

Beech

Flavour: ●☆☆ | mild | ●☆☆☆ | nutty

Preparation: ● best young, raw, leaf curd | - | ● raw, oil | [1]

Nutrition:

Culinary: ●● food | ● condiment

Medicinal: ● bark: antiseptic, antitussive, expectorant, febrifuge, odontalgic | skin

Other: ● timber

Collection: ● ripe seeds fall to the ground; good mast years rotate on a three or more year cycle

Drying:

Benefit: ● source of carbohydrates and protein

Note: ● [1] Difficult to peel, fiddly. Extract oil by crushing whole nut (without outer husk) and pressing the pulp. As some seeds may be moldy in the shell, it is best to test them by putting in water. Fertile, i.e. viable seed will sink.



● May be toxic, especially if eaten in large quantities. The pulp residue from extracting the oil is said to be toxic.

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Thrift C *Armeria maritima* (Plumbaginaceae) ● (c) ● (x)
Thyme, Wild C *Thymus polytrichus* (Labiatae) evergr. shrub ● (flav)
Toadflax C *Linaria vulgaris* (Scrophulariaceae) p ! [12ab] ● shoot (c)
Toadflax, Ivy-leaved C *Cymbalaria muralis* (Scrophulariaceae) p ! [12ab] ● (r)
Tormentil C *Potentilla erecta* (Rosaceae) p ! [1a] ● (c)
Traveller's Joy S *Clematis vitalba* (Ranunculaceae) p ! [7e, 12dhij] ● shoot (c)
Trefoil, Bird's-foot C *Lotus corniculatus* (Leguminosae) p ! [20] ● (pods)
Turnip, Wild C *Brassica rapa* (Cruciferae) a/bi ● (r)
Valerian, Common C *Valeriana officinalis* (Valerianaceae) p ! [11bd use < 3 mnths] ● (flav) ● (x)
Valerian, Red C *Centranthus ruber* (Valerianaceae) p ● (r) ● (c)
Vetch, Bitter C *Lathyrus montanus* (Leguminosae) p ! [12c] ● (c) ● (c)
Vetch, Bush C *Vicia sepium* (Leguminosae) p ● (c)
Vetch, Common C *Vicia sativa* (Leguminosae) a ! [12a] ● shoot ● pods (c)