



OUTDOOR SURVIVAL:

33 *EDIBLE*
WILD
PLANTS
AND
HERBS

TABLE OF CONTENTS

3 The Universal Edibility Test

5 Acorn (*Quercus*)

6 Arrowhead/
Duck potato
(*Sagittaria latifolia*)

7 Blackberry
(*Rubus fruticosus*)

8 Blue vervain
(*Verbena hastata*)

9 Broadleaf plantain/
Greater plantain
(*Plantago major*)

10 Cattail/Bullrush
(*Typha latifolia*)

11  Chickweed
(*Stellaria media*)

12 Chicory
(*Cichorium intybus*)

13 Clover/Trefoil
(*Trifolium*)

14 Coltsfoot/
Coughwort
(*Tussilago farfara*)

15 Creeping Charlie/
Creeping Jenny/
Ground ivy
(*Glechoma hederacea*)

16 Dandelion/Lion's
root (*Taraxacum
officinale*)

17 Daylily
(*Hemerocallis*)

18  Evening primrose/
Sundrops (*Oenothera*)

19 Field pennycress
(*Thlaspi arvense*)

20 Garlic mustard
(*Alliaria petiolata*)

21 Hazelnut (*Corylus*)

22 Henbit deadnettle/
Common
henbit/Greater
henbit (*Lamium
amplexicaule*)

23 Herb Robert/Red
robin (*Geranium
robertianum*)

24 Kudzu/East Asian
arrowroot (*Pueraria
montana var. lobata*)

25 Milk thistle/Holy
thistle (*Silybum
marianum*)

26 Pecan (*Carya
illinoensis*)

27 Pickerelweed
(*Pontederia*)

28 Purple deadnettle/
Red deadnettle
(*Lamium
purpureum*)

29 Purslane
(*Portulaca oleracea*)

30 Red clover/
Purple clover
(*Trifolium pratense*)

31 Sheep sorrel/Red
sorrel/Sour weed
(*Rumex acetosella*)

32 Vervain mallow
(*Malva alcea*)

33 Walnut/English
walnut/Persian
walnut (*Juglans
regia*)

34 Wild asparagus
(*Asparagus aphyllus*)

35 Wild leek/Ramp/
Spring onion
(*Allium tricoccum*)

36 Wild violet
(*Viola odorata*)

37 Wood sorrel /Oxalis
(*Oxalis stricta*)

38 Sources



Preppers and survivalists understand the importance of foraging, a skill that's useful both in daily life and during a SHTF scenario. If you know how to forage, you can find edible herbs and plants in the wild or even right in your own backyard.

But before you start searching for herbs and edible weeds in the woods, you need to learn the Universal Edibility Test, a technique detailed in the U.S. Army Manual. This test will help you identify herbs or plants that are safe to eat if you run out of supplies during a disaster scenario.

Desperate times call for desperate measures, but the only way to prevent accidental poisoning is to only eat plants that you can positively identify. Otherwise, you risk endangering yourself or your survival group if you try to eat uncommon herbs and plants.

The Universal Edibility Test

1. Don't eat anything for at least eight (8) hours before you start this test.
2. Test one part of a plant at a time.
3. Separate your chosen plant into basic components: the flowers, buds, leaves, stems and roots.
4. Smell the plant for any strong or acidic odor, which is usually a bad sign. However, scent alone doesn't indicate that a plant is edible or poisonous.
5. During the eight-hour fasting period, test for contact poisoning by putting a piece of your chosen plant part on the inside of your elbow or wrist. Wait at least 15 minutes to see if your skin will react negatively.
6. Don't take anything by mouth except water and the plant part you're testing.
7. Choose a small portion of a plant part and prepare it the way you plan to eat it.
8. Before you put the plant part in your mouth, touch a small portion of it to your lip to test for any itching or a burning sensation.
9. If there is no reaction on your lip after three (3) minutes, put the plant part on your tongue and hold it there for 15 minutes.
10. After 15 minutes have passed and there are no adverse reactions, chew a pinch of the plant thoroughly, then hold it in your mouth for another 15 minutes. Do not swallow yet.
11. If you don't feel any burning, stinging,

- numbing, itching or other side effects within 15 minutes, swallow the plant part.
12. Wait eight (8) hours. If you experience any negative side effects during this period, induce vomiting. Drink lots of water to rehydrate.
 13. If you don't experience any side effects, you can eat $\frac{1}{4}$ cup (15 g) of the same plant part prepared the same way. Then, wait another full eight (8) hours. If you feel fine afterward, the plant part as prepared is safe to eat.

Never assume that all the parts of one plant are edible after only one section has passed the Universal Edibility Test. If you plan on eating the whole plant, test all parts, especially since some plants have both edible

A part that was edible after you cooked it may not be edible raw, so test it again. Remember, the same part or plant can also have different side effects on different people.

As you can see, this test is extensive and time-consuming. This highlights the importance of familiarizing yourself with different herbs and plants to save time when you need to find sustenance immediately after SHTF.

Be selective when foraging; don't eat plants growing on roadsides or areas that may have been exposed to pesticides and other toxic chemicals. Wear protective clothing, such as gloves, and use a pair of gardening scissors, especially if you're harvesting thorny bushes for berries.

Ideally, you should already have a sizable stockpile of survival food on your homestead and fresh produce in your garden. But when disaster strikes and you need another source of food, look around for the following edible wild plants and herbs in your garden, your homestead, urban areas, or out in the woods.

ORGANIC SWEET ORANGE ESSENTIAL OIL

- Soothes minor muscle discomfort, supports healthy immune system and more!
- Lab tested for glyphosate, heavy metals and microbiology



healthrangerstore.com/OutdoorOrange



1. **Acorn** (*Quercus*)

Acorns are a nutrient-rich and readily available food source. They come from oak trees, which can be found all over North America.

You can “harvest” acorns from September to November when they fall from the trees. When gathering acorns, select brown and fully mature acorns with caps. Acorns without caps may be infested with worms while green acorns aren’t mature yet.

To prepare acorns, rinse them in a pot or bowl filled with cool water. Throw away any floating acorns because these have already

gone bad. Once they’re dry, use a nutcracker or hammer to remove the shells and caps.

Acorns contain tannins, which are bitter and irritating organic compounds that need to be leached out before you can eat the nuts. Don’t eat acorns until you’ve removed the tannins through leaching. Tannins cause negative side effects like constipation and nausea.

How to leach acorns

1. Boil two pots of water.
2. Put the raw, shelled acorns into one pot, then let it boil until the water is the color of strong tea.
3. Using a colander, strain the acorns from the first pot, then place them into the second pot of boiling water.
4. Discard the tea-colored water from the first pot, then fill it again with clean water.
5. Let the water boil again in the first pot, then repeat the process without letting the acorns cool.
6. The process is done when the water finally boils clear. Depending on the variety of acorn, this can take one to several hours.

Once you leach out the tannins, you can grind the acorns into a flour-like ingredient that you can bake and cook with.





2. **Arrowhead/Duck potato** (*Sagittaria latifolia*)

The broadleaf arrowhead, or common arrowhead, is a perennial aquatic plant. Arrowheads have distinctive arrowhead-shaped emergent leaves. The plant blooms from mid- to late summer with white, three-petalled showy flowers. The flowers often grow in whorls of three.

Arrowheads have round and starchy golf ball-sized tubers or “duck potatoes” at the ends of their rhizomes. After the plant is dislodged

from the mud, these tubers float to the surface. The plant prefers areas that receive full sun. It is best to collect arrowhead tubers in fall or early spring.

You can find arrowhead plants in the shallow parts of lakes, ponds, rivers, streams, tidal marshes, rivers and wetlands. This common aquatic plant can be found throughout the U.S.

Arrowhead tubers, which are full of starch and phosphorous, are edible when boiled or roasted. The skins are edible, but the tubers are more palatable when peeled.

Organic Lemon Essential Oil

- All-natural food grade oil that is extracted from the peel of the Citrus limon fruit
- Ideal for use as a non-toxic cleaner or air freshener
- Lab tested for glyphosate, heavy metals and microbiology

healthrangerstore.com/OutdoorLemon





3. **Blackberry** (*Rubus fruticosus*)

You need to be careful when harvesting blackberries since wild bushes are thorny, with thick canes that come in different colors – from red to deep green. Wild blackberries can grow as big as your thumb.

Unripe blackberries change from white to green as they grow. The berries are ready for harvesting once they turn a deep purple, almost black.

Occasionally, blackberries don't fully mature. These berries may have some red dots while the rest of their dots turn black. The berries that aren't fully mature will be tart, but they're still edible.

Blackberry bushes tend to grow in secluded areas in the woods, but you can also find them bordering pastures or in the middle of an agricultural field.

Depending on which region they're located, wild blackberries grow during the middle to latter weeks of summer.



Organic Oregano Essential Oil



- Highly potent and versatile essential oil
- Certified organic and contains no fillers or additives
- Lab tested for glyphosate, heavy metals and microbiology

healthrangerstore.com/OutdoorEssentialOils





4. **Blue vervain** (*Verbena hastata*)

Blue vervain often grows in moist meadows, pastures, riversides or thickets. The plant prefers moist conditions with full to partial sunlight. It can be found throughout the U.S.

Blue vervain seeds are edible when roasted and ground into powder, but they have a bitter taste. Use the leaves to make tea or toss them into salads or soups.

Blue vervain flowers can also be used as garnish on a salad and the roots can be collected all year round.

Do not eat blue vervain if you are on blood pressure medication or undergoing hormone therapy to avoid negative side effects.



Organic Frankincense Serrata Essential Oil



- Pure, therapeutic grade essential oil packed with boswellic acids
- Supports healthy skin and mood, and combats threats
- Certified organic and lab-tested for glyphosate, heavy metals and microbiology



healthrangerstore.com/OutdoorFrankincense



5. Broadleaf plantain/Greater plantain (*Plantago major*)

Broadleaf plantain grows wild all over the U.S. and most of North America. This weed can thrive anywhere with full sun.

Plantains grow in and adjacent to agricultural fields, along sidewalks or in parking lots.

This perennial plant grows from the early spring until late fall. Its leaves are egg-shaped or oval, with wavy, smooth edges. Its flowers bloom from spring through early fall and the seed pods grow beneath the flower as it withers.

Almost every part of the broadleaf plantain is edible. Younger leaves may be more palatable and tender, while older leaves can become stringier and tougher. When eating older plantain leaves, boil or roast them to improve the taste.

The seeds can be eaten raw, boiled, broiled or roasted. The broadleaf plantain is a great source of vitamins A, C and K.



Organic Immunity Essential Oil Blend

healthrangerstore.com/OutdoorImmunity



6. **Cattail/Bullrush** (*Typha latifolia*)

Cattails have brown, cigar-shaped heads and they can be found in open wet areas, ditches and swamps.

You can eat both the tips and the white colored bottoms of the stalks raw, as long as you avoid the fiber, which can cause a stomachache.

Cattails are a great source of starch. Gather cattail pollen from the top of this plant in late June and early July. When harvesting cattail pollen, you've hit the jackpot when your hands turn yellow.

Mix cattail pollen with flour and eggs to make cattail pancakes.



ORGANIC CARDAMOM ESSENTIAL OIL



- Certified organic and contains no fillers or additives
- Lab tested for glyphosate, heavy metals and microbiology

healthrangerstore.com/OutdoorCardamom





7. **Chickweed** (*Stellaria media*)

Chickweed is stringy and tender and it rarely grows taller than a couple of inches from the ground. The plant has small, teardrop- or egg-shaped leaves with pointed tips that grow opposite each other along the stem. Chickweed flowers are tiny, with five white petals that have deep clefts.

Chickweed will grow when the temperature is between 35-75 F, but the plant thrives when the average temperature rises into the 40s. It can wither in high summer once the temperature hits the 90s.

In Zone 6, chickweed can be harvested by November and December. You can find bigger

patches of the plant in late January and early February.

Chickweed that grows in dense, upright clusters is easier to harvest. Every aboveground part of the plant – from the bud, flower, leaf and stem – can be eaten. You just need to be selective in harvesting since only the top inch or two of the stem is ideal for consumption. Any lower and the stem becomes too stringy and fibrous. Cut the parts you're going to eat. In time, chickweed will keep growing so you can harvest it again.

You can eat chickweed plain after rinsing it or add it to salads. You can also brew it as a weight loss-promoting tea. Chickweed contains calcium, magnesium, potassium and vitamin C.



Organic Breathe Essential Oil Blend

- Calming and relaxing blend of 5 pure, organic essential oils
- Helps clear your mind and improve your focus
- Lab tested for glyphosate, heavy metals and microbiology

healthrangerstore.com/OutdoorBreathe





8. **Chicory** (*Cichorium intybus*)

Chicory can be harvested in North America. The plant bears flowers along a stem while its lobed, toothed leaves resemble dandelion leaves.

You can forage for chicory in old, abandoned fields or farmhouse yards. In Texas, the plant is a cool-weather plant. However, across the rest of North America, you can find chicory during most of the summer.

The whole plant is edible, along with its blue, pink or white flowers.

Young chicory leaves, which have a strong, bitter taste, can be eaten raw or added to salads. The bitter flavor increases after the plant flowers. Chicory roots are often used as a caffeine-free coffee substitute.





Ranger Gear UHMWPE Braided Cord 2.0mm Survival Tool

- 100 feet of super strong and highly durable braided cord
- Highly versatile survival tool with hundreds of indoor and outdoor uses
- High abrasion resistance and high tensile strength

healthrangerstore.com/OutdoorCord





9. **Clover/Trefoil** (*Trifolium*)

Clover can be found almost anywhere in the U.S., particularly in open grassy areas. The plants are full of protein.

Clover can be eaten raw, but tastes better when boiled. Dried clover flowers and seed pods can be turned into flour.

Ranger Gear UHMWPE Braided Cord 1.5mm Survival Tool



- 100 feet of super strong and highly durable braided cord
- Highly versatile survival tool with hundreds of indoor and outdoor uses
- High abrasion resistance and high tensile strength

healthrangerstore.com/OutdoorCord





10. **Coltsfoot/Coughwort** (*Tussilago farfara*)

Coltsfoot can be foraged in open, disturbed areas. The plant usually grows in ditches, along roadsides, on forest edges, or on steep slopes prone to landslides. Coltsfoot can also grow in wet, poorly drained areas or along riverbanks susceptible to spring flooding.

The flowers and young leaves of the plant are edible. Eat coltsfoot flowers raw or added in salads for a nice, aromatic flavor.





Health Ranger's Nascent Iodine

- Low surface tension for optimal absorption
- Non-GMO, non-China and highly potent iodine formula
- Lab tested for glyphosate, microbiology and heavy metals

healthrangerstore.com/OutdoorIodine





11. **Creeping Charlie/Creeping Jenny/Ground ivy** (*Glechoma hederacea*)

Creeping Charlie is considered an invasive weed in certain parts of North America. Creeping Charlie thrives in moist locations such as hedgerows, shady locations, waste areas and woodland margins. The weed can grow in sunny locations as well. It can be found throughout the U.S.

You can eat the young leaves of creeping Charlie raw or cooked. The leaves have a mild, minty bitter flavor and they can be added to salads.

Cook creeping Charlie leaves like spinach and add them to omelets, soups or stews. Additionally, you can make tea from the weed's dried or fresh leaves.





Clean Chlorella Powder



- Lab-tested for heavy metals, glyphosate, and microbiology
- Nutrient-dense superfood packed with protein, antioxidants, enzymes, and other phytonutrients
- Support your body's natural elimination of toxic elements

healthrangerstore.com/OutdoorChlorella



12. **Dandelion/Lion's root** (*Taraxacum officinale*)

Preppers know that dandelions are more than unsightly weeds on a lawn. You can identify this weed by its rosette base with several flowering stems and multiple leaves.

The flowers, leaves, and roots of dandelions are edible. This nutrient-rich weed contains vitamins, minerals and antioxidants. A cup of raw dandelion greens will give you at least

112 percent of your recommended daily intake (RDI) of vitamin A and 535 percent of vitamin K.

Dandelion flowers can be turned into juice or used in various recipes. The leaves can be added to salads, cooked or dried and stored for future use. Dandelion roots can be turned into a coffee substitute. Lastly, both the leaves and roots can be dried, stored and made into a soothing tea.



Organic Goji Berries



- Contain more beta-carotene than carrots and 500x more vitamin C than oranges
- Rich source of antioxidants, including carotenoids like lycopene and lutein
- Lab tested for glyphosate, heavy metals and microbiology

healthrangerstore.com/OutdoorGoji



13. **Daylily** (*Hemerocallis*)

Daylilies are flowering perennial plants that are usually grown as ornamentals because of their beautiful flowers and foliage.

All parts of the plant are edible throughout the year, but the roots are prized since they can be eaten raw or boiled. Daylilies are grown in backyard gardens, but they sometimes grow wild in roadside ditches.



Health Ranger's Organic Turmeric Gold liquid extract



- Potent source of curcumin, essential vitamins, minerals and more
- Supports healthy bones, skin and joints
- Non-GMO, non-China, certified organic and contains no fillers

healthrangerstore.com/OutdoorTurmericGold



14. **Evening primrose/ Sundrops** (*Oenothera*)

The evening primrose is a flowering plant that only blooms late in the day and into the evening. The plant often has bright yellow flowers with a mild lemony scent. Some species of the plant bear pink, purple, red or white blossoms.

Young shoots are safe to eat raw, as well as its flowers that have a slightly sweet taste.





Organic Cordyceps Mushroom Powder



- Vegan, non-GMO, non-China and certified Kosher and organic
- Lab tested for glyphosate, heavy metals and microbiology

healthrangerstore.com/OutdoorCordyceps



15. **Field pennycress** (*Thlaspi arvense*)

This annual plant has round, flat, winged pods with a deep apical notch. They can be found in temperate North America. In a pinch, the leaves of the field pennycress can be consumed raw.

Note that the bitter-tasting leaves must be harvested before the plant flowers.





ORGANIC SEVEN TREASURES MUSHROOM POWDER



- Combines 7 immune-supporting functional mushroom powders
- Vegan, non-GMO, non-China and certified Kosher and organic
- Lab tested for glyphosate, heavy metals and microbiology

healthrangerstore.com/OutdoorSevenTreasures



16. **Garlic mustard** (*Alliaria petiolata*)

Garlic mustard is considered a weed, which can be found all over the eastern United States.

A biennial plant, garlic mustard is identified by its scalloped-shape leaves that form basal rosettes in its first year. By its second year, the adult plant bears small white flowers on tall stalks that bloom in May and June.

As a member of the mustard family, the weed has many small seeds that mature in August. The seeds also taste like garlic.

The whole plant is edible; garlic mustard contains vitamins A and C, along with trace minerals.



Organic Shiitake Mushroom Powder



- Vegan, non-GMO, non-China and certified Kosher and organic
- Lab tested for glyphosate, heavy metals and microbiology

healthrangerstore.com/OutdoorShiitake



17. **Hazelnut** (*Corylus*)

Hazelnuts come from hazel trees that can grow up to 20 feet. The leaves of the tree are bright green with pointed edges.

Hazelnuts mature in pods and they usually ripen from September to October.



CONCENTRATED MINERAL DROPS



- Replenishes your body with a pure, concentrated dose of 24+ trace minerals
- Lab tested for heavy metals, microbiology and glyphosate
- Non-GMO, non-China and certified Kosher

healthrangerstore.com/OutdoorMineralDrops



18. Henbit deadnettle/Common henbit/Greater henbit
(*Lamium amplexicaule*)

The common henbit grows in sunny yards and urban areas in late fall, winter (in Houston) and in spring. Henbit usually grows in a huge carpet formation early in the year.

The whole plant can be consumed raw or cooked, but henbit stems can turn stringy as the plant matures. Henbit has a mildly bitter flavor similar to spinach.

You can eat henbit flowers, leaves and stems either raw or cooked. Another option is to use the plant to make tea.





ORGANIC LUCUMA POWDER



- Sweeten coffee, tea, smoothies, desserts, and other treats
- 14 trace elements, including magnesium, sodium, phosphorus, and potassium
- Enjoy without guilt - low glycemic index sweetener

healthrangerstore.com/OutdoorLucuma



19. **Herb Robert/Red robin** (*Geranium robertianum*)

Herb Robert is a sprawling plant with an unpleasant smell and vibrant bright pink flowers. The plant can grow in eastern North America and it will flower from spring until October if the weather conditions are good.

You can find Herb Robert in moist shady areas near hedge banks, rocks and walls, and as undergrowth. The plant grows best in shady areas.

The leaves of Herb Robert can be eaten raw or they can be dried along with the flowers, and stored for future use as tea or tossed into salads.





- Healthy alternative to regular sugar and artificial sweeteners
- Non-GMO, vegan and contains no fillers, additives or artificial flavors
- Lab tested for glyphosate, heavy metals and microbiology



Organic Monk Fruit Extract Powder
Low Carb Sugar Substitute

healthrangerstore.com/OutdoorMonk



20. **Kudzu/East Asian arrowroot** (*Pueraria montana var. lobata*)

Kudzu is a climbing, semi-woody vine that can grow to about 100 feet in length.

Kudzu flowers in late summer, with brown seed pods that are hairy and flattened containing about three to 10 seeds. The vine shoots in spring and it has young leaves any time of year.

Kudzu blossoms from July through October and it roots best in fall or early spring.

Young kudzu leaves can be eaten as greens or juiced. Alternatively, you can dry the leaves to

make tea. Older leaves can be fried like potato chips or used as natural wrapping for food storage or cooking.

Kudzu shoots can be eaten like asparagus and the flowers can be used to make pickles or a jelly that tastes like a cross between apple and peach.

Kudzu roots are full of edible starch. You can cook raw roots in a fire, while roots stripped of their outer bark can be roasted in an oven like other root vegetables. Alternatively, the roots can be grated and ground into flour that you can use as a natural thickener.

Only the seeds of kudzu are inedible.



HEALTH RANGER SELECT SPIRULINA TABLETS



- Contains more iron than raw spinach and more protein than beef, poultry or fish
- Lab tested for heavy metals, radiation, microbiology and glyphosate
- Vegan, non-GMO, non-China and certified Kosher and organic

healthrangerstore.com/OutdoorSpirulina



21. **Milk thistle/Holy thistle** (*Silybum marianum*)

Milk thistle can be found across North America. The plant has prickly leaves and a large, unique-shaped flower head that's light purple in color. The plant grows in dry, rocky soil and prefers sunny or lightly shaded areas.

The young stalks, flowers, leaves and roots of milk thistle are edible. You can cook the flower buds, while the roots can be eaten raw or cooked.

Milk thistle leaves can also be eaten raw or cooked, but you must first remove the very sharp leaf-spines. The cooked leaves are a suitable substitute to spinach.

It is best to peel and soak the stems before they are consumed to reduce their bitterness. The best time to harvest milk thistle is during spring when they are young. Milk thistle can be added to salads and its seeds can be roasted as a coffee substitute.



CLEAN CHLORELLA POWDER



- Lab-tested for heavy metals, glyphosate, and microbiology
- Nutrient-dense superfood packed with protein, antioxidants, enzymes, and other phytonutrients
- Support your body's natural elimination of toxic elements

healthrangerstore.com/OutdoorCleanChlorella



22. **Pecan** (*Carya illinoensis*)

Pecan trees grow to at least 20-30 feet tall, but some can grow to 100 feet tall.

The leaves of pecan trees have long and smooth edges. The tree originated in the south-central part of North America.

Pecan trees found in the wild are a great source of nutrient-rich and filling nuts. Pecans can be eaten raw or cooked.

Pecans ripen in the fall, from late September to early November, depending on the area and weather conditions. To harvest pecans, knock the nuts off tree branches when ripe, then pick them up from the ground.

Most of the calories in pecans come from fat. The nuts are full of monounsaturated fats, vitamin E and other antioxidants.





ORGANIC STEVIA EXTRACT POWDER



- Gently processed with a natural enzyme to remove bitter aftertaste
- No GMOs, no calories and certified Kosher and organic
- Lab tested for glyphosate, heavy metals and microbiology

healthrangerstore.com/OutdoorStevia



23. **Pickerelweed** (*Pontederia*)

Pickerelweed grows in shallow freshwater, such as ponds, lakes and streams. The plant bears violet-blue flowers in summer.

Young pickerelweed leaves are edible before they unroll in early summer.

The seeds of pickerelweed are edible, but the fruit isn't. You can eat the seeds raw, boiled (to make into porridge), roasted, or ground into flour.





COLLOIDAL SILVER EXTRA STRENGTH SPRAY



- Minimum of 40 ppm silver guaranteed
- Formulated with colloidal silver, ionic silver and pristine Texas rainwater
- Lab tested for purity, heavy metals and microbiology

healthrangerstore.com/OutdoorColloidalSilver



24. **Purple deadnettle/Red deadnettle** (*Lamium purpureum*)

Red deadnettle is similar to the common henbit. This annual winter weed grows in generally warm areas and it can turn whole plowed, farmed lands into reddish-purple fields.

Purple deadnettles have unique pink flowers that usually bloom in April, which only last for around six weeks. The weed grows on roadsides and waste places.

Only the leaves of purple deadnettles are edible. Harvest the young leaf shoots during spring. Add the leaves to salads or smoothies.



ORGANIC HULLED HEMP SEED



- One of the world's best sources of plant-based protein
- Vegan, non-China, non-GMO and certified Kosher and organic
- Lab tested for glyphosate, heavy metals and microbiology

healthrangerstore.com/OutdoorHulledHemp



25. **Purslane** (*Portulaca oleracea*)

One of the most nutritious edible weeds, purslane is full of omega-3 fatty acids and beta-carotene.

The weed has a distinctive thick, reddish stem and green, fleshy spoon-shaped leaves. Purslane has yellow flowers that bloom from mid-summer through early fall. The flowers last around one to two months.

The flowers are then replaced by a seed capsule that splits open near the middle to release many small, black seeds.

Purslane is a succulent, trailing plant that grows close to the ground and thrives in

poor soil. The plant prefers shady areas. You can find purslane in the cracks of sidewalks and driveways even during summer. The weed also grows in container gardens, fields, flowerbeds, gardens and roadsides.

Purslane flower buds, leaves and stems can be eaten as a cooked vegetable; you can add them to salads, soups, stews, or other dishes.





ORGANIC RAW CASHEWS (WHOLE & PIECES)



- Rich source of antioxidants, protein and healthy fats
- Vegan, non-GMO, non-China and certified organic and Kosher
- Lab tested for glyphosate, heavy metals and microbiology

healthrangerstore.com/OutdoorCashews



26. **Red clover/Purple clover** (*Trifolium pratense*)

Red clover is abundant in the wild. The plant bears a unique reddish and round flower head that's made up of numerous tubular-shaped flowers.

Red clover starts blooming in late spring. If the weather is right, it will keep blooming until late October.

You can forage for red clover in fields, pastures, weedy meadows or in lawns.

The preferable part of red clover is the flower, but you can also toss the leaves into a salad or steep them to make tea. Note that consuming too many red clovers may cause bloating. *Do not consume red clover* if you are pregnant or nursing.





ORGANIC TOMATO POWDER



- Highly versatile emergency food item packed with lycopene and other nutrients
- Non-GMO, non-China and certified Kosher and organic
- Lab tested for glyphosate, heavy metals and microbiology

healthrangerstore.com/OutdoorTomato



27. **Sheep sorrel/Red sorrel/Sour weed** (*Rumex acetosella*)

Sheep sorrel can be foraged during spring in sunny fields.

During early winter, rosettes of arrowhead-shaped leaves appear in open fields. These early plants will quickly grow into large clumps of sour-tasting leaves.

The seed stalks and mature seeds of sheep sorrel are reddish in color.

Sheep sorrel is usually found in acidic, sandy soils and grasslands. Sometimes, the plant will grow near areas where blueberries can also be found.

The leaves of the plant can be eaten raw and they have a pleasant lemony, tangy taste.



HEALTH RANGER SELECT ORGANIC COCOA LOVE



- A delicious blend of organic cocoa and organic coconut sugar
- Vegan, non-GMO and certified Kosher and organic
- Lab tested for glyphosate, heavy metals and microbiology

healthrangerstore.com/OutdoorCocoaLove



28. **Vervain mallow** (*Malva alcea*)

Vervain mallow bears delicate flowers on a long stalk. The plant can grow despite heat and drought.

Depending on the location, flowers bloom from late May to August. While the blooming period lasts one to two months, the blossoms are short-lived.

Vervain mallow thrives in sunny locations or semi-shaded areas, like a light woodland setting. It can grow in thickets or waste areas. Vervain mallow grows in multiple areas in the northeast U.S.

The flowers, leaves and seeds of vervain mallow can be eaten. Toss the flowers into a salad and eat the leaves raw or cooked.



SILVER BREATH SPRAY MINT FLAVOR



- Made with colloidal silver, peppermint oil, and menthol crystals
- Supports complete oral health
- Contains no GMOs, alcohol, additives, artificial sweeteners, or preservatives

healthrangerstore.com/OutdoorSilverSpray



29. **Walnut/English walnut/ Persian walnut** (*Juglans regia*)

It's easy to spot walnut trees because they are some of the tallest nut trees in North America. Walnut trees can grow up to a maximum height of 30 feet.

Walnut leaves look similar to those of pecan trees, which grow on long stems with at least six to eight leaves on either side.

Walnuts grow in clusters and they are ready to be eaten by fall.



PINK HIMALAYAN SALT FINE GROUND



- One of the purest and healthiest salts in the world
- Vegan, non-GMO, non-China, gluten-free and certified Kosher
- Lab tested for glyphosate, heavy metals, and microbiology

healthrangerstore.com/OutdoorHimalayanSalt



30. **Wild asparagus** (*Asparagus aphyllus*)

Compared to garden asparagus (*A. officinalis*) that you can buy from stores, wild asparagus is hardy.

When foraging for wild asparagus, look for old dead stalks at least three feet high. New, young stalks often grow near old stalks. The plant doesn't like overly moist soil.

Wild asparagus is often found along ditch banks or next to railroad tracks in areas where summers are dry.

Wild asparagus stalks are thinner than garden asparagus. Cut wild asparagus stalks close to the ground to encourage new stalks to grow back.

You can eat wild asparagus raw after they're thoroughly cleaned. Alternatively, you can eat them boiled or steamed.



NON-GMO VITAMIN C 60 CAPS



- Purified, highly bioavailable, premium vitamin C in capsule form
- Non-GMO, non-China and certified Kosher
- Lab tested for glyphosate, heavy metals and microbiology

healthrangerstore.com/OutdoorVitaminC



31. **Wild leek/Ramp/Spring onion** (*Allium tricoccum*)

The wild leek is a North American species of wild onion that can be foraged deep in the woods. The plant is bulb-forming with broad, smooth and light green leaves.

When foraging for wild leeks, keep an eye out for the deep purple or burgundy-colored lower stems. The plant also smells like onions.

Wild leek leaves and bulbs are edible.



ORGANIC HEMP SEED OIL - COLD-PRESSED



- Lab tested for glyphosate, heavy metals, and microbiology
- Cold pressed to retain maximum nutritional value
- Rich source of plant-based protein, antioxidants, aminos and more

healthrangerstore.com/OutdoorHempSeedOil



32. **Wild violet** (*Viola odorata*)

The common wild violet is a native wildflower that favors stream banks, thickets and woods. The plant has heart-shaped leaves and large blue-violet flowers. Sometimes, the plant will bear white or yellow flowers.

Depending on the location, the flowers bloom from early spring into the early summer months. Wild violet flowers have an inner white area that's a bit hairy, and each flower droops. In summer, the flowers die off, but the leaves remain.

Wild violets grow in medium, well-drained soil, but they prefer moisture-retentive, rich soil. The plant can survive in full sun, but it prefers partial shade.

Wild violet flowers and leaves are edible. The leaves are rich in vitamins A and C.

The leaves can be added to salads or cooked as greens while the flowers can be candied, turned into jellies, or tossed into salads.



ORGANIC FREEZE DRIED ALOE VERA 200:1 EXTRACT POWDER



- Freeze-dried, vegan, non-GMO and certified organic and Kosher
- Supports healthy digestion and immune function
- Lab tested for glyphosate, heavy metals and microbiology

healthrangerstore.com/OutdoorAloeVera



33. **Wood sorrel/Oxalis** (*Oxalis stricta*)

Wood sorrel is a medium-sized wild edible weed that thrives in most areas throughout the country. Oxalis, one common name for the plant, means “sour.” The plant has a high oxalic acid content.

Domesticated vegetables like broccoli or spinach also contain oxalic acid. The acid is considered toxic when consumed in large quantities since it inhibits the absorption of calcium. While oxalic acid isn’t harmful when consumed moderately and with a varied diet, you may want to avoid eating wood sorrel if you have arthritis, gout, hyperacidity, kidney stones or rheumatism.

Wood sorrel leaves resemble a shamrock. The weed is distinctive because it has seed pods that bend sharply upward on their stalks. The stalks also grow at a sharp angle from the main stalk, and both the seed pods and stalks grow at a 90-degree angle. The weed has flowers with yellow petals, and it can be found blooming from May to October.

Wood sorrel thrives in moist soil and partial shade. You can find patches of wood sorrel on forest floors, usually near cleavers, wild onions and wild violets.

Wood sorrel flowers, leaves, and immature green seed pods are all edible, with a mild, sour flavor similar to lemons. Add wood sorrel to salads or use it as a seasoning in sauces or soups.



PREMIUM MANUKA HONEY **MGO 514+ (15+ NPA)**



- Sourced from Australia's pristine bushlands and forests
- Has an MGO rating of at least 514 and an NPA rating of at least 15
- Lab tested for glyphosate, heavy metals and microbiology

healthrangerstore.com/OutdoorManuka



When foraging for edible herbs and plants in the wild, wear protective equipment. Don't forget to ask for permission if you want to harvest plants in areas that are owned by other preppers to avoid being mistaken as a trespasser.

Are you curious about any of the wild edibles included in this list? Let us know in the comments and share this article with your friends to help them learn more about edible plants and herbs that they can use as emergency food. ■

Sources include:

- <https://www.offgridweb.com/survival/the-universal-edibility-test/>
- <http://survival-mastery.com/skills/bushcraft/wild-plants-you-can-eat.html>
- <https://www.almanac.com/content/how-prepare-and-cook-acorns>
- <https://www.ediblewildfood.com/arrowhead.aspx>
- <https://www.survivalsullivan.com/wild-berries-foraging/>
- <https://www.ediblewildfood.com/blue-vervain.aspx>
- <https://www.survivalsullivan.com/plaintain/>
- <https://matteroftrust.org/62-edible-wild-plants-that-you-didnt-know-you-can-eat/>
- <https://www.skilledsurvival.com/popular-edible-plants-flowers-usa/>
- <http://thegoodliferevival.com/blog/chickweed>
- <https://www.foragingtexas.com/2008/08/chicory.html>
- <https://www.ediblewildfood.com/coltsfoot.aspx>
- <https://www.ediblewildfood.com/dandelion.aspx>
- <http://prepforshftf.com/urban-survival-foraging/>
- <https://www.fow.org/garlic-mustard-an-edible-delicious-invasive/>
- <https://www.foragingtexas.com/2009/12/henbit.html>
- <https://www.ediblewildfood.com/herb-robert.aspx>
- <http://www.eattheweeds.com/kudzu-pueraria-montana-var-lobata-fried-2/>
- <https://www.ediblewildfood.com/milk-thistle.aspx>
- <https://www.foragingtexas.com/2008/08/pecan.html>
- <http://optimizesurvival.com/foraging-pecans/>
- <https://www.foragingtexas.com/2007/11/pickerelweed.html>
- <https://www.ediblewildfood.com/purple-deadnettle.aspx>
- <https://www.ediblewildfood.com/purslane.aspx>
- <https://www.ediblewildfood.com/red-clover.aspx>
- <https://www.foragingtexas.com/2006/04/sheep-sorrel.html>
- <https://www.ediblewildfood.com/vervain-mallow.aspx>
- <https://www.ediblewildfood.com/wild-violet.aspx>
- <https://www.ediblewildfood.com/wood-sorrel.aspx>



Natural News

The world's top news source on natural health