

Agrimony C *Agrimonia eupatoria* (Rosaceae) p lv, st, fl (tea) sd (c)
Alexanders C *Smyrniolus olusatrum* (Umbelliferae) bi ! [24] lv, sht, st, fl buds (r) rt (c)
Angelica B *Angelica archangelica* (Umbelliferae) bi ! [4, esp. root, 24] lf, st (r) rt (c) sd (flav)
Angelica, **Wild** B *Angelica sylvestris* see Angelica
Apple, **Crab** B *Malus sylvestris* (Rosaceae) dec tree ! [lv, bark, seed 20] dec tree fr (r)
Archangel, **Yellow** C *Lamiasstrum galeobdolon* (Labiatae) p lv, sht (c)
Arrowhead C *Sagittaria sagittifolia* (Alismataceae) p lv, sht, rt (peel, c)
Arum, **Bog** F *Calla palustris* (Araceae) p ! [18, 19] rt, fr, sd (c)
Ash A *Fraxinus excelsior* (Oleaceae) dec tree ! [7aeh] lv (tea) sd (pickled, oil)
Asparagus C *Asparagus officinalis* (Liliaceae) p ! [fruit 12, root 15] sht (r)
Aster, **Sea** C *Aster tripolium* (Compositae) p lv, st (c)
Avens, **Water** A *Geum rivale* (Rosaceae) p rt (flav, tea)
Balsam, **Himalayan** A *Impatiens glandulifera* (Balsaminaceae) a w ! [plant 19] sd (r)
Barberry C *Berberis vulgaris* (Berberidaceae) dec shrub [bark, esp. of root 12, fruit safe] lv, fr (r)
Barley, **Mouse** C *Hordeum murinum* (Graminae) sd (flour)
Basil, **Wild** C *Clinopodium vulgare* (Labiatae) p lv (r flav)
Bedstraw, **Hedge** C *Galium mollugo* (Rubiaceae) p lv (r)
Bedstraw, **Lady's** C *Galium verum* (Rubiaceae) p lv (r) sd (x)
Beech A *Fagus sylvatica* (Fagaceae) dec tree ! [12ac] lv (r) sd (r)
Beet, **Sea** C *Beta vulgaris maritima* (Chenopodiaceae) a/p lv (r)
Bellflower, **Creeping** C *Campanula rapunculoides* (Campanulaceae) p lv, sht, rt (r)
Bellflower, **Giant** C *Campanula latifolia* (Campanulaceae) p lv, sht (high VitC), fl, rt (r)
Bellflower, **Rampion** R *Campanula rapunculus* (Campanulaceae) bi/p lv, rt (r)
Bilberry (Blueberry **Scotti**.) B *Vaccinium myrtillus* (Ericaceae) dec shrub lv (tea) fr (r)
Bilberry, **Northern** C *Vaccinium uliginosum* (Ericaceae) dec shrub ! [fr 12abc] lv (tea) fr (r)
Bindweed, **Black** C *Polygonum convolvulus* (Polygonaceae) a w ! [5b, 18 sd (flour)
Bindweed, **Field** C *Convolvulus arvensis* (Convolvulaceae) p x? (flav)
Bindweed, **Hedge** F *Calystegia sepium* (Convolvulaceae) p w ! [10] lv (c) rt (c starch)
Birch, **Downy** A *Betula pubescens* (Betulaceae) dec tree lv, sap, fl (r) inner bark, sd (flour)
Birch, **Silver** A *Betula pendula* see Downy Birch
Bistort C *Polygonum bistorta* (Polygonaceae) p ! [5b, 18] lv, rt, sd (r)
Bittercress, **Hairy** A *Cardamine hirsuta* (Cruciferae) a w lv (r) fl (r)
Blackthorn A *Prunus spinosa* (Rosaceae) dec shrub ! [lv, bark, fl, sd 20a] fr (r, jelly flav) fl (r)
Bladder wrack C *Fucus vesiculosus* seaweed
Bogbean R *Menyanthes trifoliata* (Menyanthaceae) p ! [root 10] rt (leech, c)
Borage P *Borago officinalis* (Boraginaceae) a ! [22] lv, fl (r)
Bracken F *Pteridium aquilium* ! [13, 23] rt (c)
Bramble (Blackberry) A *Rubus fruticosus* (Rosaceae) dec shrub w ! [6, fruit 10a] lv (r) st yng (peel r) rt (c) fr (r)
Brooklime C *Veronica beccabunga* (Scrophulariaceae) p lv (r)
Broom C *Cytisus scoparius* (Leguminosae) ! [12ab in green parts] fl (r) sd (roast)
Broom, **Butcher's** C *Ruscus aculeatus* (Liliaceae) evergr. shrub ! [15, fruit 10] sht (c) sd (roast)
Bryony, **Black** P *Tamus communis* (Dioscoreaceae) ! [9c, 15 esp. in fr, 19] sht (c)
Buckthorn, **Sea** B *Hippophae rhamnoides* (Elaeagnaceae) dec shrub fr (r Vit C)
Buckwheat C *Fagopyrum esculentum* (Polygonaceae) a ! [5b] lv (r) sd (r, sprout)
Bugle P *Ajuga reptans* (Labiatae) p ! [11a, has caused fatalities] lv (r)
Bugloss, **Viper's** P *Echium vulgare* (Boraginaceae) bi ! [7ceh, 12a, 22] lv (r)
Bullace B *Prunus domestica* ssp insititia (Rosaceae) dec tree ! [lv, bark, sd 20a] fr (r)
Bulrush (Great reedmace, Cat's-tail) B *Typha latifolia* (Typhaceae) p lv, sht (r) rt, immat fl, pollen (r) sd (r, flour)
Bulrush, **Lesser** (Reedmace, Small) B *Typha angustifolia* - see Bulrush, T. latifolia
Bur Marigold, **Trifid** C *Bidens tripartita* (Compositae) a lv yng (c)
Bur-reed, **Branched** C *Sparganium erectum* (Sparganiaceae) p st base (c) rt (c)
Burdock, **Great** B *Arctium lappa* (Compositae) bi ! [7cd, 8ac] lv yng (r) st yng (r) rt (r) sd (spr)
Burdock, **Lesser** B *Arctium minus* see Burdock, Great
Burnet, **Salad** C *Sanguisorba minor* (Rosaceae) p lv, sht (r)
Burnet, **Great** C *Sanguisorba officinalis* (Rosaceae) p lv, sht (r)
Buttercup, **Bulbous** P *Ranunculus bulbosus* (Ranunculaceae) p w ! [7bf, 12dhij] lv, r (c)
Buttercup, **Celery-leaved** P *Ranunculus sceleratus* (Ranunculaceae) a ! [1a, 7bf, 12dhij] lv (c)
Buttercup, **Creeping** P *Ranunculus repens* (Ranunculaceae) p w ! [7bf, 12dhij] lv, r (c)
Buttercup, **Meadow** P *Ranunculus acris* (Ranunculaceae) p w ! [7bf, 12dhij] lv, r (c)
Cabbage, **Wild** C *Brassica oleracea* (Cruciferae) p lv (r)
Calamint, **Common** C *Calamintha ascendens* (syn. *Clinopodium ascendens*) (Labiatae) p lv (flav)
Campion, **Bladder** C *Silene vulgaris* (Caryophyllaceae) p ! [15] lv, sht (r)
Carraghen (Irish moss) C *Chondrus crispus* seaweed
Carrot, **Wild** C *Daucus carota* (Umbelliferae) bi ! [tops 5b, 12a, 24] rt (c)
Catsear, **Common** A *Hypochoeris radicata* (Compositae) p w lv (r)
Celandine, **Greater** P *Chelidonium majus* (Papaveraceae) p ! [7be, 12df, esp. root] lv (leech, c)
Celandine, **Lesser** A *Ranunculus ficaria* (Ranunculaceae) p w ! [7bf, 12dhij] lv (r before fl) r (c)
Celery, **Wild** C *Apium graveolens* (Umbelliferae) bi ! [7bf, 24] lv (r) rt (c) sd (flav)
Centaur, **Common** C *Gentiana erythraea* (Gentianaceae) a all parts (flav)
Chamomile C *Chamaemelum nobile* (Compositae) p sht, fl (flav, tea)
Chamomile, **Corn** C *Anthemis arvensis* (Compositae) a/bi medicinal
Chamomile, **Stinking** (Mayweed) C *Anthemis cotula* (Compositae) a/bi ! [7dh, 9bd] lv (flav)
Charlock C *Sinapis arvensis* (Cruciferae) a ! [12a when pods form] lv (r) fl st (c) sd (sprout, flav)
Cherry, **Bird** C *Prunus padus* (Rosaceae) dec tree ! [lv, bark, sd 20a] fr (r) sd (r if not bitter)
Cherry, **Wild** B *Prunus avium* (Rosaceae) dec tree ! [lv, bark, sd 20a] fr (r) sd (r if not bitter)
Cherry, **Cornelian** C *Cornus mas* (Cornaceae) dec shrub fr (r) sd (roast)
Cherry, **Dwarf** C *Prunus cerasus* (Rosaceae) dec tree ! [lv, bark, sd 20a] fr (r) sd (r if not bitter)
Chervil, **Turnip-rooted** C *Chaerophyllum bulbosum* (Umbelliferae) bi ! [12a, 24] sht, rt (r)
Chestnut, **Sweet** B *Castanea sativa* (Fagaceae) dec tree sd (c)
Chestnut, **Horse** F *Aesculus hippocastanum* (Hippocastanaceae) dec tree ! [1a, 15] sd (ripe, c)
Chickweed, **Common** A *Stellaria media* (Caryophyllaceae) a ! [2 spurge, 15] lv, st (r) sd (c)
Chicory C *Cichorium intybus* (Compositae) p ! [12c for retina] lv, fl (r) rt (c)
Chives R *Allium schoenoprasum* (Liliaceae) p ! [12ac] lv, rt, fl (r)
Cicely, **Sweet** C *Myrrhis odorata* (Umbelliferae) p ! [12a, 24] lv, rt (r)
Cinquefoil, **Creeping** C *Potentilla reptans* (Rosaceae) p lv (r)
Clary, **Wild** R *Salvia verbenaca* - L. (syn S. *horminoides*) (Labiatae) p lv, fl (r)
Cleavers A *Galium aparine* (Rubiaceae) a w ! [7bfh, barbs: 9c cook to soften] lv (c) sd (roast)
Cloudberry C *Rubus chamaemorus* (Rosaceae) p fr (r)
Clover, **Red** A *Trifolium pratense* (Leguminosae) p ! [12ae, sd 14] lv, fl (r) rt (c) sd (sprouted)
Clover, **White** F *Trifolium repens* (Leguminosae) p ! [20b] lv, yng fl (r) rt (c) sd (flour)
Clubrush (Seaside bulrush) C *Scirpus maritimus* (Cyperaceae) p rt, sd (flour)
Clubrush, **Common** (Bulrush) C *Scirpus lacustris* (Cyperaceae) p sht, rt (r) fl pollen, sd (flour)
Coltsfoot P *Tussilago farfara* (Compositae) p ! [22] yng lv (r) rt (r) fl (Flav)
Comfrey P *Symphytum officinale* (Boraginaceae) ! [22 esp. in root and Russian C.]
Coriander C *Coriandrum sativum* (Umbelliferae) a ! [11c, lv, 18, 24] lv (r) rt (c) flav) sd (c) flav)
Cornel, **Dwarf** C *Cornus suecica* (Cornaceae) p fr (r)
Cornsalad C *Valerianella locusta* (Valerianaceae) a lv, fl (r)
Couchgrass A *Elytrigia repens* (Graminae) p w lv [juice, leaf curd] rt (c) sd
Cowberry C *Vaccinium vitis-idaea* (Ericaceae) evergr. shrub ! [leaves 12b] lv (tea) fr (r)
Cowslip C *Primula veris* (Primulaceae) p (fl stamens may cause allergic reaction) lv, fl (r)
Cranberry B *Vaccinium oxycoccus* (Ericaceae) evergr. shrub lv (tea) fr (r)
Cranesbill, **Cut-leaved** C *Geranium dissectum* (Geraniaceae) a/bi w lv (r) rt (c)
Creeping Jenny C *Lysimachia nummularia* (Primulaceae) p fl (tea)

Cress, **Hoary** C *Lepidium draba* (syn. *Cardaria draba*) (Cruciferae) p w ! [12a] lv, sd (flav)
Cress, **Swine** C *Coronopus squamatus* (Cruciferae) a/bi lv, rt (c)
Crowberry C *Empetrum nigrum* (Empetraceae) evergr shrub ! [leaves 12a] fr (r)
Cuckoo Flower (Lady's Smock) C *Cardamine pratensis* (Cruciferae) p lv, sht, fl bud (r Vit C)
Currant, **Black** B *Ribes nigrum* (Grossulariaceae) dec shrub lv (c) fr (r)
Currant, **Red** B *Ribes rubrum* (Grossulariaceae) dec shrub ! [leaves 20] fr (r)
Daisy A *Bellis perennis* (Compositae) p w lv (r) fl (r)
Daisy, **Ox-eye** C *Chrysanthemum leucanthemum* (Compositae) p lv, rt (r)
Dandelion A *Taraxacum officinale* (Compositae) p ! [latex 7bf] lv, rt, fl, sd (r)
Deadnettle, **Henbit** C *Lamium amplexicaule* (Labiatae) a lv (r)
Deadnettle, **Red** A *Lamium purpureum* (Labiatae) a w lv (r)
Deadnettle, **White** C *Lamium album* (Labiatae) p lv (r) fl (tea)
Dewberry C *Rubus caesius* (Rosaceae) dec shrub ! [6] fr (r)
Dittander R *Lepidium latifolium* (Cruciferae) p lv, rt, sd (r flav)
Dock, **Broad-leaved** A *Rumex obtusifolius* see Curled Dock
Dock, **Curled** A *Rumex crispus* (Polygonaceae) p ! [18] lv (r) st (r) sd (r)
Dock, **Patience** C *Rumex patientia* (Polygonaceae) p lv (x)
Dogwood C *Cornus sanguinea* (Cornaceae) dec shrub ! [leaves, root 12b] fr (c)
Dropwort C *Filipendula vulgaris* (Rosaceae) p lv, rt (r)
Duckweed C *Lemna minor* (Lemnaceae) p lv (x)
Elder B *Palmaria palmata* seaweed
Elder A *Sambucus nigra* (Caprifoliaceae) dec tree ! [lv, bark, seed 20a] fl (r) fr (r)
Elder, **Red-berried** C *Sambucus racemosa* (Caprifoliaceae) dec tree see S. nigra
Euteromorpha intestinalis C seaweed
Evening Primrose B *Oenothera biennis* (Onagraceae) bi w ! [shoot 12a] sht (r) rt (c) sd (c, oil)
Evening Primrose, **Large-flowered** C *Oenothera glazioviana* (Onagraceae) p sht (r) rt (c) sd (r)
Fat Hen C *Chenopodium album* (Chenopodiaceae) a w ! [5b, 15, 18, 20, 21] lv (c) sd (spr)
Fennel C *Foeniculum vulgare* (Umbelliferae) bi/p ! [5b, 7bfh, 24] lv, st, fl (r) sd (flav, sprouted) rt (c)
Fenugreek C *Trigonella ornithopodioides* (Leguminosae) a/p lv (r)
Fern spp. P - most ferns contain carcinogens and thiaminase [13] and are not edible
Feverfew S *Tanacetum parthenium* (Compositae) p fl (flav)
Fig, **Hottentot** C *Carpobrotus edulis* (Alizoaceae) p lv, fr (r)
Figwort, **Common** C *Scrophularia nodosa* (Scrophulariaceae) ! [avoid with rapid heart rate] rt (c)
Flag, **Yellow** F *Iris pseudacorus* (Iridaceae) p ! [7dh, 9bd, leaves, root 10] sd (c, maybe)
Flixweed C *Descurainia sophia* (Cruciferae) a lv, sh (c) sd (r, sprout)
French Hales C *Chenopodium latifolia* (Rosaceae) dec tree ! [fr 10a, lv, bark, sd 20] fr nearly rotten (r)
Fumitory C *Fumaria officinalis* (Fumariaceae) a w ! [12a] lv, st (curdling agent)
Galingale (Notgrass, **Chufa**) R *Cyperus longus* (Cyperaceae) rt (flav)
Gallant Soldier C *Galinsoga parviflora* (Compositae) a W ! [12a to goats] lv, st, fl (r)
Gigartina stellata C seaweed
Gipsywort C *Lycopus europaeus* (Labiatae) p rt (r)
Goatsbeard C *Tragopogon pratensis* (Compositae) a/p sht, rt, fl (r)
Goldenrod C *Solidago virgaurea* (Compositae) p lv (tea)
Good King Henry *Chenopodium bonus-henricus* C (Chenopodiaceae) p ! [5b, 15, 18, 20, 21] lv (c)
Gooseberry B *Ribes uva-crispa* (Grossulariaceae) dec shrub ! [6, leaves 20] lv yng (r) fr (r)
Goosefoot, **Red** C *Chenopodium rubrum* (Chenopodiaceae) p ! [5b, 15, 18, 20, 21] lv (c) sd (spr)
Gorse C *Ulex europaeus* (Leguminosae) shrub ! [seed 12a] sht tips (tea) fl (pickle)
Grape, **Oregon** C *Mahonia aquifolium* (Berberidaceae) evergr. shrub fl, fr (r)
Grass A *Graminae* spp. blades (leaf curd, juice)
Ground Elder A *Aegopodium podagraria* (Umbelliferae) p, w ! [24] lv (r)
Ground Ivy C *Glechoma hederacea* (Labiatae) p w ! [12a] lv (r)
Groundsel P *Senecio vulgaris* (Compositae) a ! [22] lv (r)
Harebell C *Campanula rotundifolia* (Campanulaceae) p lv (r)
Hawkbite, **Rough** C *Leontodon hispidus* (Compositae) p w lv (r) rt (roast: beverage)
Hawk's Beard C *Crepis tectorum* (Compositae) a lv yng (c)
Hawthorn A *Crataegus monogyna* (Rosaceae) shrub lv (r) fl (tea) fr (r) sd (roast)
Hazel A *Corylus avellana* (Corylaceae) shrub sd (r)
Heather B *Calluna vulgaris* (Ericaceae) shrub sht (tea)
Herb Bennet (Avens, **Wood**) A *Geum urbanum* (Rosaceae) p lv, rt (flav, tea)
Hogweed (Cow Parsnip) S *Heracleum sphondylium* (Umbelliferae) bi/p w ! [4, 24] sht (r) rt (c)
Hollyhock C *Alcea rosea* (Malvaceae) p lv (r) st (inner, r) fr (r) rt (starch)
Hop B *Humulus lupulus* (Cannabaceae) p ! [7aeh, 7cg] lv (r) sht (c) rt (x) fl (fem) sd (x)
Horned-poppo, **Yellow** C *Glaucium flavum* (Papaveraceae) a ! [leaves and root 12] sd (oil)
Horseradish C *Armoracia rusticana* (Cruciferae) p ! [12b] lv (r) rt (flav) sd (sprouted)
Horsetail, **Field** A *Equisetum arvense* (Equisetaceae) p ! [12c sedative, 13] st fertile (c) rt (c)
Iridaea edulis C seaweed
Juneberry C *Amelanchier lamarckii* (syn. A. *intermedia*) (Rosaceae) shrub fr (r)
Juniper R *Juniperus communis* (Cupressaceae) evergr shrub ! [12ac to kidneys] rare lv (tea) fr (flav, tea) sd (roast, beverage) cone slow to mature
Kelp B *Laminaria digitata* seaweed
Knapweed, **Common** C *Centaurea nigra* (Compositae) p fl (petals r)
Knotgrass C *Polygonum aviculare* (Polygonaceae) a ! [5b, 18] lv, sd (r)
Knotweed, **Japanese** A *Fallopia japonica* (syn. *Polygonum cuspidatum*, P. *japonicum*) (Polygonaceae) p w ! [5b, 18] lv (c) sht (c) rt (c) sd (r)
Lady's Mantle C *Alchemilla vulgaris* (Rosaceae) p lv (r) rt (c)
Largeflower Wild Onion C *Allium macrobotryale* (Liliaceae) ! [12ac] lv, rt, fl (r)
Laver B *Porphyra umbiliculus* seaweed
Leek, **Sand** (Rocambole) C *Allium scorodoprasum* (Liliaceae) p ! [12ac] lv, rt, fl (r)
Leek, **Three-cornered** C *Allium triquetrum* (Liliaceae) p ! [12ac] lv, rt, fl (r)
Leek, **Wild** R *Allium ampeloprasum* (Liliaceae) p ! [12a,c] lv, rt, fl (r)
Lettuce, **Greater** (Prickly) C *Lactuca virosa* (Compositae) bi ! [sap 11c, 12a, 18] lv (r) sd (oil)
Lettuce, **Wall** B *Mycelis muralis* (Compositae) p lv (r)
Liquorice, **Wild** C *Astragalus glycyphylus* (Leguminosae) p rt (r, condensed juice)
Loosestrife, **Purple** C *Lythrum salicaria* (Lythraceae) a lv, rt (c)
Loosestrife, **Yellow** C *Lysimachia vulgaris* (Primulaceae) p lv yng (x)
Lords and Ladies F *Arum maculatum* (Araceae) p ! [1ab, 18, 19] lv (c) rt (c)
Lovage, **Scots** C *Ligusticum scoticum* (Umbelliferae) p ! [24] lv, sht, fl, sd, rt (r flav)
Lungwort S *Pulmonaria officinalis* (Boraginaceae) p - lv (r)
Maidenhair Fern R *Adiantum capillus-veneris* ! [13, 23] lv (c)
Mallow, **Musk** C *Malva moschata* (Malvaceae) p ! [21] lv, fl, sd (r)
Mallow, **Common** C *Malva sylvestris* (Malvaceae) a/p ! [21] lv, fl, sd (r)
Mallow, **Marsh** C *Althaea officinalis* (Malvaceae) p lv, rt (r)
Maple B *Acer* spp. (Aceraceae) dec tree A lv (x?) sap (r) sd (x?)
Marigold, **Corn** R *Chrysanthemum segetum* (Compositae) p ! [16] lv, sht (c)
Marigold, **Marsh** P *Caltha palustris* (Ranunculaceae) p ! [7bfh, 12hj] yng (r) rt (c)
Marjoram, **Wild** C *Origanum vulgare* (Labiatae) p lv (flav)
Mayweed, **Pineapple** C *Matricaria discoidea* (Compositae) a ! [9bd, poss. 16] fl (r, tea)
Mayweed, **Scented** C *Matricaria recutita* (Compositae) a/bi w sht, fl (tea)
Meadowsweet A *Filipendula ulmaria* (Rosaceae) p w ! [27] lv (c) fl (flav) rt (c)
Medick, **Black** C *Medicago lupulina* (Leguminosae) a w ! [14] lv (c) sd (sprout)
Medlar B *Mespilus germanica* (Rosaceae) dec tree ! [12c, seed 20] fr (r, best bletted)
Mellilot C *Mellilotus officinalis* (Leguminosae) bi ! [16] lv, sd pods (r) sht sht (c) rt (x)
Mellilot, **Tall** C *Mellilotus altissimus* (Leguminosae) bi ! [16] lv, fl, sd pods (c)
Mignonette, **Wild** C *Reseda lutea* (Resedaceae) bi/p lv (r)
Milkwort, **Common** C *Polygala vulgaris* (Polygalaceae) p ! [12ac] lv (tea)