Edible and nutritious common lawn weeds
(Edible wild plants develop high concentration of phytonutrients)

NOTE- When picking edible wild plants, make sure the area has not been sprayed with chemicals like herbicides. As with eating any wild food, you must be 100% sure of your identification of the plant before consumption.

Some plants are toxic.

Chicory- Considered a vegetable and a medicinal herb by our ancestors. Leaves are rich in iron, potassium, calcium, vitamins A and C. Best to gather and eat in early spring when leaves are young and not bitter. Once the flower forms, it is too late, leaves will be too bitter. For salads, try blanching the leaves. Crowns and roots of early spring plants can be harvested and prepared by boiling in 2-3 changes of water to remove any bitterness.

Clover- leaves, stems, flowers rich in vit A & C. Eat raw, blanched, sautéed. They are bitter and aromatic, usually used as flavoring in salads. Young shoots can be cooked and used like asparagus. The whole plant thoroughly dried can be used to make a tea with a hint of vanilla.
The seeds can be used as a spice.

**Dandelion**—Considered a vegetable and a medicinal herb by our ancestors. Leaves are rich in iron, potassium, calcium, vitamins A and C. Best to gather and eat in early spring when leaves are young and not bitter. Once the flower forms, it is too late, leaves will be too bitter. For salads, try blanching the leaves. Crowns and roots of early spring plants can be harvested and prepared by boiling in 2-3 changes of water to remove any bitterness.

**Garlic Mustard**—Flowers, leaves, roots and seeds are edible. Leaves in any season can be eaten but once the weather gets hot, the leaves will taste bitter. Flowers can be chopped and tossed into salads. The roots can be collected in early spring and again in late fall, when no flower stalks are present. Garlic mustard roots taste very spicy somewhat like horseradish. In the fall the seed can be collected and eaten.
**Lambs quarters**- leaves, stems, flowers rich in vit A & C. Saponins in the seeds are potentially toxic and should not be consumed in excess. Lamb’s quarters contain some oxalic acid therefore when eating this raw, small quantities are recommended. Cooking removes this acid. Lamb’s quarter can be eaten in salads or added to smoothies and juices. Steaming this edible weed is one method of cooking, or can be added to soups, sautés and much more. Drying this wild edible is one way to add to your meals during the winter or you can blanch and freeze the leaves.

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**Purple Deadnettle**- Only the leaves are edible. In the spring, the young leaf shoots are harvestable and used in salads. Some people also use it within smoothies. The leaves are also useful as a good tea, which helps treat chills and promote kidney discharge and perspiration.
**Purslane**- leaves, stems, rich in vitamins and minerals, and omega-3’s. Eat raw, blanched, sautéed. Purslane is usually tossed into salads or added to soups, addition to omelets, lightly steamed then served with salt and a little butter, mixed with cucumber and topped with some oil-and-vinegar dressing, or added to smoothies or juicing it.

**Sorrel**- leaves, stems, flowers rich in vit A & C. Eat raw, blanch, sautéed. Mild sour flavor that some say resemble lemons. Wood sorrel can be added to salads, used in soups, sauces and it can also be used as a seasoning. Wood sorrel tea when cooled can make a refreshing beverage especially when sweetened with honey.

**Violets**- young leaves, stems, flowers rich in vit A & C. Eat raw in salads or cooked blanched
or sautéed. Flowers can be candied, put into center of sugar cookies, made into jelly, candied, or
tossed in a salad.

Info taken from https://www.ediblewildfood.com/