The great LET'S EAT WEEDS! treasure hunt!

Put on your messy-outdoor-activities clothes and slap on some sunscreen.

It's time to get foraging! Every weed in this treasure hunt can be found just about anywhere in Australia, at just about any time of year, and can be eaten cooked or raw. When you discover the plant you're looking for, cross-check your findings with your grown-up, then tick it off your list. You can then take a fresh weed-recording sheet and fill out all the details.

If you like social media and your grown-ups allow it, take a picture of each edible weed you discover and/or a picture of your filled-out weed-recording sheet, and share your findings with your fellow foragers on Instagram using the hashtag **#letseatweeds**

..... 's **treasure-hunt list**

OXALIS

☐ Got it!

(also known as 'sourgrass')

When you chew on Oxalis's flower stalks they taste really sour (in a screwing-your-face-up-but-you-like-it kind of way). Yum! You can also eat the leaves.

Identification checklist:

- Leaves shaped like love hearts (not ovals).
- Lemon-yellow trumpet-shaped flowers.

DANDELION

The name for dandelion in France is *dent-de-lion,* which means 'tooth of the lion'. Have a look at the 'tooth' shapes along the edge of a dandelion's leaves, and you can probably guess why. Harvest and eat the young leaves — and even munch on the flower petals!

Identification checklist:

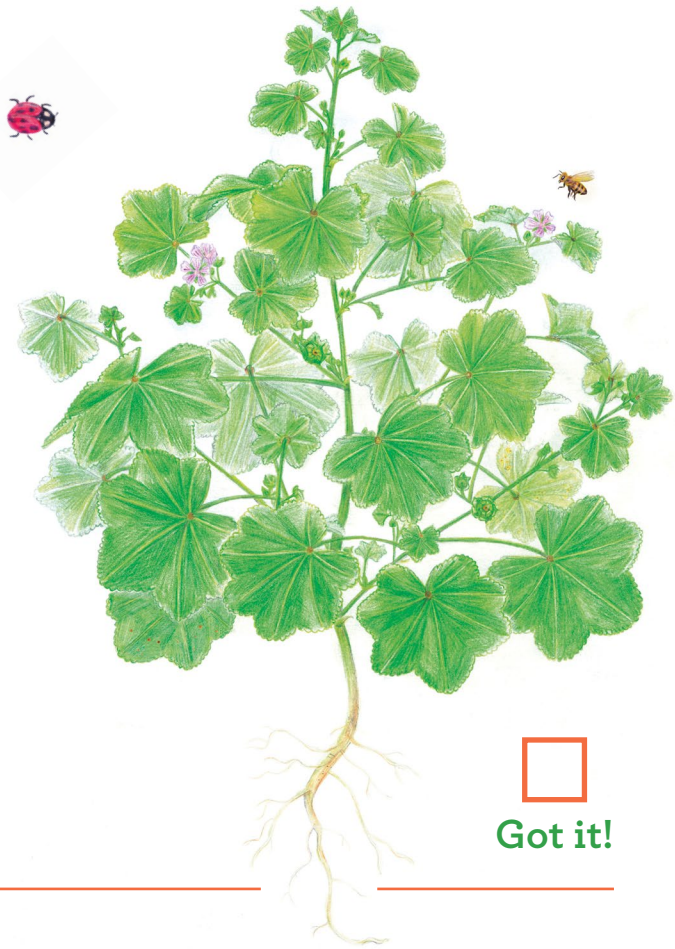
- Lion's-teeth leaves.
- Shaggy golden flowers perched on hollow tubular stalks (only one flower per stalk!).
- Make-a-wish seed puffballs.

☐ Got it!

SCRIBBLE

No guide to foraging can provide exhaustive safety information, including this one. Common sense and further research are recommended. Your safety is your responsibility and no liability is accepted for injury incurred while using this activity sheet as a reference.

MALLOW



A famous poet who lived in Italy 2,000 years ago wrote that he liked to eat mostly olives, mallow, and chicory (another weed!). That poet probably had a very happy tummy, because mallow contains special goo that helps to soothe your insides.

Identification checklist:

- Big, round leaves with wavy outlines (a bit like geranium leaves). If you touch them they feel sort of fuzzy. If you turn them over, they are lighter green underneath.
- Small five-petalled flowers that are pink, purple, or white
- Seedpods that look like little wheels of cheese wrapped in green paper.

open-type calyx cheese *old dry cheese*

Got it!

SOW THISTLE

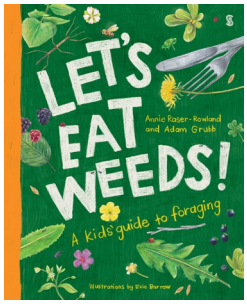
Even though it's got 'thistle' in its name, sow thistle doesn't have any painful prickles on it. It's actually very soft. Harvest and eat the young leaves.

Identification checklist:

- Leaves have a more bluey-green colour than those of dandelion and the young leaves are rounded at the ends.
- As the plant ages, it grows upwards with a central stalk (a trick that dandelion never manages!) and the leaves' ends get pointier.
- Yellow flowers that look like smallish dandelion flowers, but they grow in clusters at the top and sides of the plant.
- Seed balls a bit similar to dandelion, but smaller and messier.

young plants like this are the best for using raw

Got it!



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