

Kitchen Buddy

Autumn wild food foraging Sustainable Guidelines

Safety guidelines below are important for wildlife and gathering free flowers, seeds, leaves and fungi.

1. Pick plants carefully: ripe fruit, berries, leaves, flowers and stems.
2. Rule of thirds; leave at least $\frac{1}{3}$ of the plant to allow it to reproduce.
3. Do not take leaves from just one plant, choose and select from several plants. This allows them to continue to grow.

Safety Guidelines

1. Collect and eat at your own risk, with personal responsibility.
2. Obtain correct positive identification factors, never eat or touch a potentially poisonous species. There are very few but always stay safe!
3. Walk carefully around the areas. Many are public footpaths or grass. Be aware of areas where dog walkers use for dogs and tread with care.
4. Avoid pesticides or polluted landscapes.
5. For hygiene purposes we recommend that you wash plants in clean water prior to using them in the recipes.
6. **PLEASE ACT WITH CARE AND RESPECT**

We Recommend bringing your own: natural fibre collection bag, containers or basket, gardening gloves, scissors, notebook and pen.

Dress appropriately for the weather! Eg strong shoes or walking boots.

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