**Wild Food Foraging – Clive Edwards**, *owner of "The European Bushcraft school"*

We took a walk on the wild side of Danbury park and dipped into Natures Larder. Along the way we discovered a number of plants and mushrooms including....

***“Broadleaf plantain" or "Greater plantain”***

Plantain is found all over the world, and is one of the most abundant and accessible medicinal herbs available to us today.

Historically and in wilderness medicine poultices of plantain leaves have been applied to wounds, sores and stings to promote healing.

***Rose hip, also known as rose haw or rose hep***

Rose hips are used for herbal teas, jam, jelly, syrup, rose hip soup, beverages, pies,

bread, wine, and marmalade. They can also be eaten raw, like a berry, if care is used to avoid the hairs inside the fruit.

***Pine Nuts and Needles***

Pine nuts can be harvested and used for cooking and baking. A tea can be made by steeping young, green pine needles in boiling water (known as "tallstrunt" in Sweden) this is high in vitamins A and C.

***Jews Ear - Oyster Mushroom - sweet chestnuts - new growth brambles - Hawthorn Berries and of course blackberries.***

Our workshop then collected that fantastic plant with stinging hairs - ***Nettle*** and wilted it in a little boiling water. Everyone had a taste and we discussed how it could be added to rice and raisons a little garlic salt to make a meal.

Everyone then also got a chance to try digestive biscuits dipped in the juice and fruit of

***Damsons*** that had been boiled in a little water. (No Sugar)

***Further learning can be gained from***

[www.europeanbushcraft.com](http://www.europeanbushcraft.com)

[www.thewildfoodschool.co.uk](http://www.thewildfoodschool.co.uk)

[www.wildfoodandchillifair.com](http://www.wildfoodandchillifair.com)

Its also recommended that a good book to carry is the pocket sized Collins Gem ‘Food for Free’ by Richard Mabey

In closing please remember you can add flavour to your sessions but never eat anything you have not 100% positively identified as edible.