

wild foods

Did you know that Mother Nature provides us with delicious wild foods? They are not only for free, they are also very healthy and near you!

A good example is the stinging nettle. Yes, you can eat them! Unloved and unassuming, they are probably the most nutritious wild food you could find. A rich source of iron, calcium and folic acid, they taste similar to spinach and are best when picked young. Once cooked, they do not sting anymore! (Recipes on the back of this page.)

Did you know that nettles were once used to make rope and textiles? The fibres of the nettle are incredibly strong. A Dutch company has re-discovered the nettle as a source for fibre and is making clothing out of a mix of nettle and silk. The nettles are a good replacement for cotton, since cotton crops need a lot of water, fertiliser and pesticides to grow.



Other popular and widely available wild foods are garlic, blackberry and dandelion.

Find out more

The BBC has a good webpage on wild food. It explains the dangers and the pitfalls of foraging and has excellent tips and recipes www.bbc.co.uk/food/recipes/

When you go out to find wild foods don't put yourself in danger to find or reach the plants. If you are not 100% sure of the identity of the plants, don't eat them.

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Nettle Recipes

Nettle Soup

1 lb. fresh nettles, cut
1/2 lb. potatoes, diced
1 onion, cut
3 1/4 tsp butter
1 3/4 cup water
1/3 cup cream
salt and pepper to taste
1 tbsp lemon juice (optional)

1. In small pan, add the butter and 'sweat' the onion until soft. Add potato and water, and cook until soft (falling apart). Add cream. Season with salt and pepper to taste.
2. Add the raw cut nettles (leaf and thin stems only) and cook until tender. Blend to puree. Add cream and season to taste with salt and pepper. Heat through and thin with water or cream if necessary.

Nettle and Potato Mash

8 1/2 oz fresh nettle tips
1 lb potatoes
3 tbs olive oil
1 red onion, sliced
6oz green peas
Black pepper to taste

Peel and chop the potatoes and boil until soft. Mash and set aside.

Boil the nettles in a little water until soft. Remove from water and chop. Heat the oil in pan or wok and stir-fry the onion until soft. Add the peas, followed by the nettles and the potato. Mix well and season with black pepper and serve.

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