



Edible Wild Plant Safety

Protocol

- Positively identify the plant you'd like to eat and share with students.
 - Use a guide in sight of students
 - Distinguish unique features (flowers, leaves, stalk, habitat)
 - Use 5 senses to explore the plant
 - Sketch the plant in nature journals
- Follow the 1:10 rule; harvest a plant only if you see 10 plants in the area.
 - Harvest only what you need
 - Practice a 'thinning' method of harvesting so plants left can grow stronger
- Explain/show any other plants that may look very similar to the plant you'd like to eat and share with students
- Know what part(s) of the plant are edible and if any part(s) are poisonous.
- Harvest edible parts during the appropriate stage.
- Use the proper preparation techniques.
- If you aren't familiar with a plant, assume it is poisonous.
- Only share edible plants with students who are not known to have food allergies
- Always supervise the harvesting and consuming of edible plants.
 - Students will identify the plant using a guidebook.
 - Students will introduce it to an adult to confirm its identity.
- Avoid harvesting near roadsides and other obviously contaminated areas.
- Know which plants are endangered or threatened.