

Discover the EDIBLE WILDERNESS

Photo Playing Cards

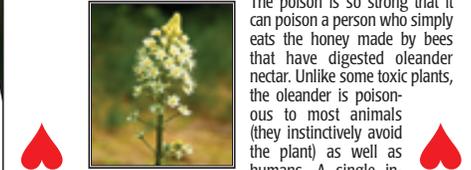


Top Quality
Plastic Coated
Poker
Size

DANGERS DEADLY POISONOUS PLANTS (PART 2)



Water Hemlock - Native to North America and is considered to be the most deadly plant on the continent. Water hemlock's small white flowers and white roots are sometimes mistaken for a parsnip plant - a potentially fatal error! Poison is present in the entire plant, but most concentrated in the roots.



Death Camus - This plant grows from a bulb and may be mistaken for



Oleander - Considered the most poisonous plant in the world. All parts of the beautiful oleander contain several types of poison. The poison is so strong that it can poison a person who simply eats the honey made by bees that have digested oleander nectar. Unlike some toxic plants, the oleander is poisonous to most animals (they instinctively avoid the plant) as well as humans. A single ingested oleander leaf can kill a child.

**FOOD SOURCES
EDIBLE PLANTS - DANDELION**

Description: Dandelions are one of the world's most famous weeds. While they are the targets of wrath from many, they are also one of the most sought after and abundant edible plants, with no poisonous look-alike to worry about. Dandelions have been eaten by man for thousands of years and were originally brought to the Americas by the Colonists who used it as a garden vegetable. Dandelions have bright yellow flowers and leaves that have a jagged edge and grow close to the ground.

Habitat & Distribution: Sunny locations throughout the Northern Hemisphere.

Edible Parts: All parts are edible raw or cooked. The entire plant can be steamed like a vegetable. Learning to recognize dandelion leaves on their own is helpful because the leaves are the bitter when they're picked before the plant flowers. Older leaves are better cooked to remove some of the bitter taste. The flowers are good to eat right off the stem, however remove the green base of the flower. You're left with a sweet, meaty, filling wild food! The roots can be eaten raw, steamed, dried, or roasted and ground into a coffee substitute. The leaves are rich in potassium, antioxidants, and vitamins A and C.

Warnings: None.

**FOOD SOURCES
PLANT SOURCES - CATTAILS**

Description: Easy to recognize, cattails are tall grass-like plants with a sturdy stem and a cylindrical spike perched on top looks like a "hot dog on a stick". A common food source historically for Native Americans and pioneers, this useful plant has been largely forgotten as a food source in recent years. Cattails are one of the first of the wild edible plants that all hikers should familiarize themselves with. It not only has several edible parts, but there is some part of the plant that can be harvested for food during any season.

Habitat & Distribution: This easy to find plant is available all year round and is located in full sun areas at the edge of lakes, streams, rivers, ponds and brackish water.

Edible Parts: The tender inner parts of young shoots (outer leaves removed) taste like celery or asparagus. The shoots are delicious raw, steamed or fried. The rhizome is tough but is a rich source of starch. Green flower spikes have been cooked, and eaten like corn on the cob.

Warnings: Don't confuse young cattail shoots with poisonous blue flag. Plants in stagnant or salty water may have a bad flavor.

Description: Delicious edible berries contain vital nutrients - vitamins E, C & A, minerals as well as phytochemicals, which possess powerful antioxidant and anti-inflammatory properties. In an extended survival situation however, berries are not necessarily important to keep you going. It is richer in fats, such as nuts, seeds or possibly wild meat, fish or insects to keep your body nourished. Regardless, eating berries can help keep your physical energy and morale up. A few varieties of wild berries need cooking, but the most common and plentiful can be eaten raw. Here are a few that you might find in the wild:

Blackberries: Over 12 species occur in woods and clearings, edible raw or cooked.

Blueberries & Huckleberries: Are distinguishable by their seeds. A huckleberry contains 10 hard seeds, while a blueberry has numerous soft seeds. Huckleberries differ in stem texture. Huckleberry stems are smooth while the blueberry's stem is "warty". Ranges from red through blue to black.

Cranberries: Look for them from August until midwinter in swamps and bogs, and along shores of lakes. The low-lying shrubs have slender brown stems and green leaves that are rounded at the tip and whitish underneath. Ripe berries are bright red, tart clustered

Some mushrooms can be extremely hazardous or even deadly when consumed. Others, while not deadly, can still cause permanent organ damage. That's why we suggest completely avoiding mushrooms and other fungi in survival situations, unless you are experienced in identifying different mushroom species. The safety rules for mushroom collecting are:

- Only eat mushrooms you have positively identified yourself.
- Don't gather mushrooms unless you have expert knowledge.
- Identify mushrooms a second time during preparation and cook them properly.
- Don't eat mushrooms with white gills, a cup-like basin at the base, or rings around the stem.
- Don't combine different mushroom types.
- Retain a sample of any mushroom you are not well-experienced with for analysis in case of poisoning.
- Inform yourself about deadly mushrooms that are look-alikes of edible ones. "Deadly twins" differ regionally, so take into account regional variation.
- Consume only a small amount the first time you try a certain species.
- The universal edibility test does not work with fungi or mushrooms.

All seaweeds are edible, though some are more nutritional and palatable than others. After pulling seaweed from the ocean, rinse with fresh water if available and let it dry. You can eat it raw or include it in a soup.

Sea lettuce - Consists of single, flat, curled edges that resemble loose leaf lettuce. When in the water, sea lettuce appears bright green or red, but when dehydrated it turns black or white.

Purple laver - Consists of simple blades only one or two cells thick and up to a meter wide, which are almost transparent. This seaweed is used in

protected areas, rooted in muddy/sandy areas. Stems, leaf bases and rhizomes are edible raw. Edible look-alikes are Surf-grass and Sea-grass.

Irish moss - One of the most common seaweeds on the Atlantic coast. The plant is soft, but rich in cartilage, and ranges in color from yellow to deep purple.

Giant kelp - Grows on both coastlines in kelp forests to a depth of up to 90 feet, anchored to the surface of rocks to keep from being washed out to sea.

Bull kelp - Found in surface canopies along coastlines. Can be dried, roasted, and ground into flour/flakes. Useful for wrapping food to be cooked in hot coals.

Warnings: Avoid seaweeds in populated or industrial areas.

Spiny, tough and menacing, the cacti seem peculiar choices as a wild edible. All cactus fruit is edible, none are poisonous, but not all are palatable. The best tasting fruit comes from the saguaro, prickly pear, and barrel cactus. Most cacti bloom in the spring. The barrel cactus bloom and set fruit in the summer.

Prickly pear cactus - Has large pad-like stems that are covered in spines. All parts of the pad are edible. Cut off a small pad and then remove the thorns with a knife, going against the direction of growth. Trim the edge of the pad. Cut into bite size pieces, and eat raw or cooked. Roasting or boiled prickly-pear pads are described to taste vaguely similar to green beans. Peel the fruit carefully to remove the small spines on the outer skin and eat them fresh or crush them to prepare a refreshing drink. Roast the seeds and grind them into flour.

Saguaro cactus - A large tree-like cactus which can grow to over 70 feet (20m) tall. The ruby red fruit ripen in June, and contain around 2000 seeds plus sweet fleshy connective tissue.

Cholla cactus - Harvest when the flower buds swell but the petals are still tightly furled. Buds taste a little like asparagus.