



**FIELD GUIDE
TO
EDIBLE WILD PLANTS**

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General Rules for Your Safety



This book is a comprehensive catalog of wild plants, mushroom, and fruit that can be consumed safely in the wild.

Wherever you're stranded in the wilderness, and you consumed the last food you had, here are some information in case you're feeling famished. The greenery all around you is the only option you have because you need to keep up your strength.

Some plants are chock full of essential vitamins and minerals while some could make you violently ill or even kill you.

- Much of human nutrition depends to a large extent on cereals, vegetables, and plants:
- Cereals mainly maize (or corn), wheat, rice, oats, and millet.
- Grains provide calories in the form of complex carbohydrates such as starch, that are needed to fuel daily activities. Other staple crops include potatoes, cassava, yams, and legumes.

Human food also includes vegetables, which consist principally of leaves and stems eaten as food.

Vegetables are important for the vitamins, minerals, and dietary fiber they supply. Fruits provide a higher quantity of sugars and have a sweeter taste than vegetables.

Nuts and seeds, including foods such as peanuts, walnuts, almonds, and pistachios, contain unsaturated fats that are also necessary.

Many plants are used to flavor foods.

Such plants include herbs (e.g. rosemary and mint), which come from the green leafy parts of plants, and spices (e.g. cumin and cinnamon), which come from other plant parts.

Some plants produce edible flowers, which may be added to salads or used to decorate foods.

Sweeteners such as sugar and stevia are derived from plants. Sugar is obtained mainly from sugar cane and sugar beet, and honey is created when bees regurgitate the nectar from flowers.

Cooking oils and margarine come from maize, soybean, rapeseed, safflower, sunflower, olive and others. Food additives include Arabic gum, guar gum, locust bean gum, starch, and pectin.

Plants are also the source of beverages produced either by infusions, such as coffee and tea; by fermentation, such as beer and wine; or by distillation, such as whiskey, vodka, rum, and other alcoholic spirits.

Some of the most common edible plants in the vegetable arena are, potatoes, peas, corn, carrots, squash, and cucumber. Many people opt for fruits, such as, watermelons, tomatoes, peaches, plums, apples, pears, and apricots. Small fruits, such as strawberries, blueberries, and raspberries are easy to find in the wilderness. Some of the most usual herbs include basil, thyme, oregano, parsley, and cilantro.

Always practice caution while harvesting and eating plants you find along the way. Many careless people have been poisoned from not correctly identifying the plant.

An important rule is to eat only a small piece of the wild plant at first and wait 30 minutes to an hour to digest. If no side effect has occurred, it can be assumed safe to eat.

The location of the plant is important:

- Beware of plants near waterways, as microscopic parasites could have been washed onto them.
- Plants near farms could be infected with chemicals.

- Plants near roadways are often coated with pollution.

Always take the necessary precautions before eating a plant:

- Rinse it in clean water.
- Boil it to kill any possible bacteria.
- Don't eat the plant if it smells of almonds. They are almost always poisonous in the wild, as it is a sign of cyanide.

Test The Edibility of the Plants

It is never a good thing to eat plants you cannot identify. There are some methods to see if an unknown plant is safe to consume:

- You should be fasting for at least 8 hours.
- Place part of the plant on your skin to see if there is a reaction.
- Take a pinch of the plant and touch it to your lips.
- If no burning or itching develops after 3 minutes, place the plant on your tongue and then chew it for 15 minutes without swallowing.
- If no irritation occurs during this period, swallow the plant.
- Wait 8 hours. Be ready to induce vomiting if any ill effects develop.
- If everything is fine, consume a quarter-cup of the plant and then wait another 8 hours. If there are no ill effects by this point, consider the plant safe to eat.

While this book shall provide general guidelines, you should be sure before the use of any plant in your food that it is, in fact, edible.

Wild Plants

A little knowledge of plants can save your life.

Herbs

Asparagus is a vegetable that grows in the wild in most of the Europe and parts of North Africa, West Asia, and North America.

- It's a great source of source of vitamin C, thiamine, potassium, and vitamin B6.
- Eat it raw or boil it.



Amaranth is an edible weed, native to the Americas, but found on most continents.

You can eat all parts of the plant, but be on the lookout for spines that appear on some of the leaves.

- It's recommended that you boil the leaves to remove the oxalic acid and nitrates.
- Don't drink the water after you boil the plant.



Burdock is native to the temperate areas of the Eastern Hemisphere, but you can find it in the Western Hemisphere as well.

- It is a medium to large-sized plant with big leaves and purplish thistle-like flower heads.
- You can eat the leaves and the peeled stalks of the plant either raw or boiled.
- Remove the bitterness of The leaves by boiling them twice before eating.
- The root of the plant can also be peeled, boiled, and eaten.



Cattail it is also known as cattail or punk in North America and bulrush and reed mace in England. This plant is usually found near the edges of freshwater wetlands. Most of a cattail is edible. You can boil or eat raw the rootstock, or rhizomes, of the plant.

- The rootstock is usually found underground. Make sure to wash off all the mud.
- The best part of the stem is near the bottom where the plant is mainly white.
- Either boil or eat the stem raw.
- Boil the leaves.
- The corn dog-looking female flower spike can be broken off. It has a corn-like taste.



Chickweed is an herb found in temperate and arctic zones. The leaves are pretty hefty, and you'll often find small white flowers on the plant. They usually appear between May and July.

- You can eat the leaves raw or boiled. They're high in vitamins and minerals.



Clovers are edible, and you can find them everywhere there's an open grassy area.

- You can spot them by their distinctive trefoil leaflets.
- You can eat clovers raw, but they taste better boiled.



Curled Dock is found in Europe, North America, South America, and Australia. It has a long, bright red stalk that can reach heights of three feet.

- You can eat the stalk raw or boiled.
- Peel off the outer layers first. It's recommend that you boil the leaves with several changes of water in order to remove its naturally bitter taste.



Field Pennycress is a weed found in most parts of the world. Its growing season is early spring to late winter.

- You can eat the seeds and leaves of field pennycress raw or boiled.
- The only caveat with field pennycress is not to eat it if it's growing in contaminated soil.
- Pennycress is a hyper accumulator of minerals, meaning it sucks up all minerals around it.
- Don't eat pennycress if it's growing by the side of the road or is near a Superfund site.



Green Seaweed is found in oceans all over the world.

- Rinse it with fresh water if available and let it dry.
- You can eat it raw or include it in a soup.



Kelp is another form of seaweed. You can find it in most parts of the world.

- Eat it raw or include it in a soup.
- Kelp is a great source of folate, vitamin K, and lignans.



The inner bark of pine trees is edible, and it is available year-round. That white spongy layer between the outer bark and the wood is what you want.

- It is mostly fiber and contains enough carbohydrates
- Boil this plant into soup.



Milkweeds: Several parts are edible with proper preparation.

Plantain is found in all regions of the world. You can usually find plantains in wet areas like marshes and bogs, but they'll also sprout up in alpine zones. The oval, ribbed, short-stemmed leaves tend to hug the ground. The leaves may grow up to about 6" long and 4" wide.



- It's best to eat the leaves when they're young. Like most plants, the leaves tend to get bitter tasting as they mature.
- Plantain is very high in vitamin A and calcium. It also provides a bit of vitamin C.

Purslane is a small plant with smooth fat leaves that have a refreshingly sour taste. Purslane grows from the beginning of summer to the start of fall. It can provide much needed vitamins and minerals in a wilderness survival situation.



- You can eat purslane raw or boiled.
- If you'd like to remove the sour taste, boil the leaves before eating.

Prickly Pear Cactus grows in the deserts of North America and, it is a very tasty and nutritional plant that can help you survive. The fruit of the prickly pear cactus looks like a red or purplish pear.



- Before eating the plant, carefully remove the small spines on the outer skin.
- It's best to boil the stems before eating.
- You can also eat the young stem of the prickly pear cactus.

Sheep Sorrel is native to Europe and Asia but has been naturalized in North America. It's a common weed in fields, grasslands, and woodlands. It flourishes in highly acidic soil. Sheep sorrel has a tall, reddish stem and can reach heights of 18 inches.



- Sheep sorrel contains oxalates and shouldn't be eaten in large quantities.
- You can eat the leaves raw.
- They have a nice tart, almost lemony flavor.

White Mustard is found in the wild in many parts of the world. It blooms between February and March.

- You can eat all parts of the plant — seeds, flowers, and leaves.



Edible Flowers

Edible flowers are not limited to those which later blossom into fruits and vegetables. Some of the prettiest flowers have petals which we can eat.

Specifically, carnations, dandelions, jasmine, rose, lavender, violets, and daisies are edible. Such flowers are perfect to add to a salad, because they add sharp color, which always makes a salad more appealing, along with a delicate flavor.

Chicory grows in Europe, North America, and Australia. It's a bushy plant with small blue, yellow, red or white flowers.



- You can eat the entire plant.
- Pluck off the young leaves and eat them raw or boil them. The chicory's roots will become tasty after boiling.
- You can pop the flowers in your mouth for a quick snack.

Carnation

- Separate the petals from the calyx
- Remove the white base before use as it makes eating them very bitter. It will have a clove-like taste
- You can add the petals to salads.



Dandelion is entire edible — roots, leaves, and flower.

- Eat the leaves while they're still young or boil mature leaves to remove their bitter taste.
- Boil the roots before eating as well.
- You can drink the water you boiled the roots in as a tea and use the flower as a garnish for dandelion salad.



Fireweed is found primarily in the Northern Hemisphere. You can identify fireweed by its purple flower and the unique structure of the leaves' veins; the veins are circular rather than terminating on the edges of the leaves.

- It's best eaten young when the leaves are tender. Mature fireweed plants have tough and bitter tasting leaves.
- You can eat the stalk of the plant as well.
- The flowers and seeds have a peppery taste.
- Fireweed is a great source of vitamins A and C.



The real Jasmine has tubular white flowers, waxy, and shiny oval leaves.

All roses are edible, with the flavor being more pronounced in the darker varieties.

Lavender is a member of the mint family. Flowers and leaves can be used fresh, and both buds and stems can be used dried.



Most violets are edible, but some yellow species may be slightly cathartic.

Daisies are found everywhere on Earth except Antarctica. Its leaves can make a tasty addition to salads (they're closely related to artichoke and are high in Vitamin C).

Wood Sorrel grows in all parts of the world. Species diversity is particularly rich in South America.

- The leaves are a great source of vitamin C.
- The roots of the wood sorrel can be boiled.
- They're starchy and taste a bit like a potato.



There are important rules that absolutely must be followed when using flowers in cooking. Establishing if a plant is safe to eat is of utmost importance. Never use an ingredient in your cooking if you are not sure that is safe.

Remember that many flowers are poisonous, so be certain of the identity of the flowers you have chosen to cook with.

- Use only the petals of flowers, as the pollen may cause allergies, and is often bitter.
- Use small amounts, as any food new to the digestive tract should be introduced slowly and easily.
- Try making a salad mix of veggies and fruits, and throw in some flowers as well. Teas are delicious with aromatic flowers.

The safest edible flowers are those that will eventually grow into the vegetables and fruits that we already know and love. Often the flowers of vegetables, fruits, and herbs offer a reminder of the plant they come from, in a subtle flavor.

Examples are the basil, chive, garlic, and lemon flowers. These are good garnishes for dishes which may already use the fruit of the above-mentioned flowers.

The chamomile flower is very gentle and pleasant also. Other flowers that come from plants we know are the arugula flower, the mustard flower, the squash flower (which can even be fried and eaten on its own), and the sunflower.



The flowers of the daylily and the roots of the water lily also are edible.

Milky sap should be avoided as it generally indicated a poisonous plant, but in the case of the Prickly leaf lettuce, it is safe to eat. Also, it is known that nettles have been collected and used in making soup for centuries.



Edible Nuts

Plenty of wild, nut-bearing trees grow in temperate and other zones. The acorns from the plethora of oak species are edible, as are hickory tree nuts and walnuts. In desert climes, the acacia tree produces edible seeds.



Acorns, also known as oak nuts, can tend to be bitter, they are highly recognizable. Acorns are rich in nutrients. All of them contain large amounts of protein, carbohydrates, and fats, as well as the minerals calcium, phosphorus and potassium, and the vitamin niacin.

- Eat them in a limited amount.
- Cook them if you have the possibility of making a fire.

Hickory tree nuts and walnuts are trees and, its fruits are globose or oval nuts enclosed in a husk, which splits open at maturity.



Walnuts contain a number of neuroprotective compounds, including vitamin E, folate, melatonin, omega-3 fats, and antioxidants. They contain several unique and powerful antioxidants that are available in only a few commonly eaten foods. This includes the Quinone juglone, the tannin tellimagrandin, and the flavonol morin.

- Walnuts are highly perishable and their healthful fats easily damaged.
- Avoid those that appear shriveled or smell rancid, or that you cannot verify are fresh.

- Walnuts are great as a quick snack.

Edible Tubers and Bulbs

With a little bit of rinsing and possibly even boiling, onion grass, wild onion, wild carrots and wild garlic are easy to find throughout temperate zones.

- Wood sorrel, which has a tuber that is basically a mini-potato.
- Indian cucumber, with its little white, crisp root core.



Edible Mushrooms

Edible mushrooms are a very small number in the fungus category. The vast majority of mushrooms are harsh, bitter, and tasteless, or they are so rare that they are not worthy of interest as food.

They are low in calories, high in protein, averaging about 20% of their dried mass, and contain a wide range of B vitamins (riboflavin, niacin, pantothenic) and minerals (selenium, copper, and potassium). Recently, there have been claims that they may boost immune systems, have antibiotic properties, and may even fight cancer.

- Mushrooms like chanterelles and porcini are found growing wild in Europe, North America and, Asia.
- The prized crop is morels. They are abundant in Germany and France, and they can be found in many states as well, Georgia, South Carolina, Virginia, Pennsylvania, New York and the New England area.



There are four species of wild morels, but the white is considered superior in both taste and texture to black morels. They have a smoky, nutty, delicate flavor which is stronger if the specimen has a darker color.



Three types of safe morels in North America are:

- The half-free morel
- The yellow morel
- The black morel

Truffles have a pungent, woody, slightly garlicky aroma, and there are two varieties of truffles black and white.



Caesar's Mushroom is safe but illustrates the dangers of mushroom collecting. It has a very poisonous close cousin that you can identify by its white speckles, but these speckles can wash off in a heavy rainstorm.

Edible Fruits and Berries

Edible fruits grow just about everywhere in North America and other temperate zones. Blueberries grow wild in cooler and highland climates.

Many edible fruits and berries grow near the ground on both little bush and ground creeper forms. Summer is the best time of year to harvest, though some berries fruit in spring and others in fall. Many even hold on till winter, with some, such as Hawthorn's mini-apples, improving in sweetness and flavor after frost.

Edible berries can be a delicious and filling survival food in the right season. Strawberries, raspberries, blueberries, cranberries, and blackberries all have their wild forms. If it looks like the domestic one (usually smaller) and smells and tastes like it, it's safe to eat.



Mulberry trees bear fruit that looks a good deal like blackberries

- The persimmon tree also grows wild and bears edible fruits.
- The elderberry and the gooseberry should be harvested with caution as they are the easiest to confuse with poisonous berries.

Plants That Are Richest in Protein, Carbs, and Fats

In your diet you need an equilibrium between proteins, carbs and fats. One of the biggest challenges is finding proteins, as we get most of them from animals. However, there are many plants that are packed with proteins.

Proteins derived from plant foods (legumes, seeds, grains, and vegetables) can be complete as well as those that come from animals. Examples of plants rich in proteins include potatoes, chickpeas, black beans, kidney beans, pumpkin seeds, cashews, cauliflower, quinoa, pistachios, turnip greens, black-eyed peas, Kasha, and soy.



Algae is an excellent source of protein. It is also a healthier option than other forms of protein because they're lower in fat.



Certain vegetable products have high saturated fat content, such as coconut oil and palm kernel oil. Nuts like almonds, cashews, macadamia, peanuts, pecans, flaxseeds, sesame seeds, soybeans, sunflower seeds, and walnuts are high in fats that are good for human bodies. Nuts are an excellent source of vegan protein and they are a plant-based gold mine in monounsaturated fats.

Seeds are a high source of omega-3:

- Savi seeds
- Hemp and chia seeds.
- Sunflower seeds, an excellent provider of monounsaturated fats, are on the list of fatty foods.
- Flax and chia seeds are considered super foods because they contain a high amount of healthy Omega 3 fatty acids, and also have one of the best Omega 3 to Omega 6 ratios.



Unrefined foods, including beans, tubers, rice, and fruits have small amounts of carbohydrates.

Combine legumes with grains to provide a meal that is high in all essential amino acids.

Cattail is one of the most abundant and calorie-rich foods in the wilderness.

- The white part of the stalk at the bottom, and the new shoots, can be eaten raw or cooked. Flower spikes can be cooked like corn-on-the-cob when green.
- Roots can be mashed in water to release the starch, which can be added to soups.
- Pollen from the flower spike can be shaken into a bag and used in soups.
- Cattails grow in swamps or wet soil, and you really should get to know this plant.



Plants Rich in Water

Water comprises 60 percent of your body weight, and your body cannot function properly without enough of it.

Certain fruits and vegetables also fulfill your fluid requirements in addition to providing healthful nutrients such as vitamins, minerals, fiber and protein.

Purify the water before drinking it.

Wherever you find banana or plantain trees, you can get water.

Cut down the tree, leaving about a 30-centimeter stump and scoop out the center of the stump so that the hollow is bowl-shaped.

- Water from the roots will immediately start to fill the lack.
- The first three fillings of water will be bitter, but drinking each day will be palatable.
- The stump will supply water for up to four days.
- Be sure to cover it to keep out insects.

Some tropical vines can give you water.

- Cut a notch in the vine as high as you can reach, then cut it off close to the ground.
- Catch the dropping liquid in a container or in your mouth.

Do not drink the liquid if it is sticky, milky or bitter tasting.

You can get water from plants with moist, pulpy centers.

- Cut off a section of the plant and squeeze or smash the pulp so that the moisture runs out.
- Catch the liquid in a container.

Plant roots may provide water.

- Dig or pry the roots out of the ground, cut them into short pieces and smash the pulp so that the moisture runs out.
- Catch the liquid in a container.

High Water Content Vegetables

On top of the vegetable list are:

- Lettuce, consisting of 96 percent water.
- Green cabbage is 93 percent water.
- Spinach contain 92 percent water.

Fleshy leaves, stems or stalks, such as bamboo, contain water.

Green bamboo thickets are an excellent source of fresh water. Water from green bamboo is clear and odorless. To get the water, bend a green bamboo stalk, tie it down and cut off the top. The water will drip freely during the night. Old, cracked bamboo may contain water.

- Cut or notch the stalks at the base of a joint to drain out the liquid.



High Water Content Fruits

- Strawberries contain about 92 percent water per volume.
- Fruits containing 87 percent water by weight include cranberries and raspberries.
- Apricots hold 86 percent water.
- Blueberries and plums contain 85 percent water.
- The water content of apples and pears is 84 percent.
- Cherries and grapes contain an average of 81 percent water.



The milk from green coconuts is a good thirst quencher. Drink in moderation only because the milk from mature coconuts contains an oil that acts as a laxative.



In the American tropics, you may find large trees whose branches support air plants. These air plants may hold a considerable amount of rainwater in their overlapping, thickly growing leaves. Strain the water through a cloth to remove insects and debris.

Water-rich fruits and vegetables also provide natural sugars, amino acids, mineral salts, and vitamins.

Eating fruits and vegetables high in water content can replenish your body. The biggest advantage of consuming high water content foods is that they contain minimal calories and provide a feeling of fullness.

Almost any environment has water present to some degree. If you do not have a reliable source to replenish your water supply, I will show you some ways in which your environment can help you.



Heavy dew can provide water.

- Walk through dew-covered grass before sunrise with tie rags or tufts of fine grass around your ankles. As the rags or grass tufts absorb the dew, wring the water into a container. Repeat the process until you have a supply of water or until the dew is gone.

Bees or ants going into a hole in a tree may point to a water-filled hole.

- You can stuff cloth in the hole to absorb the water and then wring it.

Water sometimes gathers in tree crotches or rock crevices.

- Siphon the water with plastic tubing or scoop it up with an improvised dipper.

In arid areas, bird droppings around a crack in the rocks may indicate water in or near the crack

Poisonous Plants

Plants may cause harm to people, and anyone who is in a survival situation should avoid some species of plants that can affect their health.

- ⊗ Plants that produce windblown pollen invoke allergic reactions in people who suffer from hay fever.
- ⊗ A wide variety of plants are poisonous. Toxalbumins are poisons found in plants fatal to most mammals. They act as a serious deterrent to consumption.
- ⊗ Several plants cause skin irritations when touched, such as poison ivy.
- ⊗ Certain plants contain psychotropic chemicals, which are extracted and ingested or smoked, including tobacco, cannabis (marijuana), cocaine and opium. Smoking causes damage to health or even death, while some drugs may also be harmful or fatal to people.
- ⊗ Both illegal and legal drugs derived from plants may have negative effects on the economy, affecting worker productivity and law enforcement costs. Some plants cause allergic reactions when ingested, while other plants cause food intolerances that negatively affect health.

The above information, of course, makes the proper identification of specific plants critical.

Plants to Avoid

If you can't identify a plant and you don't know if it's poisonous, it's better to be safe than sorry. Steer clear from a plant if it has:

- ⊗ “Almond” scent in the woody parts and leaves
- ⊗ Milky or discolored sap
- ⊗ Beans, bulbs, or seeds inside pods
- ⊗ Bitter or soapy taste
- ⊗ Dill, carrot, parsnip, or parsley-like foliage
- ⊗ Grain heads with pink, purplish, or black spurs
- ⊗ Spines, fine hairs, or thorns
- ⊗ Three-leaved growth pattern

Plants poison by:

- Absorption or inhalation. When a person either absorbs the poison through the skin or inhales it into the respiratory system.
- Contact. When a person makes contact with a poisonous plant that causes any type of skin irritation or dermatitis.
- Ingestion. When a person eats a part of a poisonous plant.

Plant poisoning ranges from minor irritation to death. It's hard to say how poisonous plants are because some plants require contact with a large amount of the plant before noticing any adverse reaction while others will cause death from only a small amount.

- Every plant will vary in the toxins it contains due to different growing conditions and slight variations in the evolution of subspecies.
- Every person has a different level of resistance to toxic substances.
- Some persons may be more sensitive to a particular plant.

The misconceptions about poisonous plants are:

- ⊗ Watch the animals and eat what they eat. Most of the time this statement is true, but some animals can eat plants that are poisonous to humans.
- ⊗ Boil the plant in water and any poisons will be removed. Boiling removes many poisons, but not all.
- ⊗ Plants with a red color are poisonous. Some plants that are red are poisonous, but not all.

The main idea is there is no one rule to aid in identifying poisonous plants.

- ⊗ Many poisonous plants look like their edible relatives or like other edible plants.
- ⊗ Poison hemlock appears very similar to wild carrot.

Certain plants are safe to eat in certain seasons or stages of growth and poisonous in other stages.

- The leaves of the pokeweed are edible when it first starts to grow, but it soon becomes poisonous.

You can eat some plants and their fruits only when they are ripe.

- The ripe fruit of may apple is edible, but all other parts and the green fruit are poisonous.

Some plants become toxic after wilting.

- When the black cherry starts to wilt, hydrocyanic acid develops.

Specific preparation methods make some plants edible that are poisonous raw.

Rules to Avoid Poisonous Plants

- ✓ Be able to look at a plant and identify it with absolute certainty and to know its uses or dangers. Many times this is not possible.
- ✓ If you have little or no knowledge of the local vegetation, use the rules to select plants for the Edibility Test.
- ✓ You should not touch plants unnecessarily.

Contact dermatitis from plants:

- The effects may be persistent, spread by scratching, and are particularly dangerous if there is contact in or around the eyes.
- The principal toxin of these plants is usually an oil that gets on the skin upon contact with the plant. The oil can also get on equipment and then infect whoever touches the equipment.
- Never burn a contact poisonous plant because the smoke may be as harmful as the plant. There is a greater danger of being affected when overheated and sweating. The infection may be local or it may spread over the body.

Symptoms may take from a few hours to several days to appear. Signs and symptoms can include:

- Blisters
- Burning
- Itching
- Swelling
- Reddening

If you contact a poisonous plant:

- ✓ Try to remove the oil of the plant by washing with cold water.
- ✓ Wipe your skin repeatedly with dirt or sand if water is not available.
- ✓ Do not use dirt if blisters have developed because it may leave the body open to infection.
- ✓ After you have removed the oil, dry the area. You can wash with a tannic acid solution and crush and rub jewelweed on the affected area to treat plant-caused rashes. You can make tannic acid from oak bark.

Poisonous plants that cause contact dermatitis are:

- ☒ Cowhage
- ☒ Poison ivy
- ☒ Poison oak
- ☒ Poison sumac
- ☒ Rengas tree
- ☒ Trumpet vine



Ingestion poisoning could lead to death very quickly. Do not eat any plant unless you have positively identified it first. Keep a log of all plants eaten.

Signs and symptoms of ingestion poisoning can include:

- ☒ Nausea
- ☒ Vomiting
- ☒ Diarrhea
- ☒ Abdominal cramps
- ☒ Depressed heartbeat and respiration
- ☒ Headaches
- ☒ Hallucinations
- ☒ Dry mouth
- ☒ Unconsciousness
- ☒ Coma and death

If you suspect plant poisoning, try to remove the poisonous material from the victim's mouth and stomach as soon as possible.

If the person who was poisoned is still conscious:

- ✓ Induce vomiting by tickling the back of his throat or by giving him warm saltwater.
- ✓ Dilute the poison by administering large quantities of water or milk.

The following plants can cause ingestion poisoning if eaten:

- ☒ Castor bean
- ☒ Chinaberry
- ☒ Death camas
- ☒ Lantana
- ☒ Manchineel
- ☒ Oleander
- ☒ Pangi
- ☒ Physic nut
- ☒ Poison and water hemlocks
- ☒ Rosary pea
- ☒ Strychnine tree



Many toxic plants will exhibit one or more of the above characteristics. Some of the plants I suggested in the edible plants section have some of these attributes, yet they're still edible.

Use the above characteristics like a guideline for when you're not confident about what you're dealing with. If you want to be completely sure that an unknown plant is edible, and you have a day or two to spare, you can perform the edibility test mentioned above.

You must make an effort to learn as much about poisonous plants as possible it is to your benefit. Gather and cross-reference information from as many sources as possible, because many sources will not contain all the information needed.