

Nature Play Learning

EDIBLE WEEDS SCAVENGER HUNT

**Onion
Weed**



**Cleavers
(Stickyweed)**



Dandelion



Plantain



Fennel



Mallow



**Blackberry
Nightshade**



**Oxalis
(Sourgrass)**



EDIBLE WEEDS SCAVENGER HUNT

Onion Weed

Pungent smelling
White bell flowers
Bulb and leaf
eaten raw like
spring onion

Cleavers

Stickyweed
Velcro-like hooks
Seeds, stalks and
leaves edible.
Best steamed or in
green smoothies.

Dandelion

Yellow flowers
Seed puff balls
Whole plant is edible
Very high in iron,
calcium and vitamins.

Plantain

Strappy edible
leaves
Seed heads make
psyllium powder
(high in soluble
fibre)

Fennel

Aniseed flavour.
fine leaves used as
a herb.
Yellow or green
flowers may be
eaten fresh, dried
or in tea.

Mallow

Use young leaves
if eaten raw.
Spinach
replacement when
cooked.

Blackberry Nightshade

Sweet black
berries when ripe.
Green berries
toxic.
Leaves also
edible

Oxalis

Sour stems,
greatly loved by
toddlers
Use leaves as
herbs
High in Vitamin C