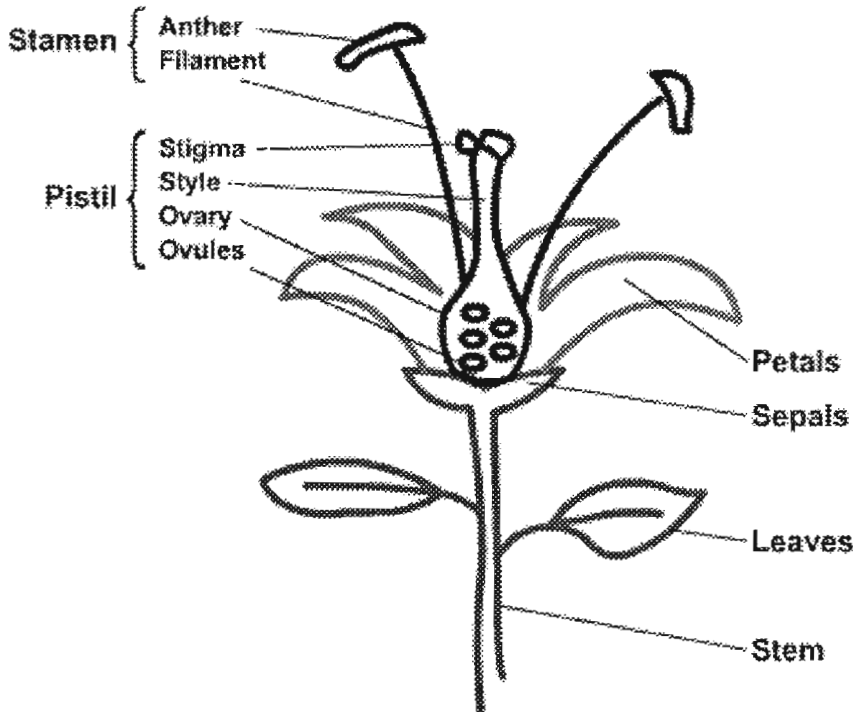
Jeff Wong (617-332-3617)

**Required Equipment:** Boots or Sneakers (no Sandals or Flip-flops), Water, Lunch, Field Kit (Raingear, First Aid, etc.), Trowel (small shovel for to dig with, if you have one), small plastic bags, and your hunger.

**Tripslip Contents:** "Edible." "Parts."

## PARTS.

as i will discuss in "Edible" you need to be able to learn what is edible and safe and what is not, what is tasty and what is just plain jibber-jabber. therefore, I would not recommend just going home and picking random plants for to have a feast with. a good example of two flowers that look alike, one of which is edible is the day vs. tiger lilies (shown at the bottom right) one is poisonous, and then again one is quite delish -- can you guess which?! we'll try both! just kidding... maybe. to understand these differences we must understand structure. this includes leaf structure, and appearance of the plant. Some plants only have edible *parts*. this means that you need to understand the parts of a flower/tree and know which part(s) is/are edible. In some cases is the petal of the flower (shown in diagram)...in others, it can be the bud, stalk, leaves, or roots. we will discuss these on thursday.



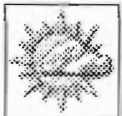
## EDIBLE.

tomorrow, or...today, for those of you who did not read your tripslip yesterday, we will be hiking around the brown/south area looking for edible plants and such. with these we will dash back to the school to whip up some yummy foods. we will pick and prepare everything from fruits (swollen ovaries) to petals (from flowers) to stems and roots. the most important thing is knowing what is edible, and what is not, so that we won't die. here are some edible things you can expect to encounter: birch, pine, sassafras, blueberries, raspberries, blackberries, and possibly some mulberries, day lily, curly doc, sumac. as long as we know what we're eating, everything will be okay. although some of the students have already shown an interest in chewing the leaves off of trees, the program, nor I support such actions... you'll see why.

### Weather Forecast (by boston.com):

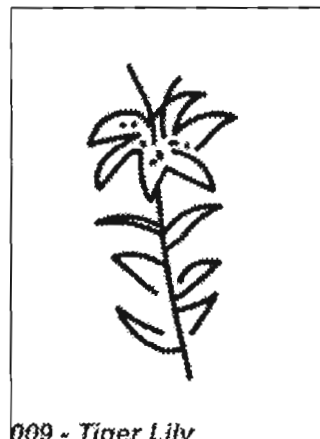
EnviSci takes no responsibility for the accuracy of the boston.com weather forecast. You must bring your raingear and lots of water, no matter what!

Thursday,  
July 12, 2001

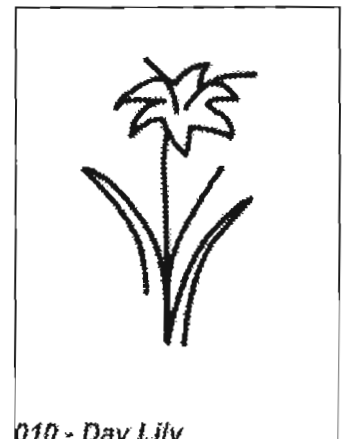


partly cloudy:  
H75 / L59

Intervals of sunshine and cloudiness. Chance of a few afternoon showers during the late afternoon. Cool, highs only 70 to 75. Showers ending with skies becoming partly cloudy overnight. Lows 54 to 59.



009 - Tiger Lily



010 - Day Lily

Times: 9-2:00pm  
 Meet at: Newton South  
 Other Leader: Stacy 965-4988

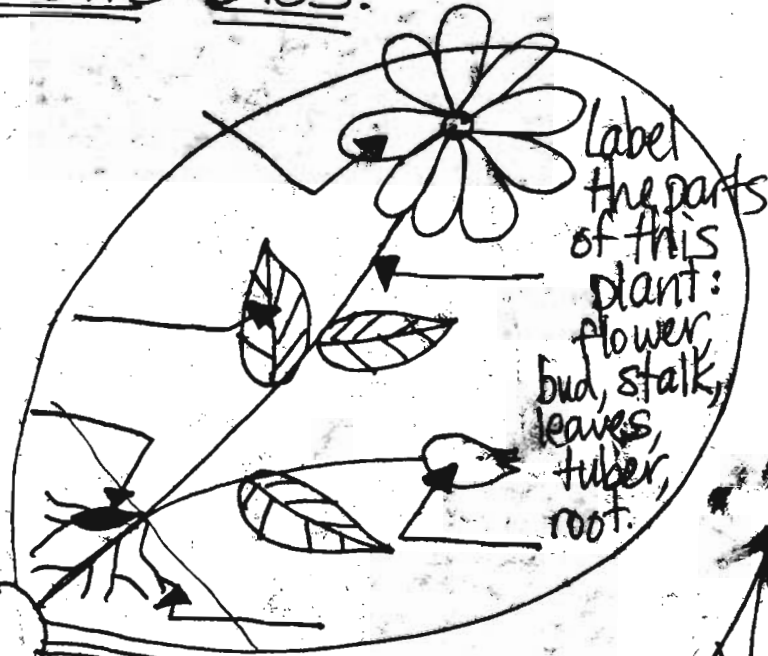
Molly Smith 965-1979  
 Trip slip #8  
 July 12, 1993

# WILD EDIBLES

Equipment: Field kit, lunch, boots, water, POCKET KNIFE and, most importantly, PLASTIC BAGS.

Questions:

- How can you tell if blueberries are edible?
- What is the difference between wood sorrel and clover?
- How many needles does red pine have?



Learning about wild edibles is crucial to a person's survival. You may not ever need to survive on plants, but if you do, it would be helpful to know which plants won't kill you. We will be trying out some of those edible ones on Monday. You may not like any of them, but you should try them!

PLANTS TO LOOK FOR:  
 Yellow Birch,  
 White Pine, Day Lillies,  
 Sassafras, milkweed,  
 cattails, Raspberries,  
 wood sorrel, sumac,  
 dandelions, violets,  
 strawberries,  
 mulberries,  
 black berries.



Time: 9:00 AM - 2:00 PM

meet @ Brown

Leaders: Amelia (244-8836)

Angela ( )

Equipment:

Field kit, lunch, water, boots, pocket knife, plastic baggies, pocket knife

Today we will walk around the area near Brown and find out about which plants are edible, and which ones are not! Once we learn that, we will eat the ones that are!

We are going to make:

- Day Lily Tempura (not tiger lillies)
- Birch Tea
- wild fruit

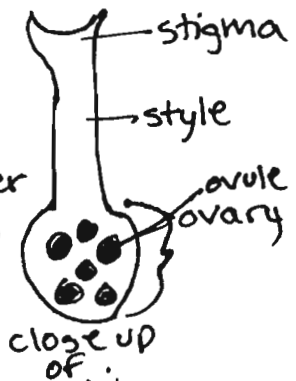
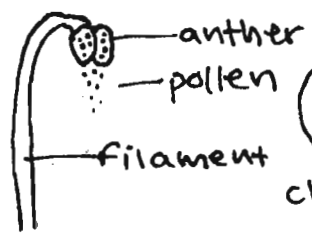
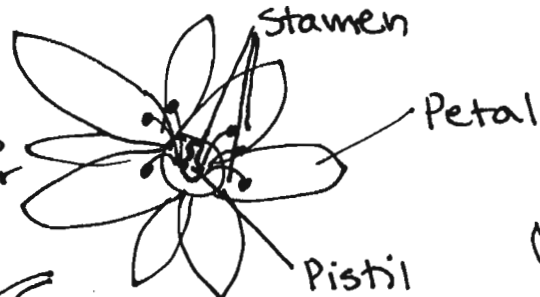
and more! We need to know things about edible plants because, being woodsy outdoorsmen, like us, we might need to find food, and after this trip, you all will know where to find it.

You should also learn the parts of a flower:

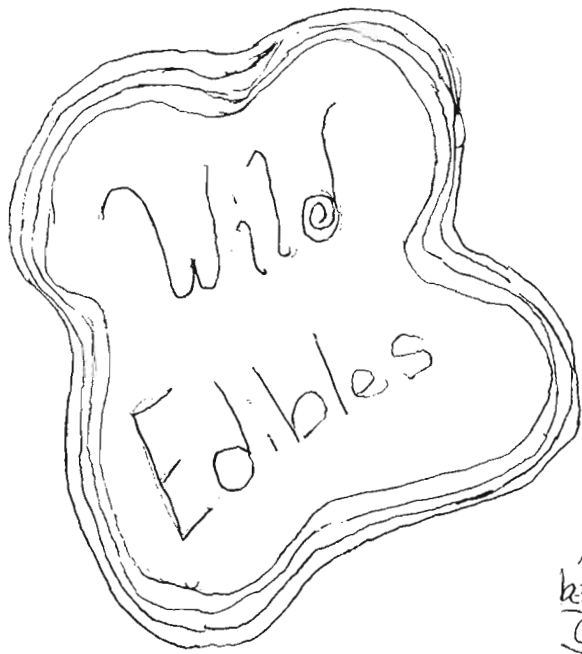
You don't have to memorize all this but you should be familiar with it.

Bring your appetite and an open mind and we will have FUN!

Trip slip #3



Wild Edibles



Lynda

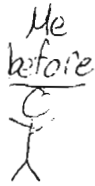


plant before



plant after

↑ these are pancakes



Leaders: McLellan, Mike  
(617-244-0998)

Runyan, Amelia  
(rhymes with Onion  
Memorabilia, sort of)

Where: Brown Middle School

When: 9am - 4pm

Date: 7/9/03

What to Bring: back pack, water,  
lunch (in case you get extra  
hungry), a appetite for  
some wild and edible plant  
life, cheesecake

An old school rap about food by Mix Master Mike (what could be better?)

Yo, yo, yo. I'm Mix Master Mike, ready to bust out some crazy rhymes.  
Check it!

Yeah, so, get in the mood  
We gonna eat lotsa food  
Made from trees and plants  
While wearing parachute pants  
Like M.C. Hammer



Like a turtle on its back  
I'm gonna snack, snack, snack  
I may need mouth-to-mouth  
resuscitation

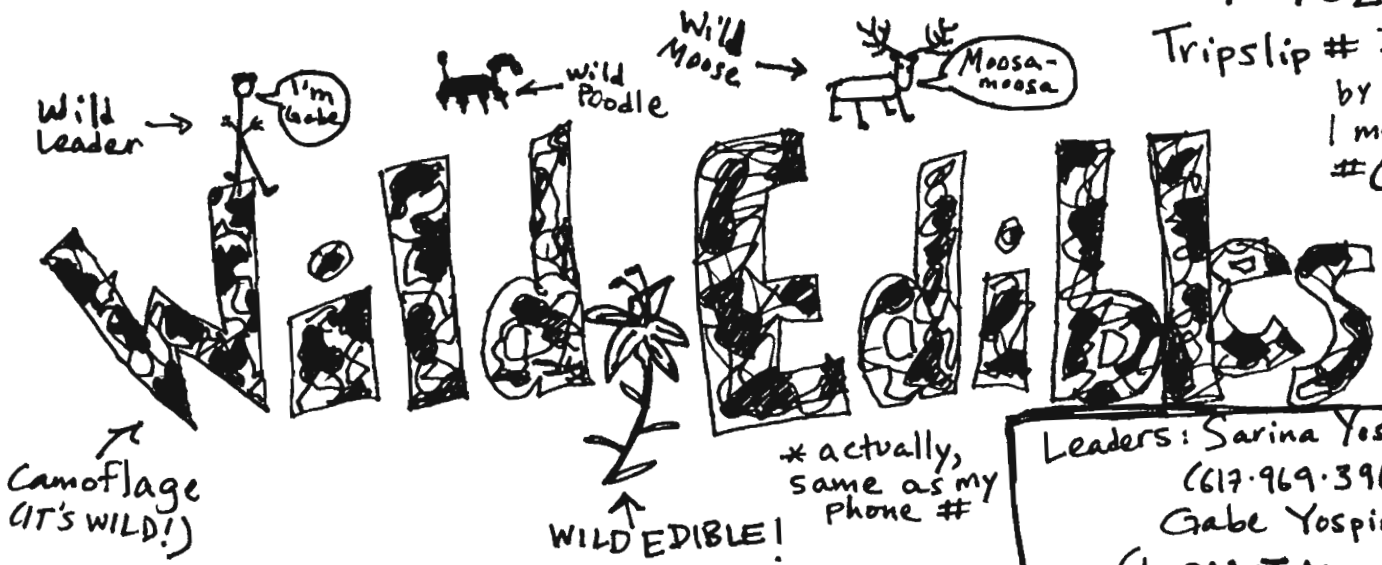
Dig this crazy personification:

[The dark trees raise their branches as if  
calling to the evening sky as it ticks  
in the world.]

I might wind up in the slammer  
Because I ate more than my fill  
I'll be packed to the gills  
I'll eat so much that I may pass out  
Or I'll just keel over and thrash about

And you can join me today  
And you'll probably say:  
"Stay away from the rap"  
And then I will:

7/10/02  
Tripslip # 7  
by which  
I mean  
#6



Leaders: Sarina Yospin  
(617-969-3966)  
Gabe Yospin  
(1-800-IM-FATTY)\*

Meet @: BMS  
Times: 9am-4pm  
Equipment:  
Boots, Lunch, H<sub>2</sub>O,  
Field Kit, your  
churning stomachs

Ever have the urge to just eat everything you see? Well, if you have, you hopefully never acted on that urge, because that would eventually result in your being friendless and lonely on a desolate, picked-clean planet. However, there are lots of things people can eat that I bet you don't know about. On this trip, we'll be hiking around Brown & South, tracking down wild things that are edible, and then we'll come back and prepare ourselves a feast of Envi-Sci-ic proportions.



Huzzah, huzzah!

A word of advice: do not, I repeat, do not try to test a plant's (or animal's) edibility by eating it. Some plants are poisonous, and the unsuspecting, reckless, and uncool student who consumes them may be severely sad. In conclusion, science rules!



QUESTIONS FOR LIFE:  
• Who made the best Bond?  
• What is Sarina's least favorite insect?  
• Where have all the cowboys gone?

Trip slip #6

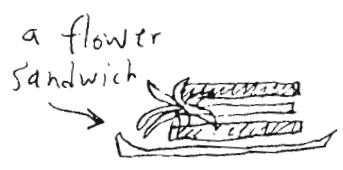
Time: 9 am - 4 pm

Place: Brown

Leaders: Joey (617-969-0

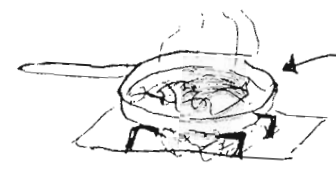
Amelia (617-244-88

Date: Thursday, July 11<sup>th</sup>



Equipment: Field kit, lunch, water, boots, pocket knife, some plastic bags, one (1) bowling ball

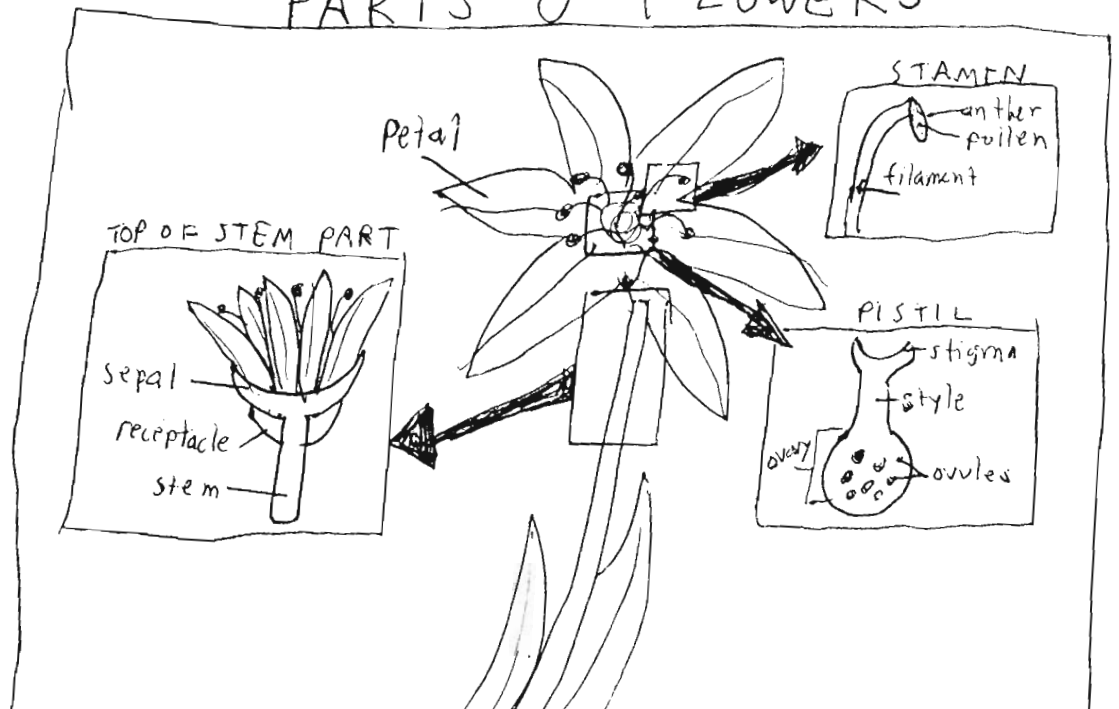
# Wild EDIBLES



some stuff that is being fried

Do you remember the last time you were stranded in the woods with no food? Of course you do. And do you remember wishing you knew the recipe for Day Lilies Tempura? Duh. Well, your time has come to join the ranks of all those wood-chewing, fire-starting, day-lily-identifying individuals who never had to make excuses when their stomachs came a-rumblin'. That's right: it's Wild Edibles, where you will learn the rough and tumble culinary skills needed to survive in this cold, angry world.

## PARTS O' FLOWERS



Trip slip #6

Time: 9 AM - 4 PM

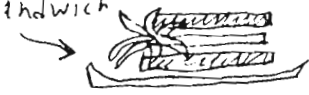
Place: Brown

Leaders: Joey (617-969-0700)

Amelia (617-244-9888)

Date: Thursday, July 11<sup>th</sup>

flower sandwich



Equipment: Field kit, lunch, water, boots, pocket knife, some plastic bags, one (1) bowling ball

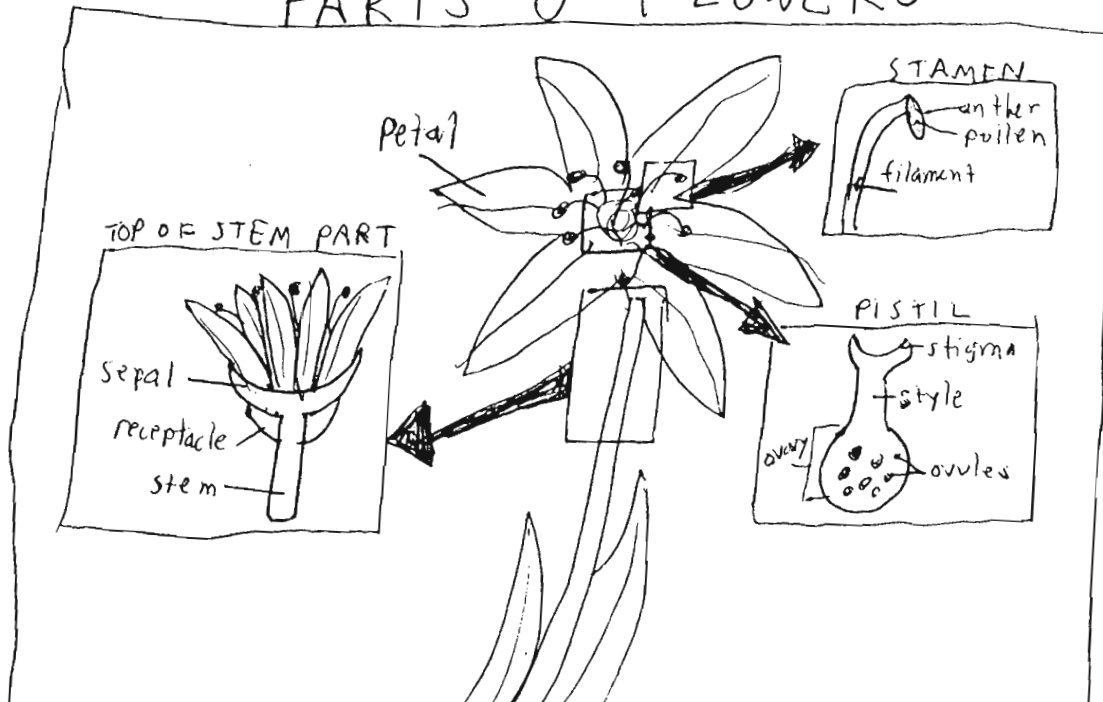


some stuff that is being fried

# WILD EDIBLES

Do you remember the last time you were stranded in the woods with no food? Of course you do. And do you remember wishing you knew the recipe for Day Lilies Tempura? Duh. Well, your time has come to join the ranks of all those wood-chewing, fire-starting, day-lily-identifying individuals who never had to make excuses when their stomachs came a-rumblin'. That's right: it's Wild Edibles, where you will learn the rough and tumble culinary skills needed to survive in this cold, angry world.

## PARTS O' FLOWERS





Trip slip #6

Time: 9 AM - 4 PM

Place: Brown

Leaders: Joey (617-989-07

Amelia (617-244-988

Date: Thursday, July 11th

a flower sandwich



Equipment: Field kit, lunch, water, boots, pocket knife, some plastic bags, one (1) bowling ball

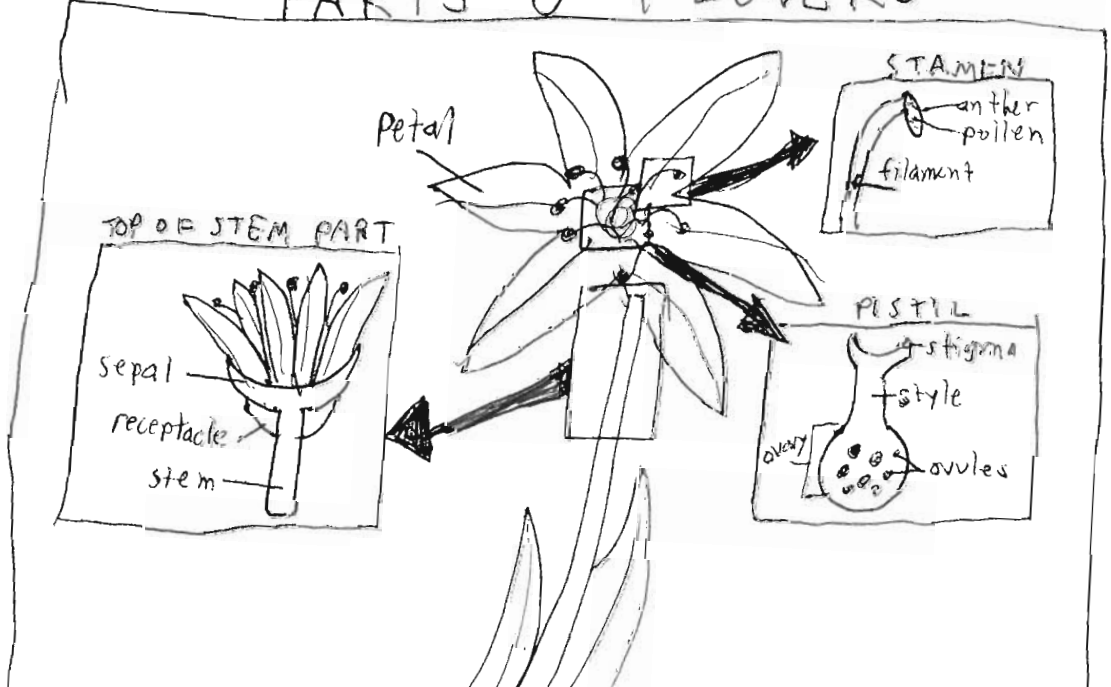
# Wild EDIBLES



some stuff that is being fried

Do you remember the last time you were stranded in the woods with no food? Of course you do. And do you remember wishing you knew the recipe for Day Lilies Tempura? Duh. Well, your time has come to join the ranks of all those wood-chewing, fire-starting, day-lily-identifying individuals who never had to make excuses when their stomachs came a-rumblin'! That's right: it's Wild Edibles, where you will learn the rough and tumble culinary skills needed to survive in this cold, angry world.

## PARTS O' FLOWERS



# Wild Edibles



Stacy Sanchez  
Trip slip # 9  
July 13 1993

Leaders: Stacy (965-4988)  
Molly (965-1979)

meet at South  
times: 9AM-2PM

Equipment: Field kit, day pack, water, POCKET KNIFE, lunch,  
PLASTIC BAGS

PARTS OF A PLANT ARE:

- Flower - structure containing stamens, petals, or both
- Bud - small growth on end or sides of stem that develops into a flower
- Stalk - supports flowers & leaves

one of the foods we may be preparing are cattails. If we can find any green ones in the marsh near South we'll boil the cattails and eat them like corn with butter. Other things we'll be making are teas and fried day lilies, also we'll make mulberry tarts.

Today we'll have lots of fun because we'll be staying around South, finding edible plants that grow in the wild. The best part of the trip is that you get to eat what you've found.

- Among the edible plants we'll see are:
- DAY LILIES - fry them in batter
  - CATTAILS - boil like corn
  - DANDELION - use leaves in a salad (but we probably won't use dandelions today, because they're only edible at certain times - & we don't want to poison you.)
  - RASPBERRIES } can be used in tarts
  - MULBERRIES }
  - WOOD SORRELL - leaves with citric acid
  - VIOLETS - flowers eaten raw or jellied

YELLOW BIRCH → tea

SASSAFRAS (use roots)

Tuber - swollen section of a root - like potatoes

Root - underground stems

## DO YOU KNOW:

How to tell the difference between blueberries (edible) and berries that are blue but poisonous?

- what's the difference between a wood sorrell and a clover?

- what's the difference between a day lily and a tiger lily - and which one's edible?

# WILD N' CRAZY EDIBLES

what you need: Full field kit, LoxH, boots, plastic bags, + pocket knife.

with your leaders:  
Molly 965-1979  
Gail 964-5857  
Lea 527-2763

9am - 2pm  
AT SOUTH



## PARTS OF A PLANT:

- Flower: structure that contains the stamens, the pistil, or both.
- bud: small growth on the end or sides of a stem that develops into a flower.
- stalk: supports the flowers and leaves.
- Tuber: swollen section of a root, like potatoes.
- root: underground stems

Today we will be learning about and eating edible plants which can be found around here. Knowing what is okay to eat can be very helpful to us as people, hikers, and campers. You will be well prepared for our other trips like: Blue Hills, Mt. Monadnock, and Mt. Washington where we will see other wild edibles like: strawberries, bilberries, cloudberries, mountain cranberries, Labrador tea, wild raisin, crowberries, woodland mountain sorrel.

## Edible Plants we will see:

- Yellow birch ~ tea + syrup
- Sassafras ~ tea, jam + jellies
- White Pine ~ tea, jam + jellies
- Day Lillies ~ fritters + potato-like-tubers
- Cattails ~ boiled seed stalks, flower substitute
- Dandelion ~ coffee substitute, edible leaves
- Milkweed ~ sprouts and seed pods boiled
- Raspberries ~ eaten raw, jams + jellies  
leaves used as tea.

If you would like to bring in, if you have any some wild edibles books or wild flowers books.

We will be walking around south gathering Black Birch twigs, Sassafras roots, day lillies, and cattails. When we get these we will then cook them up to eat - yum yum!

## Questions to think on:

- How do you know if a blue berry is edible or not?
- What is the difference between a wood sorrel and a clover?
- What kind of clover can you eat?

- Violets ~ flowers eaten raw, jellied or candied, leaves like spinach
- Wood Sorrel ~ leaves like lemon

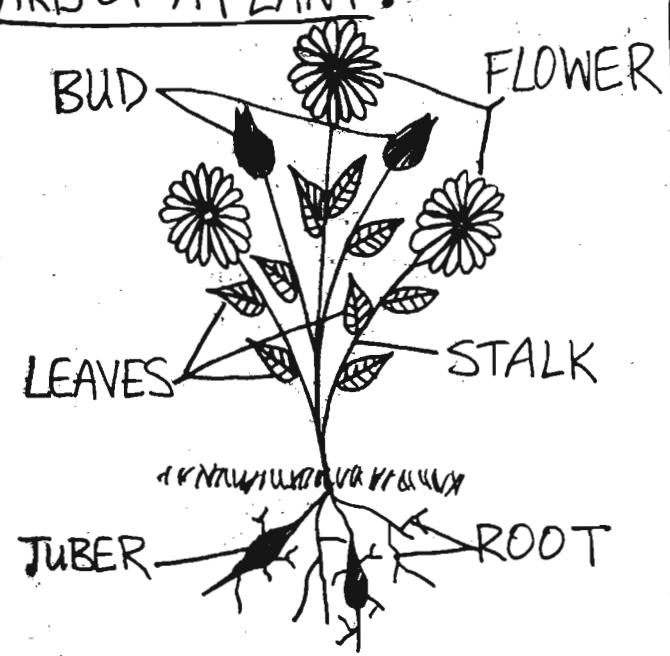
Start - 9:00 AM  
 End - 2:00 PM  
 Meet At - Newton South  
 Leaders - me + Stacy (965-4988)  
 or Gordon (244-9304)

Molly Smith (965-1979)  
 Trip slip #657  
 Wednesday, July 8<sup>th</sup>, 94

# WILD EDIBLES

Equipment: Field kit, BOOTS, Lunch, water, jackknife, PLASTIC BAGS

## PARTS OF A PLANT:



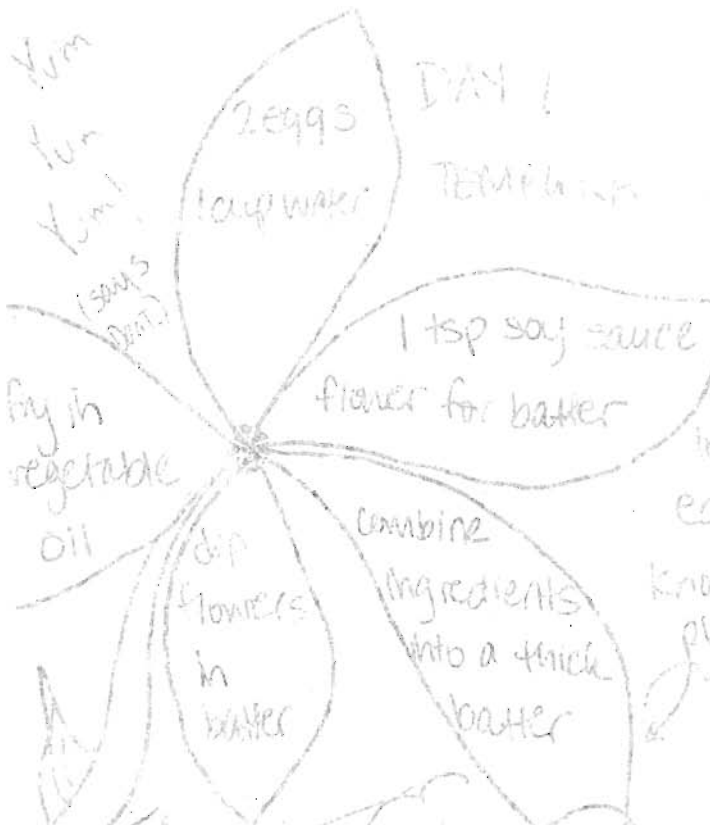
If you were ever left stranded in the wild without food, would you know which plants you could eat, and which ones you couldn't? Hopefully WILD EDIBLES will be able to give you a few suggestions as to how you could survive! Our menu for the day will include sassafras tea, Day Lilly tempura, Black Birch tea and cattails. If we are lucky, we may find a substantial amount of raspberries, blackberries and blueberries. All of our foods will be found around Newton South and all of our cooking will be done there too. The plastic bags are important because we need them to gather our foods in. Everyone should bring a few.

## PLANTS WE WILL BE LOOKING FOR:

- Black berries
- Blueberries
- Day Lillies
- Cattails
- Raspberries
- Dandelions
- Yellow Birch
- Wood Sorrel
- Sassafras
- VIOLETS

## QUESTIONS? QUESTIONS? QUESTIONS? QUESTIONS?

- How can you tell if a blueberry is edible or not?
- What is the difference between wood sorrel and clover?



DAY 1

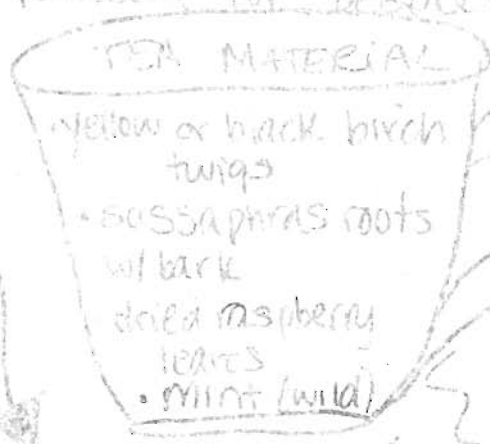
TEMPERATURE

Today will be walking around South looking for edible plants. Knowing what plants are...

try in vegetable oil

eat is an important skill to learn, especially for people like us who plan to survive in the wilderness.

# EDIBLES



Edible plants: yellow dandelions, willowweed, wood sorrel, day lilies, raspberries

CATTAILS

- green & white water
- salt
- butter
- wood sorrel to flavor the butter

EXAMPLE

green & white water

salt

butter

wood sorrel

FLOWERS - the structure of a plant that contains the stamens, pistils, or both. BUD - an undeveloped part of a stem that will develop into a flower. STEM - the part of the plant that supports the leaves and flowers. ROOT - the part of the plant that anchors it in the ground and absorbs water and nutrients.

high, narrow, cylindrical, multi-segmented, on underground stems

small green

flowers

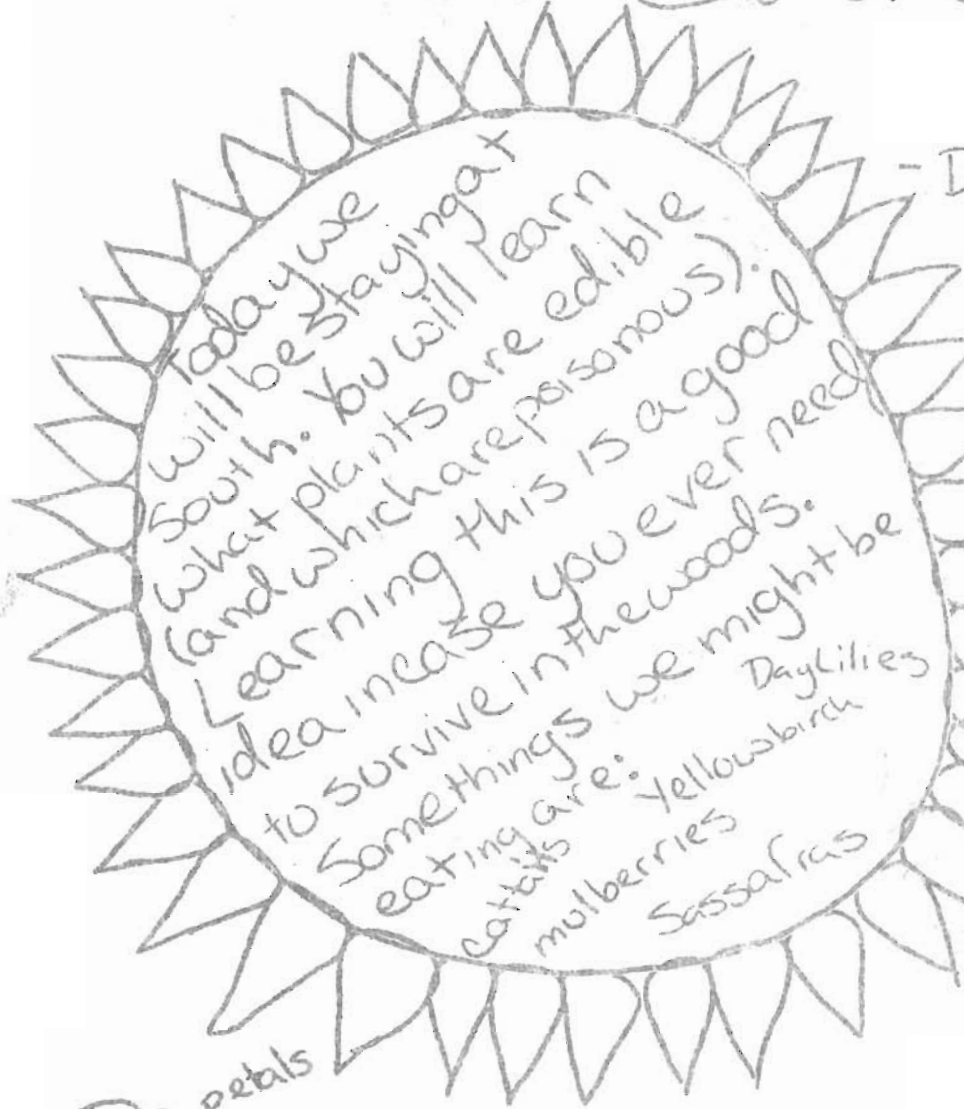
July 8, 1999  
Tripship #5

Leaders - Sarah Northrup - #965-4602  
Pam Mahoney - #527-5831

Times: 9:00am  
2:00pm

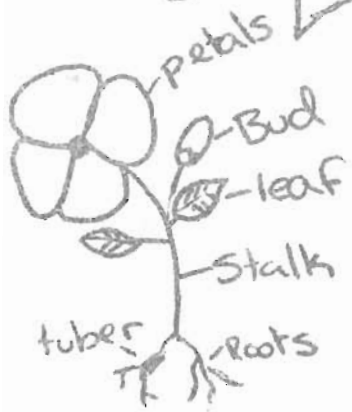
# Wild Edibles

Equipment:  
~~Field~~ field kit,  
lunch, boots,  
water, pocket  
knife, PLASTIC  
BAGS



## Questions:

- Do you ever eat random mushrooms that you see in the woods?  
- Do you ever eat berries if you don't know what they are?  
(Hint: both answers should have been N(☺)!)  
N(☺)!



It's good to know the different parts of a flower. Just because one part is edible doesn't mean the whole thing is.

**Leaders:** Jenny (969-2776) & Pam (527-5831)

TRIPSLIP # 5

**Times:** 9 AM - 2 PM

**July 8, 1997**

# Wild Edibles

**Equipment:** daypack, lunch, water, sneakers or boots, field kit, pocket knife, PLASTIC BAGS!

\*\*\*\*\*

This trip is for those of us who've always wondered what flowers taste like and what you can eat and CANNOT EAT. Here are some fun things you can eat:

Day Lilies- fried in batter

Wood Sorrel- eat the leaves as is (are?)

Green Cattails- boiled like corn on the cob

Dried Curlydoc- like granola or cereal

Raspberries/Mulberries- as is or in tarts

Sassafras- boil the roots for tea

Black/ Yellow Birch- boil for tea

**\*N\*E\*A\*T\*O\*\*H\*U\*H\***

Today we're gonna whip up some of this stuff to eat so I hope you brought your appetite! We are also going to talk about the different parts of a flower, because there are some flowers that you can only eat certain parts of. Say... can you draw a flower and label its parts, like the **flower, bud,stalk,tuber,root**? You can give it the good ole Envi- Sci try right here below!!

**\*\*And be ready to get messy, because we'll be digging in the dirt a bit today!\*\*Woo-Hoo\*\*\*\*\***

Leaders: Jenny (969-2776) & Pam (527-5831)

TRIPSLIP # 5

Times: 9 AM - 2 PM

July 8, 1997

# Wild Edibles

Equipment: daypack, lunch, water, sneakers or boots, field kit, pocket knife, PLASTIC BAGS!

\*\*\*\*\*

This trip is for those of us who've always wondered what flowers taste like and what you can eat and CANNOT EAT. Here are some fun things you can eat:

Day Lilies- fried in batter

Wood Sorrel- eat the leaves as is (are?)

Green Cattails- boiled like corn on the cob

Dried Curlydoc- like granola or cereal

Raspberries/Mulberries- as is or in tarts

Sassafras- boil the roots for tea

Black/ Yellow Birch- boil for tea

**\*N\*E\*A\*T\*O\*\*H\*U\*H\***

Today we're gonna whip up some of this stuff to eat so I hope you brought your appetite! We are also going to talk about the different parts of a flower, because there are some flowers that you can only eat certain parts of. Say... can you draw a flower and label its parts, like the **flower, bud,stalk,tuber,root**? You can give it the good ole Envi- Sci try right here below!!

\*\*And be ready to get messy, because we'll be digging in the dirt a bit today!\*\***Woo-Hoo\*\*\*\*\***



**Leader:** Super Sayles, A.K.A Jesse (965-2719)  
The Heroic Simunovic A.K.A Angela (527-7993)

**TRIPSLIP #6**

**July 8<sup>th</sup>, 1999**

**Times:** 9am – 2pm

**Location:** Brown middle school



Lilly the Day Lillie



Woody the Weed Sorrel



Super Sayles



The Heroic Simunovic

## Wild Edi's. A.K.A. Wild Edibles

**Equipment:** backpack, Hiking boots, lunch, WATER (more than two quarts), Field kit (notebook, pencils, first aid kit, extra boot laces, rain gear, sunscreen, bug stuff, pocket knife), Small plastic bags, trowels if you have 'em, your appetite

Lilly: Oh No, this is my least favorite trip. They're going to eat my family.

Woody: Oh the Horror, the Horror. They just ate Billy. Boo hooo.

Jesse: Suck it up you plants. This is wild edibles, and this is what we do on this trip, eat plants.

Angela: That's right. We're going to hang around Brown, and eat plants. Were going to eat things like Day Lilies, Green Cattails, Raspberries/Mulberries, Black Birch, Wood sorrel, Curlydoc, Sassafras, and Sumac.

Jesse: That's right, were going to fix 'em up and eat them.

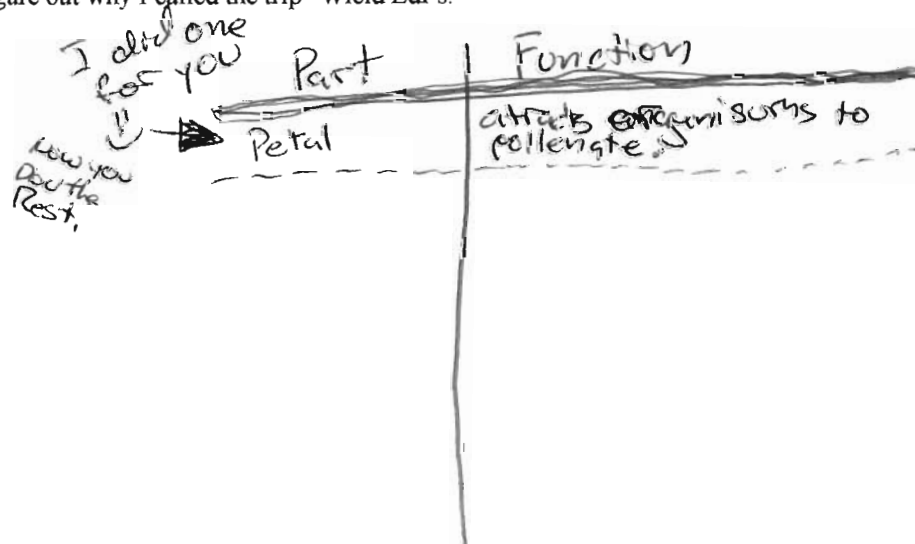
Lilly: My poor family, please not my family. Don't eat them.

One extra credit point in life if you can draw a flower and label the Petal, Sepal, Stem, Pistil, Stigma, Style, Ovary, Stamen, Anther, Pollen, Filament.

Two more if you can give the function of all the parts.

One extra credit point in life if you can figure out why I called the trip "Wild Edi's."

Draw your flower here



# Wild Edibles

leaders:

Sarah  
#965-4602

Jenny  
#969-2776

Missouri # 7 and 8

July 8 and 11

9-2

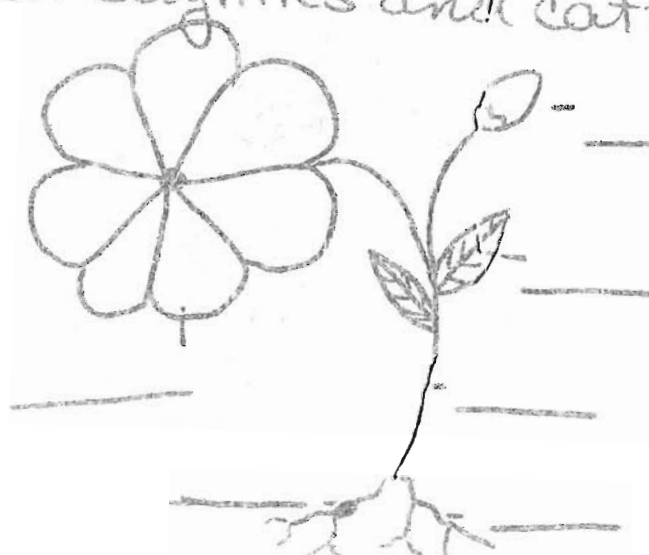
Start at South

## Equipment

Field kit, lunch,  
water, boots,  
POCKET KNIFE,  
plastic bags, or  
plastic containers

For this trip, we're going to stay close to South. We're going to learn about what sorts of plants you can eat, and which ones to stay away from. (sometimes they can be very similar, so ~~pay~~ pay attention.)

We're going to make and eat lots of very different kinds of foods. You don't have to like it, but please try it all, you might be surprised by something. Some of the things are things you would never expect to be edible... Did you know you can eat daylilies and cattails?



How many of the blanks can you fill in? (I want to see them filled in...) Why is it important to know the parts of a plant???

Tripslip # 5

7/7/99

Leaders: Alex K. (964-7768)

Angela S. (527-7993)

Times: 9-2

Meet @ Brown

Equipment- Water, Field Kit, Lunch, Guess What? You can leave your boots at home, wear whatever you want.

## **Wild Edibles**

Ah yes, one of my all time Envi-Sci favorites: Wild Edibles. We will be staying in the area close to Brown today, in search of various wild delicacies. We will be learning what's OK to eat, and what's not, as well as some interesting recipes and preparation techniques.

**Disclaimer: The Environmental Science program recommends that you do not try this if you are not in the presence of experienced personnel. It is not a good idea to eat something without being absolutely sure you know what you are ingesting.**

Here's one quick distinction that can mean the difference between a good snack, and a trip to the emergency room:

Day Lily- MAKES A VERY TASTY, AND BEAUTIFUL SNACK.

Tiger Lily- Highly poisonous. Very beautiful, but makes a very bad snack.

Note the differences in the leaf patterns.

# WILD EDIBLES

LEADERS: JEFF (382-3617)  
ANGELA (527-7993)

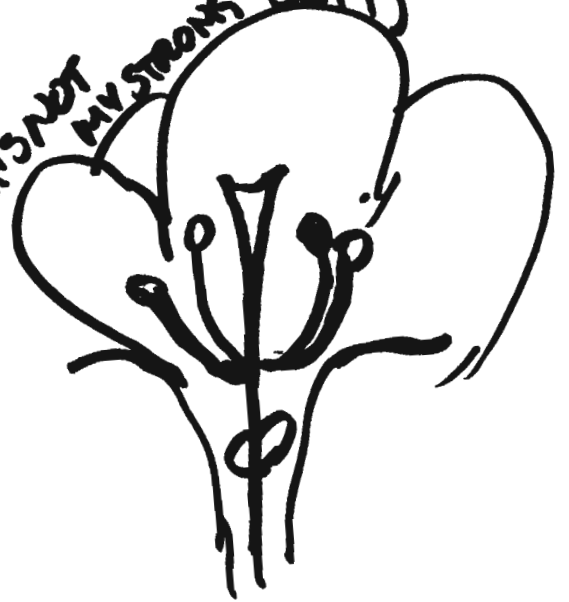
LOCATION: BROWN 8:30-4

EQUIPMENT: FIELD KIT, H<sub>2</sub>O, LUNCH, BOOTS OR SNEAKERS (NO SANDALS)  
SMALL SHOVEL (TROWEL) IF YOU HAVE ONE, SMALL PLASTIC BAGS  
AND A BIG OL' APPETITE!

THIS IS ONE OF MY FAVORITE DAY TRIPS, IT IS A LOT OF FUN AND YOU GET TO EAT REALLY GOOD FOOD! WE STAY PRETTY CLOSE TO BROWN TODAY AND COLLECT ALL SORTS OF PLANTS, FLOWERS + BERRIES. THEN, WE BRING THEM BACK TO BROWN AND COOK ALL SORTS OF YUMMY STUFF. THE IMPORTANT THING ABOUT EATING WILD PLANTS IS THAT YOU ARE 90% SURE OF WHAT YOU ARE EATING IF IT IS SAFE. THAT'S MY HOPE TO TEACH

WE ARE ALSO GOING TO LOOK CLOSELY AT FLOWERS:

(DRAWING IS NOT MY STRONG SUIT)



CAN YOU IDENTIFY:  
- PETAL  
- ANTHOR  
- STAMEN

IDENTIFY:  
- STYLE  
- CARPEL / PISTIL  
- OVULES  
- STIGMA

# Wild Edibles

trip slip + trans  
July Band 11  
9-2  
Start at South


leaders:

Sarah  
#965-4602

Jenny  
#969-2776

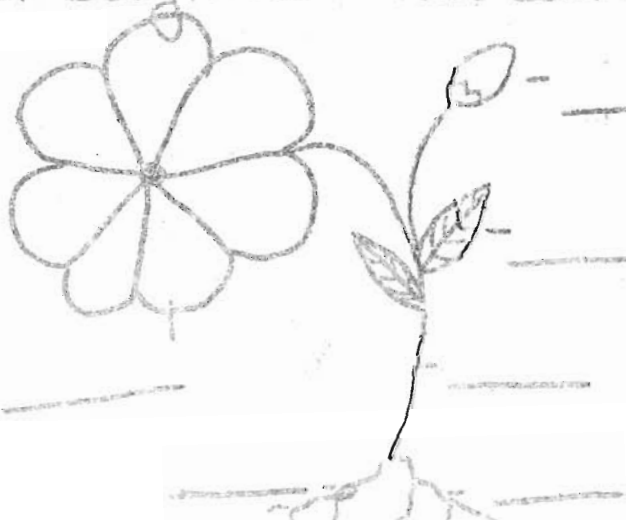
## Equipment

Field kit, lunch,  
water, boots,  
POCKET KNIFE,  
plastic bags, or  
plastic containers



For this trip, we're going to stay close to South. We're going to learn about what sorts of plants you can eat, and which ones to stay away from. (sometimes they can be very similar, so ~~pay~~ pay attention.)

We're going to make and eat lots of very different kinds of foods. You don't have to like it, but please try it all, you might be surprised by something. Some of the things are things you would never expect to be edible, ... Did you know you can eat daylilies and cattails?



How many of the blanks can you fill in? (I want to see them filled in...) Why is it important to know the parts of a plant???

July 6, 1983

Wild Edibles

Time: 9-2

Leaders:

Steven Sampson 244-7622

Debbie Autor 965-0246

Equipment:

Full field kit

Cups (for tea)

Lunch

Group Equipment:

Plastic Bags

Field guides

Buckets

Shovel

Cooking gear

Objectives:

- To work on accurate plant identification
- To learn about some of the things around us that are good to eat
- To learn what parts of a plant might be edible
- To learn about cooking

wild edibles

-TO EAT !!!

-----  
Today we will mostly be around the south high area. We will be learning and then collecting edible plants. We will also discuss some of the edible plants you might see later in the program.

One of the most important things we will learn is proper plant identification. Not getting the right plant to eat can be a BAD SCENE.

Another thing we'll be looking at is what parts of the plant we eat. A list of the uses of different plants is in this trip sheet for future reference.

Parts of plants:

stalks

twigs

bark

pollen

roots

leaves

tubers-fat, potato-like

part of some roots

nut

fruit

seed

ALL OF THESE CAN  
BE EATEN IN SOME  
PLANTS!!!

PLANTS:

Daylilies-buds, flowers, tubers  
Raspberries-Fruit, leaves for tea  
Stinging Nettle-Peeled stalk  
Yellow Birch-twigs for tea, sap  
Cattails-tubers, young shoots, green seed stalk, pollen, roots for flour  
Oak-Nuts (acorn) after tree ating  
White Pine-needles for tea, bark, buds, cones (seeds)  
Sassafras-leaves for jelly and file' powder, roots for tea  
Blueberry-fruit  
Violets-flower, leaves-boiled  
Plantain-leaves (boiled)  
Curly Dock-seeds  
Milkweed-shoots, buds, young seed pods

Wood sorrel-leaves (fresh)  
Burdock-peeled stalk  
Wintergreen-leaves, berries

# WILD Edibles

Leader: Simon Rakov 244-4147

Date: July 3, 1986

Equipment: Full Field Kit, cups (for tea)

Group Equipment: Cooking gear

Field guides

Plastic bags

Come prepared to try something new!

Yes, you should bring lunch, but we will be finding, preparing and EATING lots of wild food.

Today we will be hanging around the

South High area. Some of the plants

we find might even be in your own yard.

We will be working on PROPER plant identification, so that we don't eat the wrong parts of plants (!)

Once you have learned which plants are edible, we will collect some and prepare them. We'll also discuss some of the edible plants that you might find later in the program.

For future reference:  
PARTS OF PLANTS:

PLANTS: to eat

Daylilies - buds, flowers, tubers

Raspberries - FRUIT, leaves for tea

stinging nettle - PEELED stalk if you're desperate

Yellow Birch - twigs for tea, sap for syrup

Cattails - prized by the INDIANS because almost all of it can be used.

Eddible parts: tubers, young shoots, green seed stalks, pollen

Oak - nuts (acorns) AFTER tanning

White Pine - needles for tea, bark, buds, cones (seeds)

Sassafras - leaves for jelly, roots for tea or ROOT BEER

Blueberry - fruit!

Violet - flowers, leaves (boiled)

Plantain - leaves (boiled)

Wood sorrel - leaves (EAT)

soup

used as

TRIP#6

JULY 13, 1982

TRIP: W  
E

TIME: 9 AM - 2 PM

LEADERS:

DAN BROTMAN 332-5616

DEBBI STEINBERG 969-8133

BETH HOLMBERG 332-7655

EQUIPMENT:

FULL FIELD KIT (yes, even lunch), PLASTIC BAGS, PLASTIC CUP (for tears), AN APPETITE.

TODAY IS PROPER PLANT IDENTIFICATION. NOT GETTING THE RIGHT PLANT TO EAT CAN BE A BAD SCENE.

ANOTHER THING WE'LL BE LOOKING AT IS WHAT PARTS OF THE PLANT WE EAT. A LIST OF THE USES OF DIFFERENT PLANTS IS IN THIS TRIP SLIP FOR FUTURE REFERENCE.

Parts of Plants  
.....

④

GROUP EQUIPMENT:

FIELD GUIDES, BUCKET, SHOVEL, COOKING GEAR.



- TO WORK ON ACCURATE PLANT IDENTIFICATION
- TO LEARN ABOUT SOME OF THE THINGS AROUND US THAT ARE GOOD TO EAT
- TO LEARN WHAT PARTS OF A PLANT MIGHT BE EDIBLE.
- TO LEARN ABOUT COOKING WILD EDIBLES

②

PLANTS:

Daylilies: Buds, Flowers, tubers.

Raspberries: Fruit, leaves for tea

Stinging nettle: peeled stalk.

Yellow birch: twigs for tea, sap

⑤

• TO EAT!!



TODAY WE WILL MOSTLY BE AROUND THE SOUTH HIGH AREA. WE WILL BE LEARNING, AND THEN COLLECTING EDIBLE PLANTS. WE WILL ALSO DISCUSS SOME OF THE EDIBLE PLANTS YOU MIGHT SEE LATER IN THE PROGRAM.

ONE OF THE MOST IMPORTANT THINGS WE WILL LEARN

Cattails: tubers, young shoots, green seal stalk, pollen, roots for flour.

Oak: nuts (acorn) after treating

White pine: needles for tea, bark, buds, cones (seeds).

Sassafras: leaves for jelly and filé powder, roots for tea.

Blueberry: fruit.

Violets: flower, leaves (boiled)

Plantain: leaves (boiled)

Curly dock: seeds

Milkweed: shoots, buds, young seed pods.

Wood sorrel: leaves (fresh)

Burdock: peeled stalk

Wintergreen: leaves, berries

⑥



TRIP #3 July 7, 1983

TRIP: WILD  
EDIBLES (YUM)

TIME: 9-2 PM

LEADERS:

WENDY GROSS 965-9821

DEBBIE STEINBERG 969-8133

BETH HOLMBERG 332-7655

EQUIPMENT: FULL  
FIELD KIT (EVEN  
LUNCH), PLASTIC BAGS,  
PLASTIC CUP (FOR TEA),  
THE WILL TO EAT.

①

GROUP EQUIPMENT:  
SHOVEL, COOKING STUFF,  
BUCKET, FIELD GUIDES,  
NEWTON SOUTH

OBJECTIVES:

▲ TO WORK ON  
proper, accurate  
plant identification.

▲ TO LOOK AT WHAT  
parts of a plant  
might be eaten

▲ TO LEARN ABOUT  
what things around  
us are good to  
eat

②

▲ TO LEARN TO (hopefully)  
make the best of  
the time in the  
program YUMMIE!

▲ TO LEARN HOW TO  
prepare wild edibles



TODAY WE'LL MOSTLY  
BE AROUND THE SOUTH  
HIGH AREA, (WHICH, WHO  
KNOWS WHERE THE QUEST  
MIGHT LEAD?) WE'LL  
BE LEARNING ABOUT  
COLLECTING, AND EATING  
EDIBLE PLANTS. WE  
WILL ALSO DISCUSS  
SOME OF THE

③

EDIBLE PLANTS WE  
MIGHT SEE LATER IN  
THE PROGRAM (ON KITTERY  
OR IN THE MOUNTAINS)

ONE OF THE  
MOST IMPORTANT  
THINGS WE'LL WORK  
ON TODAY IS  
PROPER IDENTIFICATION.  
ANOTHER IMPORTANT  
THING IS WHICH PARTS  
OF PLANT ARE EDIBLE.  
ON SOME PLANTS, ONE  
PART IS GREAT FOR  
YOU, AND ANOTHER PART  
IS

④ POISONOUS.

QUESTIONS, ETC.

What are the  
various parts of  
plants?

How might various  
parts be eaten?

How do you  
identify a plant?

What are some  
identifying features?

What kinds of  
preparation are  
needed for

⑤

various wild  
edibles?  
Would you eat  
a sumac with  
red berries? How  
about one with  
white berries?  
What about  
grasshoppers?  
(yeah - what about  
them?)

⑥

Tuesday, July 3, 1980

Trip #2

Trip: Wild Edibles (a)

Leaders: Beth Holmberg

Lisa Bottemo

Phone: 332-7655 (Beth)

527-7470 (Lisa)

Time: 9:00 - 2:00 or 3:00

Equipment: Boots, long pants (rasberry bushes), lunch, water, notebook, collecting stuff, I.D., books, cooking equipment, an appetite

Today we will be walking around the South High area seeing what we can "dig up" to

eat. If we have time, we'll also go to Hammond Woods for some extra food.

We will try to get yellow birch, sassafras and white pine for tea, day lilies for fritters, cattails, sorrel, and black raspberries. One of the main ideas we will learn today is proper identification. With edible plants it is very important to make sure you know what the plant is. It's a

good idea to take notes on identifying features.

We may run over a little if we find a lot. While we're cooking and eating, we'll talk about some other edible foods, including the ones we might find in the mountains.

Bring along a little hunger for a big lunch, and be ready to try a few new things. If you have any books on edible plants, bring them along. (3)

### Edible Parts of Plants

Yellow Birch: Twig & inner bark for tea or chewing. Sap for syrup (like maple).

Sassafras: Buds for tea, twigs for chewing, leaves for jam or jelly.

White Pine: Needles, inner bark and buds for tea, eaten raw, jams & jellies.

Day Lilies: Buds and flowers in fritters, tubers eaten like potatoes.

Cattails: A very popular plant with the Indians because almost the entire plant is usable. The young tubers can be boiled - older ones can be dried and pounded for a flour substitute. Young shoots and young seed stalks are boiled and eaten. The older leaves are used for ropes and baskets. The pollen is another flour substitute.

Dandelion: Young leaves and buds eaten raw or cooked. Roots roasted and used as a coffee substitute.

Milkweed: Young sprouts, buds, and seed pods can be boiled and eaten, but due to the latex sap, they must be boiled for 30 min, with 3 changes of water to get it all out.

Raspberries: Ripe fruit eaten raw, in jams, jellies, etc. Leaves used as tea.

Violets: Jammed with vitamins and yummy too! Flowers eaten raw or used in jelly or candied. Leaves used like spinach - raw in salad or cooked - taste a lot like, but better than spinach.

(4)

(5)

(6)

July 11, 1990

Trip: Wald

Trip: Wald

## Edibles

Trail (964-5857)

9am - 2pm

Equipment: Plastic Buggies, Knife, and APPETITE

Today we will be walking around the Newton South Area looking for anything edible. We will be collecting many different plants and cooking them up in interesting ways. You'll be surprised at how much there is to eat.

## Edible Plants:

- Yellow Birch ~ tea and syrup
- Sassafras ~ tea, jam, and jellies
- White Pine ~ tea, jam, and jellies
- Pay Lillies ~ fritters and potato-like tubers
- Rattails ~ boiled seed stalks, flour substitute.
- Randelion ~ coffee substitute, leaves
- Milkweed ~ sprouts and seed pods (boiled)
- Raspberries ~ raw fruit, jams and jellies, leaves made into tea
- Violets ~ flowers eaten raw, jellied or candied, leaves boiled into spinach-like greens
- Wood Sorrel ~ leaves like lemon.
- Sumac ~ berries boiled into lemonade or tea

## Vocabulary:

- flowers - structure with an angiosperm - contains stamens, pistils, or both.
- bud - small growth on the end or sides of a stem that develops into a flower
- Stalk - part of the angiosperm that supports the flower and leaves.
- leaves - part of a tree or plant that contains photosynthetic material
- tuber - swollen section of underground stems (root) like potatoes

Make a note of what kinds of things grow where. You can then have some idea of where to find things in the future. (Just in case you have to forage at some point)

- Plants on other trips:
- Blue Hills, Monadnock, and Mt. Washington:
    - Bilberries - Cloudberries - Wild Raisin
    - Mountain Cranberries - Labrador tea - Wood and Mountain Sorrel
    - Crowberries - Blue berries