

Summer foraging

Sea beet

Where: Common on seashores and sea walls, in sunny places
About: Sea beet is the ancestor of cultivated beetroot. It is the leaves of the wild plant that are foraged and can be eaten raw or steamed: it is sometimes referred to as Wild spinach.



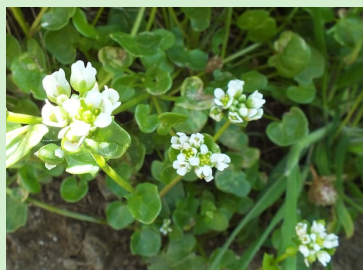
The silky leaves of Silverweed

Silverweed

Where: Meadows, verges
About: The silky silver leaves and yellow flowers of this member of the rose family are not edible, but its roots are, foraged by our ancestors for their high carbohydrate content.

SCURVYGRASS - DID YOU KNOW THAT...?

- this member of the Cabbage family of plants is particularly rich in Vitamin C.
- sailors used to suffer from scurvy, an illness caused by Vit C deficiency during long sea voyages, and Scurvygrass, dried or as a distilled drink, was taken on board to help prevent this. This is of course how the plant got its common name.
- bitter medicine: Scurvygrass has a very strong, rather sour taste.



Wild thyme

Where: Dry grassland, rocks
About: Wild thyme can be used in cooking, but is not as pungent as its cultivated cousin.



Ribwort plantain

Where: Grassland, road verges
About: The seeds of this common plant are good to eat either roasted or raw. Shake them out of the seedhead after flowering.



Chamomile

Where: Grasslands
About: With their lemony-pineapple scent, Chamomile flowers are cultivated to make herbal tea. The wild plant can also be used in this way although it is nationally quite rare, despite growing profusely on some parts of the Lizard. It is probably best enjoyed for its beauty, leaving cultivated varieties to provide us with our tea.

