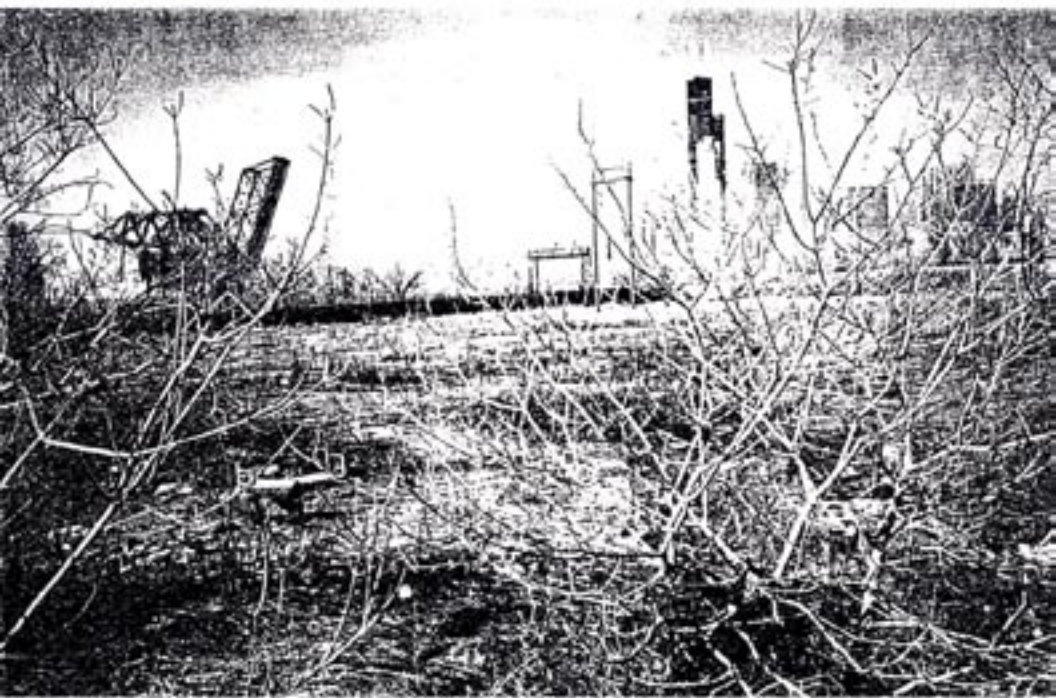


**reap where you did not sow:**  
a guide to urban foraging



vol. 1 of 3  
autumn

	water: percentage	food energy: calories/100 g	protein: g/100 g	carbohydrates: g/100 g	total	fiber	calcium: mg/100 g	phosphorus: mg/100 g	iron: mg/100 g	potassium: mg/100 g	vitamin A: I.U./100 g	ascorbic acid: mg/100 g
<b>WILD FRUIT</b>												
Blackberries *	85.4	58	1.2	12.0	4.1	4.1	32	19	0.9	170	200	21
Blueberries *	83.2	62	0.7	15.3	1.5	1.5	15	13	1.0	60	40	6
Elderberries *	93.1	20	1.7	4.1	0.0	0.0	81	54	1.7	294	3300	10
Ground Cherries *	85.4	53	1.9	11.2	2.8	2.8	9	40	1.0	—	720	11
Red Haws †	75.8	87	2.0	20.8	2.1	2.1	—	—	—	—	—	—
Wild Persimmons *	64.4	127	0.8	33.5	1.5	1.5	27	26	2.5	310	—	66
Prickly Pears †	88.0	42	0.5	10.9	1.6	1.6	20	28	0.3	166	60	22
Black Raspberries *	80.8	73	1.5	15.7	5.1	5.1	30	22	0.9	199	trace	18
Red Raspberries *	84.2	57	1.2	13.6	3.0	3.0	22	22	0.9	168	130	25
Some commonly eaten domestic fruits for comparison												
<b>ORCHARD FRUIT</b>												
Apples	84.4	58	0.2	14.5	1.0	1.0	7	10	0.3	110	90	4
Oranges	86.0	49	1.0	12.2	0.5	0.5	41	20	0.4	200	200	50
Peaches	89.1	38	0.6	9.7	0.6	0.6	9	19	0.5	202	1330	7
Pears	83.2	61	0.7	15.3	1.4	1.4	8	11	0.3	130	20	4
Japanese Persimmons	78.6	77	0.7	19.7	1.6	1.6	6	26	0.3	174	2710	11
Tomatoes	93.5	22	1.1	4.7	0.5	0.5	13	27	0.5	244	900	23
Gooseberries	88.9	39	0.8	9.7	1.9	1.9	18	15	0.5	155	290	33

## connect with your inner primitive

nance klehm

spontaneous vegetation are plants that grow where we did not will them to grow. they are mostly immigrants whose original seeds travelled in the pockets of humans. these seeds produce plants that thrive where domesticated plants don't in soils too poor, too dry, too acid or too alkaline i.e. urban soils. mostly these plants that make up the bulk of inner city areas are called 'weeds'. they colonize cleared sites quickly and remain wild and domesticated. they improve soil, create habitat and many are edible and/or medicinal.

collecting and using spontaneous vegetation carries the following pluses:

- 1) they provide flavors and textures not to be obtained elsewhere.
- 2) they are clean in so far as they are genetically unmodified and not sprayed by pesticides and chemical fertilizers.
- 3) they are free and abundant.
- 4) they are higher in nutrient content than many domesticated plants.

wander open lots, sidewalk cracks, alleys, train tracks and expressway embankments to find ingredients for your morning omelet, your afternoon tea or this evening's soup.

go native.

## **lamb's quarters**

*(chenopodium album)*

- reaches 4-5' tall
- related to spinach, swiss chard and beets
- greater nutritive value than spinach.
- contains iron, calcium, and vitamins A and C.
- tastes spinachy

**use:** shoots, leaves and seeds



## chickweed

*(stellaria media)*

- creeps along ground
- leaves 1/2-1-1/2" long; tiny white flowers continuously appearing all season
- cooks quickly, mild taste

**use:** leaves





## **burdock**

*(arctium lappa)*

- reaches 3-4' tall and 1-2' wide
- super yang energy; purifies blood
- strip root of inedible rind
- contains: protein, vitamins A, B, C, iron

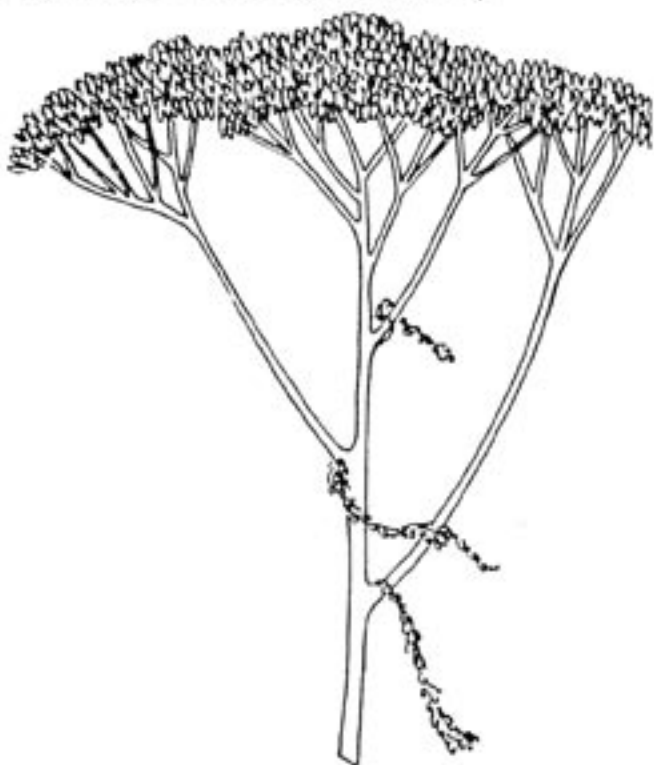
**use:** whole plant (leaves, root, seeds)

## yarrow

*(achillea millefolium)*

- reaches 1-2' tall and 1' wide
- white flowers are 2-3" in late summer/early autumn

use: flowers





## rose

*(rosa speciosa and rosa rugosa)*

- pick rose fruit a.k.a. 'hips' when bright red
- 1 c. hips= the vitamin C in 10 dozen oranges
- contains: vitamins A, B, E, K, acids and pectin

use: fruit and petals



**notes**



	water: percentage	food energy: calories/100 g	protein: g/100 g	carbohydrates: g/100g	total	fiber	calcium: mg/100 g	phosphorus: mg/100 g	iron: mg/100 g	potassium: mg/100 g	vitamin A: I.U./100 g	ascorbic acid: mg/100g
<b>WILD VEGETABLE</b>												
Green Amaranth *	86.9	36	3.5	6.5	1.3	2.6	267	67	3.9	411	6100	80
Wild Asparagus *	91.7	26	2.5	5.0	0.7	0.6	22	62	1.0	278	900	33
Chicory Greens *	92.8	20	1.8	3.8	0.8	1.3	86	40	0.9	430	4000	22
Dandelion Greens *	85.6	45	2.7	9.2	1.6	1.8	187	66	3.1	397	24000	35
Lamb's-Quarters *	84.3	43	4.2	7.3	2.1	3.4	309	72	1.2	—	11600	80
Poke Shoots *	91.6	23	2.6	3.7	—	1.7	53	44	1.7	—	8700	136
Parsnips *	92.5	21	1.7	3.8	0.9	1.6	103	39	3.5	—	2500	25
Watercress *	93.3	19	2.2	3.0	0.7	1.2	151	54	1.7	282	4900	79
Curled Dock †	90.9	28	2.1	5.6	0.8	1.1	66	41	1.6	338	12900	119
Some commonly eaten domestic green vegetables for comparison												
<b>GARDEN VEGETABLE</b>												
Cabbage	92.4	24	1.3	5.4	0.8	0.7	49	29	0.4	233	130	51
Celery	94.1	17	0.9	3.9	0.6	1.0	39	28	0.3	341	240	9
Endive	93.1	20	1.7	4.1	0.9	1.0	81	54	1.7	294	3300	10
Iceberg Lettuce	95.5	13	0.9	2.9	0.5	0.6	20	22	0.5	175	330	6
Leaf Lettuce	94.0	18	1.3	3.5	0.7	0.9	68	25	1.4	264	1900	18
Green Onions	89.4	36	1.5	8.2	1.2	0.7	51	39	1.0	231	2000	32
Green Peppers	93.4	22	1.2	4.8	1.4	0.4	9	22	0.7	213	420	128
Spinach	90.7	26	3.2	4.3	0.6	1.5	93	51	3.1	470	8100	51
Swiss Chard	91.1	25	2.4	4.6	0.8	1.6	88	39	3.2	550	6500	32



[www.temporaryservices.org](http://www.temporaryservices.org)  
october 2001