

Northshore Locavores  
Foraging Discussion 022810

Here is a general description of the discussion and a list of plants etc. that folks are interested in foraging. Sherry R facilitated conversation.

Everyone agreed that foraging outings can be generated by anyone in the group by sending a group email. If you notice that a particular plant is ripening set a date and invite the group. There is also interest in scheduling group outings just to see what we can find.

Sherry R agreed to be a mushroom contact. Joe is willing to do a batch of dandelion wine with a group at her house. She also offered her dandelion coffee recipe. A number of people offered to lead expeditions for nettles and fiddle heads.

Everyone listed plants that peaked their interest. I caught most of them:

: Wild Nettles  
Fiddleheads

Mushrooms: Oyster, spring  
Chicken fats, grow under white pines  
Boletes, prolific in the fall  
Porcini (type of bolete)  
Chantrels  
Shaggy Manes  
blewits

Wild Asparagus

Hazelnuts, we get the beaked variety around here. Cromwell has a good spot

Apples, good for wine

Dandelions, good for wine, coffee substitute

Basswood flowers make a good tea

Cattails, pollen good in pancakes and baked goods, roots are also edible

Berries:

Raspberries	Nannyberry
Black	Black currents
Strawberries	Red Currents
Ash tree berries	Rosehip
Gooseberries	Highbush Cranberries
Lingonberries	Saskatoon
Lowbush Cranberries	Winterberry
Blue	Bunchberry
Choke Cherrys	Wintergreen
Thimbleberries	Elderberry
June berry, Service berry	
Saskatoon	

Sumac Berries, lemony taste, dry and crush, add to rice and fish

We also discussed a few plants that are used for things other than food.

Good smells

Pearly Everlasting

Artemisia

Velerian

To make baskets, boats, furniture, etc.

Grasses

Cattails

Birch bark

Diamond Willow

People who may be good contacts regarding foraging but were not present

Jan Green

Jan Johnson

Georgeann Hunter