

## Spring Foraging in New Brunswick

**Chickweed:** Common garden 'weed'. Small, low-growing plant with oval leaves and tiny white star-shaped flowers. Eat raw or cook like spinach



**Dandelion:** Bright yellow flowers with a hollow stem and milky sap, jagged leaves growing in a rosette. Leaves are best when young and used in salad. Flowers are best used for tea, syrup, or jelly. Collect flowers when newly opened.



**Fiddleheads (Ostrich Fern):** Bright green, tightly coiled young ferns with a papery brown covering and deep U-shaped groove on the stem. Often found near rivers and streams after spring floods. Wash several times to remove debris. Steam or sautee as a tasty vegetable.



**Lamb's Quarters:** A common garden 'weed'. Young leaves have a grayish, mealy coating. Best harvested before flowering.



**Nettles** Jagged, pointed green leaves with fine stinging hairs on the stem. Wear gloves to harvest. Cut the top few inches of young plants before flowering. Very nutritious, use for soups or tea, fresh or dehydrated



**Spruce Tips:** Bright green, soft new growth at the ends of spruce tree branches (fir trees can be used too). Don't harvest the tree heavily, and scatter harvesting over several branches. Use for tea, syrup, or in baking.



**Wild Sorrel (yellow wood sorrel)** Leaves, flowers and seed pods edible raw with a sour, lemony flavor. Contains oxalic acid, eat in moderation. Contains antioxidants and vitamin C.



**Violets:** Heart-shaped leaves with small purple or white flowers. Pick flowers and young leaves in moderation. Use in salads, syrups, or tea.



## Safe and Sustainable Foraging

- Always positively identify plants before harvesting and consuming.
- Harvest in areas free from pesticides and pollution.
- Take only what you need, leaving enough for wildlife and plant regeneration.
- Follow local foraging regulations.
- Always ensure accurate identification before consuming any wild plant. When in doubt, consult a local expert or reliable field guide.