

Wild Edibles Of Iowa

I. Harvesting Basics

1. List seven considerations when harvesting wild edibles.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

II. Wild Plants

For the following wild edible plants, identify the range, positive ID, edible parts, & time of the year to harvest.

1. Autumn Olive (*Elaeagnus umbellata*)

Range : _____

Positive ID : _____

Edible Parts : _____

Time To Harvest : _____

2. Black Raspberry (*Rubus occidentalis*)

Range : _____

Positive ID : _____

Edible Parts : _____

Time To Harvest : _____

3. Black Walnut (*Juglans nigra*)

Range : _____

Positive ID : _____

Edible Parts : _____

Time To Harvest : _____

Name _____

4. Cattail (*Typha spp.*)

Range : _____

Positive ID : _____

Edible Parts : _____

Time To Harvest : _____

5. Chokecherry (*Prunus virginiana*)

Range : _____

Positive ID : _____

Edible Parts : _____

Time To Harvest : _____

6. Dandelion (*Taraxacum officinalis*)

Range : _____

Positive ID : _____

Edible Parts : _____

Time To Harvest : _____

7. Elderberry (*Sambucus spp.*)

Range : _____

Positive ID : _____

Edible Parts : _____

Time To Harvest : _____

8. Gooseberry (*Ribes spp.*)

Range : _____

Positive ID : _____

Edible Parts : _____

Time To Harvest : _____

9. Lambsquarters (*Chenopodium album*)

Range : _____

Positive ID : _____

Edible Parts : _____

Time To Harvest : _____

Name _____

10. Mulberry (*Morus spp.*)

Range : _____

Positive ID : _____

Edible Parts : _____

Time To Harvest : _____

11. Plantain (*Plantago major; Plantago rugelii*)

Range : _____

Positive ID : _____

Edible Parts : _____

Time To Harvest : _____

12. Pokeweed (*Phytolacca americana*)

Range : _____

Positive ID : _____

Edible Parts : _____

Time To Harvest : _____

13. Purslane (*Portulaca oleracea*)

Range : _____

Positive ID : _____

Edible Parts : _____

Time To Harvest : _____

14. Wild Plum (*Prunus americana*)

Range : _____

Positive ID : _____

Edible Parts : _____

Time To Harvest : _____

III. Wild Mushrooms

For the following wild edible mushrooms, identify the range, positive ID, edible parts, & time of the year to harvest.

Name _____

1. Chanterelle (*Cantharellus cibarius*)

Range : _____

Positive ID : _____

Edible Parts : _____

Time To Harvest : _____

2. Chicken Of The Woods (*Laetiporus spp.*)

Range : _____

Positive ID : _____

Edible Parts : _____

Time To Harvest : _____

3. Giant Puffball (*Calvatia gigantea*)

Range : _____

Positive ID : _____

Edible Parts : _____

Time To Harvest : _____

4. Hen Of The Woods (*Grifola frondosa*)

Range : _____

Positive ID : _____

Edible Parts : _____

Time To Harvest : _____

5. Morel Mushroom (*Morchella esculenta*)

Range : _____

Positive ID : _____

Edible Parts : _____

Time To Harvest : _____

6. Oyster Mushroom (*Pleurotus ostreatus*)

Range : _____

Positive ID : _____

Edible Parts : _____

Time To Harvest : _____