



Common Wild Edibles

Quick Guide



Dandelion

- Mild laxative
- Lymphatic cleanser
- Skin soother
- Liver support
- Digestion regulator
- Detoxifier



Clover

- Cough soother
- Hormone balancer
- Menopause relief



Violet

- Skin soother
- Varicose Vein reducer
- Lymph stimulator
- Sore throat relief
- Anti-inflammatory
- Antioxidant Rich
- High in vitamins A & C



Strawberry

- Anti-inflammatory
- Skin soother
- Eases diarrhea
- High in potassium
- Good source of fiber



Morel

- High in vitamin C & D
- Antioxidant rich
- Used to treat anemia due to high iron levels



Dead Nettle

- Allergy relief
- Anti-bacterial, fungal, inflammatory
- High in Vitamins A, C, K, fiber, & iron
- Kidney Support
- Mild laxative



Plantain

- Stops bleeding
- Antihistamine
- Skin soother
- High in iron & calcium
- Sore throat relief



Asparagus

- Diuretic
- High in Vitamins C & B
- Potassium, calcium, fiber, iron, magnesium, folate, and phosphorous



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Read more about foraging wild edibles with these books & articles:

- [The Homesteader's Herbal Companion](#) (#20 in post)
- [Mountain Medicine](#) (#12 in post)
- [16 Common Wild Edibles and Their Uses](#)
- [Wild Violet Jelly Recipe + Foraging Tips](#)
- [13 Tips for Foraging Wild Edibles](#)
- [How to Make Wild Violet Leaf Oil](#)
- [How to Make Wild Violet Tea](#)
- [Simple White Clover Tea](#)
- [How to Preserve White Clover](#)