

Legal information in the UK:

- It is illegal to uproot any wild plant without permission.
- It is illegal to disturb or collect any plant material from any protected wild plant.
- Foliage, flowers and fruit may be gathered from plants that are not protected.

Etiquette:

- Only take what you need. Leave plants behind to continue propagating.
- Take a few leaves from several plants rather than all from one if there are only a few plants present. If numbers are really low then leave them be and find something else to snack on.
- Respect the environment from which you are gathering.

Safety:

- Wash all harvested plants thoroughly before consumption.
- Avoid harvesting and consuming diseased, dying and dead plants.
- Never eat anything unless you are absolutely certain of its identification and its safety for consumption.

For details on how to identify plants safely we recommend use of a Wild Plant key such as The Wildflower Key by F. Rose published by Frederick Warne or the Collins Gem series of nature books.

For more information on identification, uses and recipe ideas see the resource section.

Testing Your Tolerance

Even wild plants that have a long history of use as food may cause a reaction in hypersensitive folk. This is a question of individual tolerance. Initially try new plants in tiny quantities only and wait before taking more. Full details on 'Testing Tolerance' can be found in the **Pocket Riverside Foraging Guide**, published by the Wild Food School and available online from their website:

<http://www.wildfoodschool.co.uk/>

The Wild Food School website also provides free recipes and wild food and foraging information

References:

Information in this leaflet was additionally taken from the following sources:

Food for Free, by Richard Mabey, 2001, published by Harper Collins Publishers

Wild Food, by Roger Phillips, 1983, published by Pan Books Ltd.

Online Resources:

Plants For A Future (PFAF) - is an online resource and information centre for edible and otherwise useful plants. The database currently consists of approximately 7000 species of plant <http://www.pfaf.org>

This leaflet is intended as a rough guide only, introducing just a handful of the many edible plants growing on the banks of the Kelvin. In addition to those plants already established the Garrioch Residents Association has introduced many new plants, so look out for apples, pears, cherries and edible fungi.

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The Edible Kelvin



An introductory guide to the edible wild plants that can be found growing along the banks of the river Kelvin in Glasgow

Garrioch Residents
Association

Climate
Challenge
Fund

Ground Elder - *Aegopodium podagraria*

The young shoots of Ground Elder can be picked from early spring until June, before flowering. Use them like spinach.

Stinging Nettle

Urtica dioica

Fresh young leaves can be harvested from when they first appear around late February until June. Pick only the young leaves as later in the season they become tougher and less palatable.



Himalayan Balsam - *Impatiens glandulifera*

The young leaves and shoots can be cooked and eaten in the spring, whilst in the autumn the nutty tasting seeds can be eaten raw. The seed capsules explode and scatter the seeds when they are ripe, making them hard to harvest in quantity!

Hawthorn - *Crataegus monogyna*

The young leaves can be picked in April and May. They have a nutty taste and can be eaten in cheese sandwiches or chopped into cold potato salad. Later on in the autumn the berries can be gathered and made into wine or Jelly.

Ramsons or Wild Garlic - *Allium ursinum*

The leaves are present from March onwards and flowers from April to June. Both have a distinct garlic aroma and taste and can be added raw to salads or used to flavour soup. The leaves are particularly versatile and can be chopped and added to sour cream or mayonnaise or used in place of basil when making pesto.

Blackberry - *Rubus fruticosus*

This familiar shrub bears fruit in the late summer and autumn and from August the sweet, dark berries can be harvested. They hang in clusters and ripen from the tip up. Among many other uses they can be eaten raw, added to fruit pies or made into jelly.

Nettle Rissoles

Strip the young leaves from the stalks and place in a pan with no more water than that which is left on the leaves after washing. Simmer for 4-5 minutes until wilted and then strain. Add a knob of butter and seasoning and simmer for a further five minutes turning and mashing the leaves continuously. Finally, mix the now pureed nettle leaves with oatmeal, form into balls about one inch across and fry.



Dandelion

Taraxacum officinale

Dandelions can be found at almost any time of the year, bar the very coldest months. Young leaves are tasty and slightly bitter. Pick them and wash well before adding to salads or cooking with butter.

Blackcurrant - *Ribes nigrum*

The aromatic leaves of Blackcurrant can be dried and added to Indian black tea. The berries can also be eaten either dried or fresh and are ready to harvest in July.

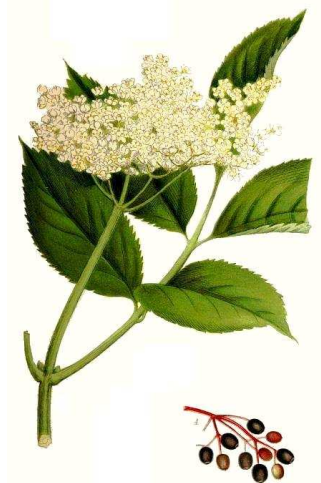
Cleavers - *Galium aparine*

The very young seedlings make a tender cooked vegetable. They should be picked when they are only three to four inches tall and steamed or added to soup.

Elder

Sambucus nigra

Both the flowers and berries of this familiar tree can be eaten. The flowers can be harvested in June and July and can be eaten straight from the tree or cooked as fritters. They also make a refreshing infusion in hot or cold water and



cordial or brewed into wine. The small, dark berries ripen in August and September and can be made into wine or turned into jelly or pickle.