

Predannack

A FORAGING WALK

A short walk around Predannack exploring tasty wild food to collect, cook and eat

with Justin

Whitehouse, Lead Ranger for the Lizard, National Trust

This walk is only about 1 mile long - the main purpose is foraging, but do stop to admire the view as well!
Starting at the Predannack Wollas National Trust car park (SW668162), head east from Windyridge Farm, then take a path on the right signposted for the Coast Path. Once on the Coast Path, head west across the cove, then go over a stile and head back to the car park. A map is on page 5.



About Justin Whitehouse

Justin has been a ranger with the National Trust on the Lizard for over 15 years. A botanist by training, he is as passionate about foraging for wild food as he is about conservation of plants, and believes strongly both can work together so long as foraging is undertaken sensitively.

Wild plants don't want their leaves and flowers to be eaten, so why are some of them edible? The answer lies, put very simply, in an evolutionary race between plants developing defences (poison, thorns) and us and other animals developing ways of getting round those defences.

Some plants are of course poisonous, so always take care when foraging - if in doubt, leave it. But many plants are completely safe to eat, and it does no damage to the environment picking them so long as you disturb the habitat as little as possible and don't collect anything rare. There are some invasive non-native plants, in fact, that are good to eat and which you are actively encouraged to collect - we need there to be fewer of them! Three-cornered leek and Hottentot fig are good examples.

On the next pages you'll find descriptions of some of the tasty plants you can forage throughout the year on this short walk around Predannack. NB. these descriptions are not a comprehensive ID guide, so do make sure you have a good one with you.

