

Common Edible Weeds in Your Backyard

The purpose of this checklist is to assist you in recognizing and utilizing the edible weeds that may be growing in your backyard. Be sure to positively identify any wild plants you intend to eat and look for signs of pesticide or chemical treatment before you eat them.

Dandelion

Taraxacum officinale

Edible Parts

- Leaves
- Flowers
- Roots

Notes

- Rich in vitamins A, C, and K
- The young leaves are less bitter



Plantain

Plantago major

Edible Parts

- Leaves
- Seeds

Notes

- Young leaves are more tender
- Seeds can be used as a rough flour



Purslane

Portulaca oleracea

Edible Parts

- Leaves
- Stems
- Flowers

Notes

- High in omega-3 fatty acids and antioxidants



Lamb's Quarters *Chenopodium album*

Edible Parts

- Leaves
- Shoots
- Seeds

Notes

- Spinach-like taste
- Rich in vitamins and minerals



Nettle *Urtica dioica*

Edible Parts

- Young leaves (cooked to remove stinging hairs)

Notes

- Must be cooked
- High in vitamins A, C, and iron



Chickweed *Stellaria media*

Edible Parts

- Leaves
- Stems
- Flowers

Notes

- Mild flavor
- Great in salads
- Rich in vitamins C and B



Wild Garlic/Wild Onion *Allium spp.*

Edible Parts

- Leaves
- Bulbs

Notes

- Ensure it smells like onions/garlic to confirm it's not a poisonous look-alike



Clover
Trifolium

Edible Parts

- Leaves
- Flowers

Notes

- Flowers are sweet
- Can be used to make tea or salads



Mallow
Malva sylvestris

Edible Parts

- Leaves
- Flowers

Notes

- Mild flavor
- Can be used like lettuce or cooked greens



Wood Sorrel
Oxalis

Edible Parts

- Leaves
- Flowers

Notes

Has a lemony taste
Great in salads but consume in moderation due to oxalic acid content



Always harvest in a responsible manner, staying away from areas that have been overpicked or could be contaminated.

Happy foraging!
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