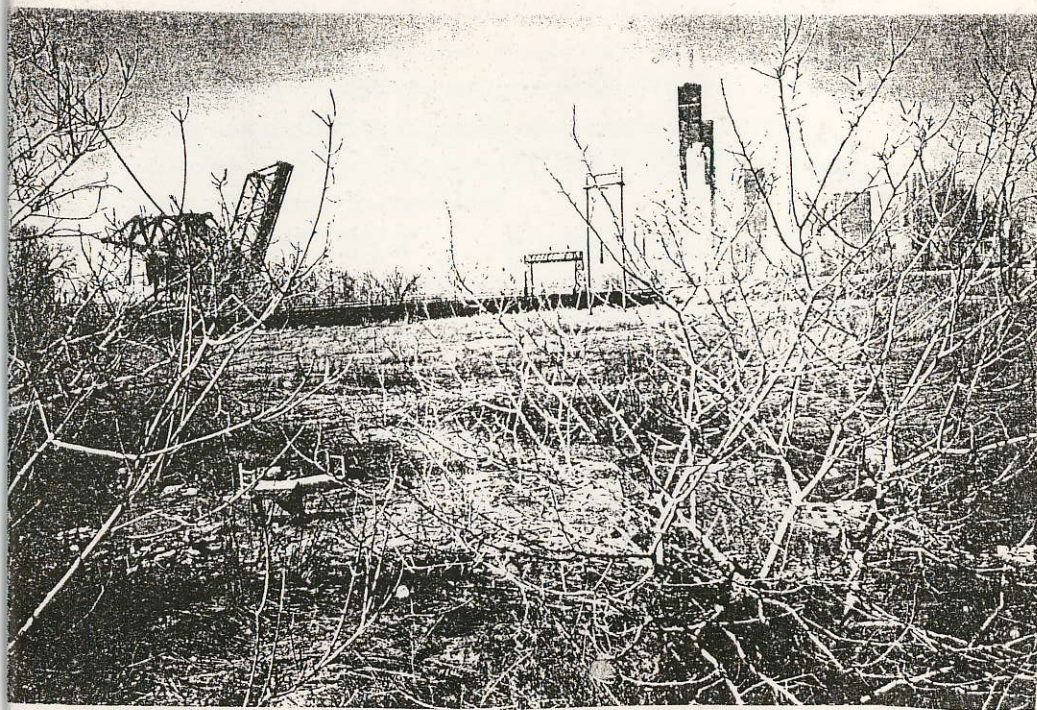


**reap where you did not sow:**  
a guide to urban foraging



vol. 1 of 3  
autumn



	ascorbic acid: mg/100 g	vitamin A: I.U./100 g	potassium: mg/100 g	iron: mg/100 g	phosphorus: mg/100 g	calcium: mg/100 g	ash: g/100 g	carbohydrates: g/100 g	protein: g/100 g	food energy: calories/100 g	water: percentage
<b>WILD FRUIT</b>											
Blackberries *	21	200	170	0.9	19	32	.5	total 12.9	1.2	58	85.4
Blueberries *	6	40	60	1.0	13	15	.3	fiber 4.1	0.7	62	83.2
Elderberries *	10	3300	294	1.7	54	81	1.0	1.5	1.7	20	93.1
Ground Cherries *	11	720	—	1.0	40	9	.8	0.9	1.9	53	85.4
Red Haws †	—	—	—	—	—	—	.8	2.8	2.0	87	75.8
Wild Persimmons *	66	—	310	2.5	26	27	.9	2.1	0.8	127	64.4
Prickly Pears †	22	60	166	0.3	28	20	.5	1.5	0.5	42	88.0
Black Raspberries *	18	trace	199	0.9	22	30	.6	1.6	1.5	73	80.8
Red Raspberries *	25	130	168	0.9	22	22	.5	3.0	1.2	57	84.2
Some commonly eaten domestic fruits for comparison											
<b>ORCHARD FRUIT</b>											
Apples	4	90	110	0.3	10	7	.3	1.0	0.2	58	84.4
Oranges	50	200	200	0.4	20	41	.6	0.5	1.0	49	86.0
Peaches	7	1330	202	0.5	19	9	.5	0.6	0.6	38	89.1
Pears	4	20	130	0.3	11	8	.4	1.4	0.7	61	83.2
Japanese Persimmons	11	2710	174	0.3	26	6	.6	1.6	0.7	77	78.6
Tomatoes	23	900	244	0.5	27	13	.5	0.5	1.1	22	93.5
Gooseberries	33	290	155	0.5	15	18	.4	1.9	0.8	39	88.9

## 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



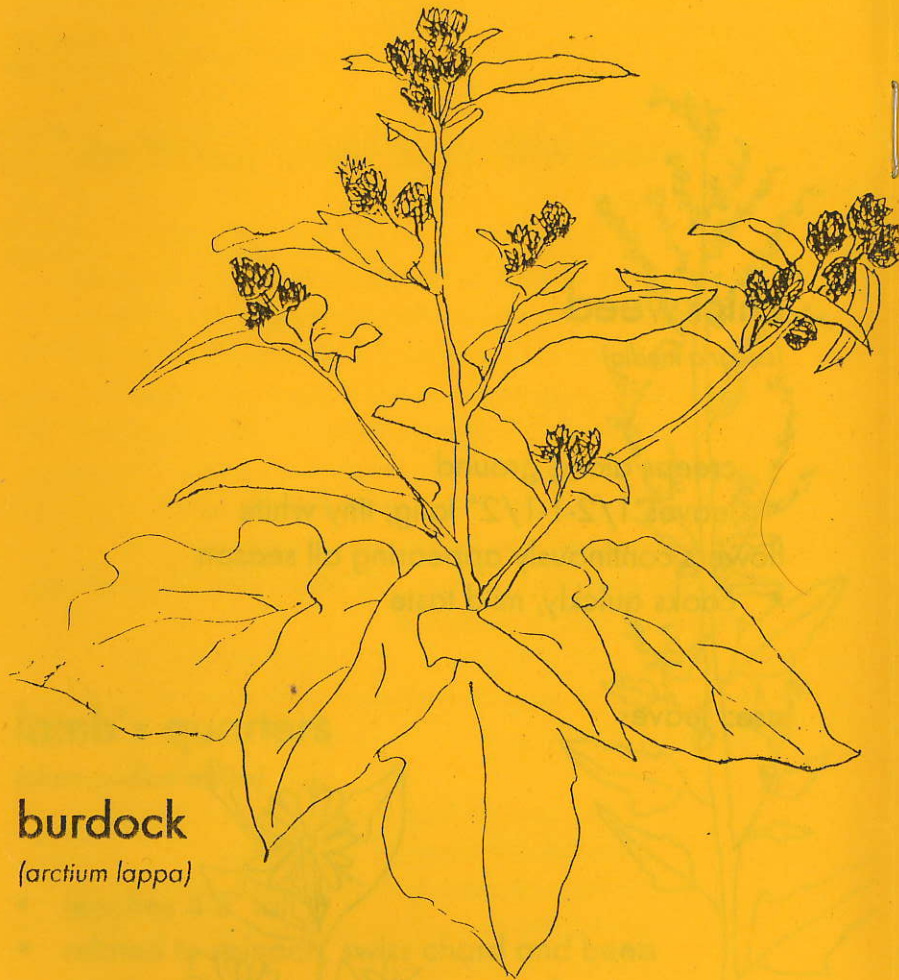
## **chickweed**

*(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

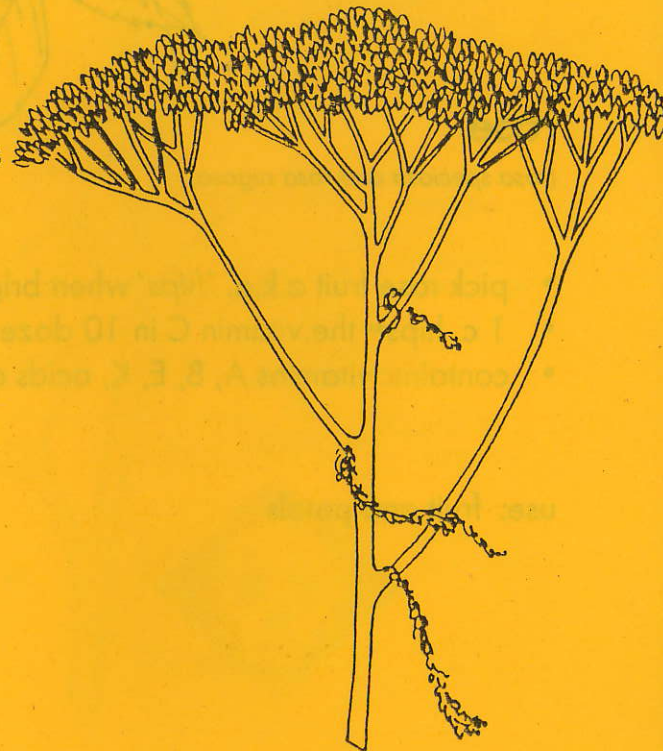
use: whole plant (leaves, root, seeds)

## yarrow

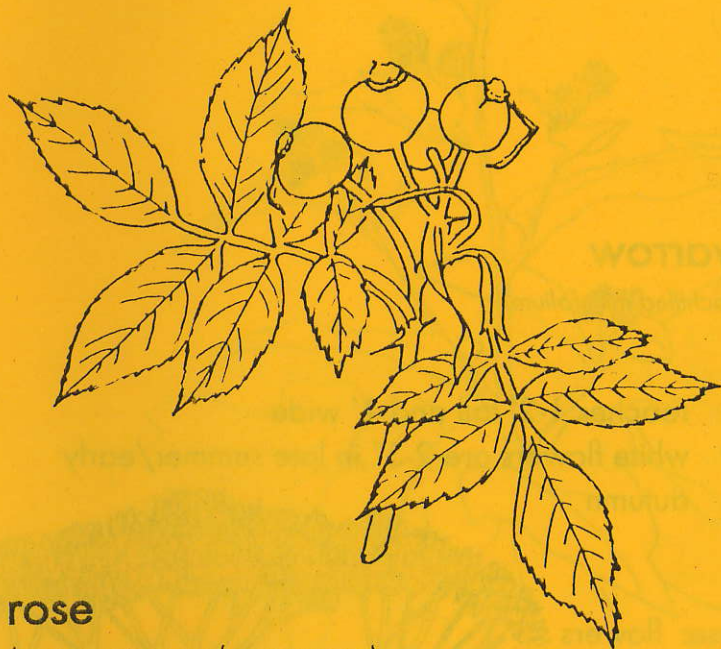
(*achillea millefolium*)

- 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

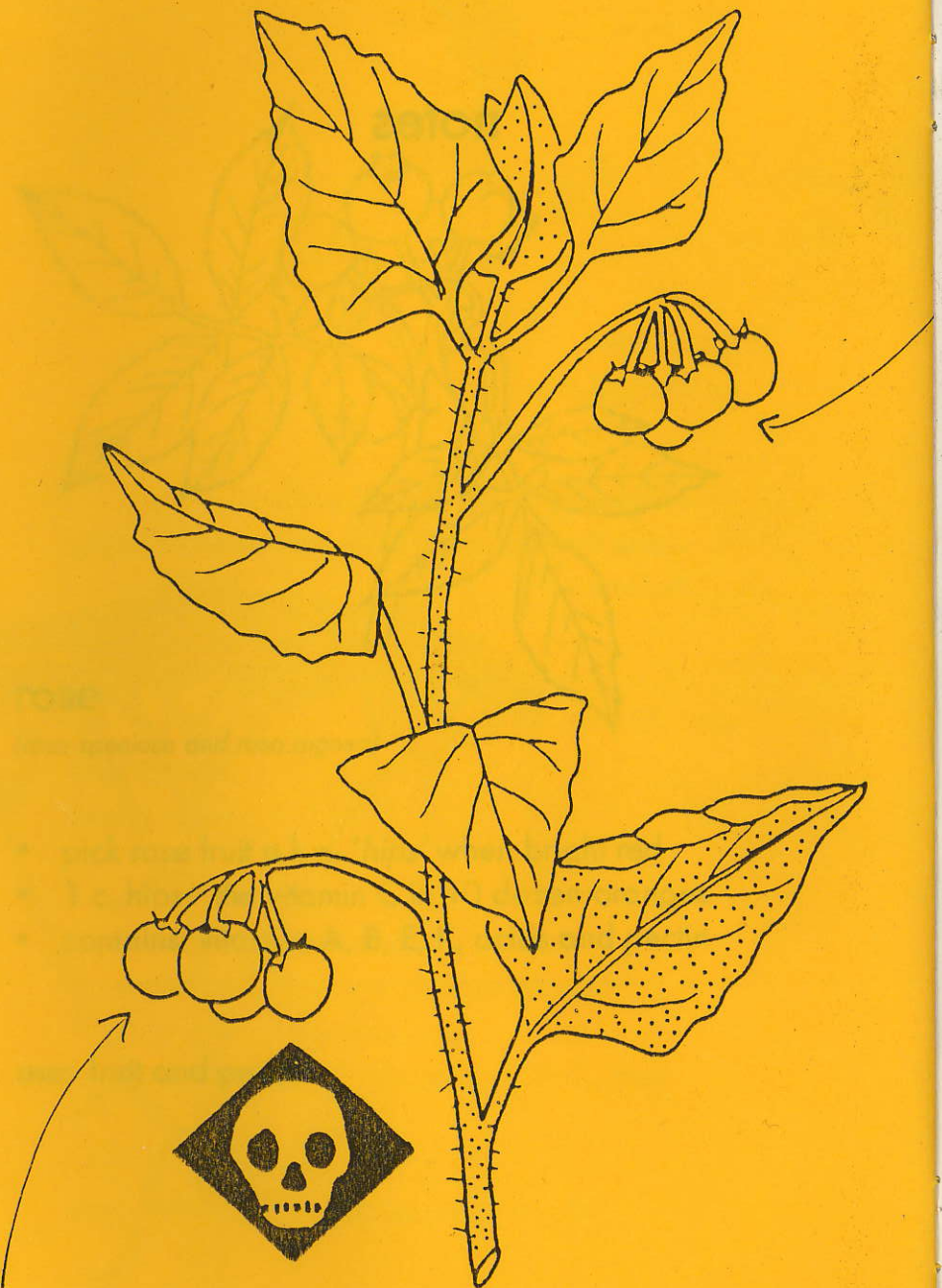
## notes



WILD VEGETABLE	water: percentage	food energy: calories/100 g	protein: g/100 g	total carbohydrates: g/100g	fiber	ash: g/100g	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
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	420	4000	22
Dandelion Greens *	85.6	45	2.7	9.2	1.6	1.8	187	66	3.1	397	14000	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
Purslane *	92.5	21	2.6	3.8	0.9	1.6	103	39	3.5	—	2500	25
Watercress *	93.3	19	1.7	3.0	0.7	1.2	151	54	1.7	282	4900	79
Curled Dock †	90.9	28	2.2	5.6	0.8	1.1	66	41	1.6	338	12900	119

Some commonly eaten domestic green vegetables for comparison

GARDEN VEGETABLE	water: percentage	food energy: calories/100 g	protein: g/100 g	total carbohydrates: g/100g	fiber	ash: g/100g	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
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