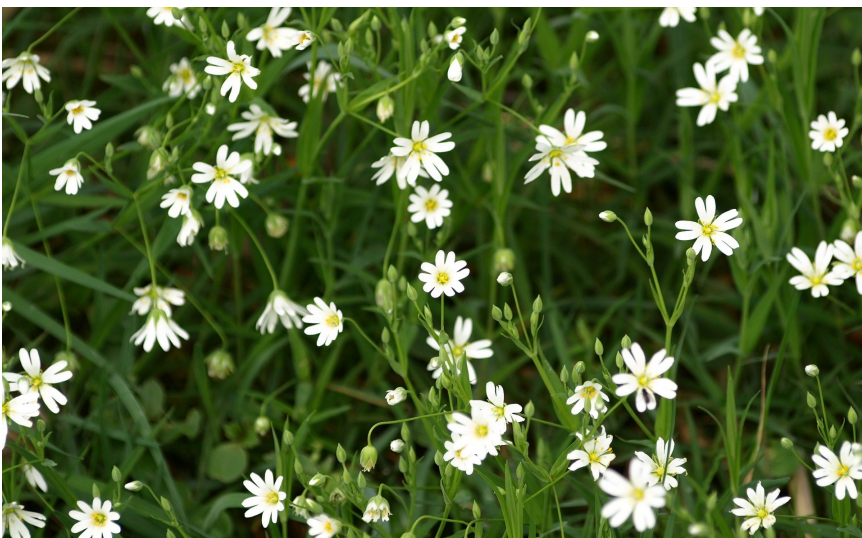


SUSTAINABLE FORAGING

Foraging wild plants can be a means to connect with nature and build a relationship with the environment around you. However, it is important to ensure that you are doing it in a responsible and sustainable way.

GUIDELINES

- Know the rules. Only forage where you are sure you are allowed. Familiarize yourself with local bylaws and policies, and always get permission before foraging on private land. Foraging wild plants is prohibited on most protected lands, including national and provincial parks and EALT conservation lands. Note that it is also against bylaws to harvest plants on City of Edmonton land.
- Know your stuff. Only collect plants that you are 100% sure you have identified correctly, as many plants can have dangerous look-alikes. Never harvest or consume a plant that you have any doubts about.



SUSTAINABILITY TIP

Take only as much as you need, and make sure nothing you forage goes to waste.

Try to harvest from areas where the plant is abundant, and never collect more than 5% of the plants in any one area.



Where possible, do not harvest the entire plant – take a pair of clippers and clip off only what you need, leaving the root and plant systems.

SUSTAINABLE FORAGING

GUIDELINES

- Many invasive and non-native horticultural plants are great for foraging, and can be harvested in any amount.
- Don't collect any at-risk species. Not only is it illegal, but it can seriously contribute to the endangerment and loss of those species. Read more about species at risk [here](#).
- Follow [Leave No Trace](#) principles. Stick to trails where possible, and try to minimize trampling damage to other plants. Always pick up after yourself.
- Ensure your harvested plants are stored and cooked correctly. Many plants have to be fully cooked, and it is a good idea to try small amounts of a plant before going out to harvest a larger portion.
- Give back. When out foraging, we recommend being a good steward of the land - report any signs of illegal activity, clean up any trash, and remove invasive plants where allowed.



RIGHT PLACE

Collect from unpolluted places. Although easily accessible, roadsides, ditches, and fields should be avoided.



RIGHT TIME

Harvest plants at the right time. Many plants are best collected during the early spring, when new growth emerges – but not all. Make sure you research before the foraging season to determine the ideal times.