

<u>Herbs & flowers</u>		<u>Fruit & berries</u>
Three flower onion Early spring	Vetch (pea) Spring to late summer	Blae berries Late summer
Wild garlic Spring/early summer	Garlic mustard Late spring	Salmon berries Early summer
Sweet Scilly Spring/early summer	Rose Summer	Raspberrys Late summer
Ground elder Spring to autumn	Sweet Viola Spring	Bramble Late summer
Queen Anne's lace (carrot) Summer	Primrose Spring	Gooseberry Late summer
Yarrow Late summer early winter	Flowering red currant Late spring	Strawberry Summer
Tansy Summer/autumn	Elder flower Summer	Red currants Summer
Pineapple weed Early summer	Hawthorne Late summer	Elderberry Autumn
Water mint Summer	Cuckoo Late spring	Hawthorne Autumn
Lesser celandine Spring	Fireweed Summer	Rowan Autumn
Chickweed Spring to winter	Meadowsweet Late summer	Crab apple Autumn
Wood sorrel Spring to winter	Chamomile Summer	Cherries Summer
Woodruff Summer/early winter	Fushia Summer	Plum Autumn
Nettles Spring to autumn	Heather Late summer	Sloe Late autumn
Dead nettle Late spring to early autumn	Scurvy Spring	Rose hipe Autum
Red purslane Spring/early summer	Hogweed Late summer	Gulder rose Autumn
Spring beauty (purslane) Early spring/summer	Pignut Late spring	Sea buckthorn Autumn
Sheep sorrel Spring to autumn	Honeysuckle Summer	

<u>Sea veg</u>	<u>Seaweed</u>	<u>Mushrooms</u>
Arrow Grass Early summer	Gut weed Late spring	Scarlet elf cups Early spring
Scurvy grass Late summer	Mermaids hair Late spring	Chicken of the woods Early summer
Sandwort Late spring	Sea lettuce Late spring	Chanterelle Autumn
Samphire Summer	Dabberlocks Spring	Winter chanterelle Autumn/winter
Sea blite Summer	Bootlace Spring	Hedgehogs Winter
Frozen orache Spring / summer	Tooth wrack Early Spring	Angel wings Autumn
Sea aster Summer	Sea spaghetti Spring	Ceps Early autumn
	Sugar kelp Spring	Boletes Autumn/winter
	Nori Spring	Amethyst deceiver Autumn
<u>All things tree</u>	Carragen/ Irish moss Spring	Turkey tails All year
Pine All year	Red dulce Spring	Shagga Spring
Grandis All year	Pepper dulce Spring	Birch polyvore Late summer
Douglas fir All year	Sea truffle Early Spring	Saffron milkcap Autumn
Juniper All year		Honey fungus Autumn
Noble pine cone Late summer	<u>Moss</u>	Puff balls Late spring
Pine Pollen Late spring	Oak moss All year	
Tapped Birch sap Spring	Old mans beard All year	
	Reindeer moss All year	