



## FARM-FORAGED SALAD

Harvest leaves & flowers from the field and herb garden for a nutritious salad.

### Nourishing Greens - bland (75% of salad)

Cultivated lettuce/greens

Chickweed leaves, stalks, and flowers

Lamb's quarter leaves (*Chenopodium album*)

Young Yellow Dock Leaves (*Rumex crispus*)

Violet leaves

Purslane

Garlic mustard

Plantain leaves

Mallow leaves

Amaranth, small leaf

### Aromatic Greens (10% of salad)

Catnip leaves

Lemon balm leaves

Bee Balm (*Monarda*) leaves

Basil Leaf

Mint leaves

Cilantro

Parsley

Oregano

### Strong Greens cut finely (3% of salad)

Young Mugwort (*Artemisia vulgaris*)

Dandelion leaves

Mustard leaves

### Sour Greens (5% of salad)

Sheep sorrel leaves (*Rumex acetosella*)

Oxalis leaves

### Edible Flowers (7% of salad)

Any culinary herb blossoms

Forsythia blossoms

Borage Blossoms

Nasturtiums

Rose petals

Lilac flowers

Violet flowers

Evening Primrose blossoms

Ground Ivy blossoms

Zinnia Petals

Marigolds

Chicory petals

Chamomile

Calendula Petals

Mustard blossoms

Clover blossoms

Dandelion petals

As always, take care to be sure you have correctly identified plants intended for consumption and do not forage from areas that have been sprayed with pesticides or herbicides.

Yours in green abundance,

*Rebecca Ingalls*

SCAN QR CODE FOR DOWNLOADABLE PDF →



Reference Database (compiled by James Duke) with info on plants: <https://phytochem.nal.usda.gov>