

# 52 Wild and Free Edibles to Enjoy With Your Children: An Adventure in Nature's Pantry

In the tapestry of nature's bounty lies a treasure trove of wild edibles, waiting to enchant your taste buds and ignite your children's sense of adventure. From the vibrant hues of ripe berries to the earthy flavors of tender leaves, this article will guide you through 52 delectable delicacies that can transform your family's outdoor experiences into a culinary feast.



## Foraging with Kids: 52 Wild and Free Edibles to Enjoy with Your Children by Adele Nozedar

★★★★☆ 4.7 out of 5

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Enhanced typesetting : Enabled  
X-Ray : Enabled  
Word Wise : Enabled  
Print length : 340 pages



## A Guide to Foraging with Kids

Before embarking on your edible adventures, it's crucial to equip yourself with the knowledge and safety precautions necessary for responsible foraging:

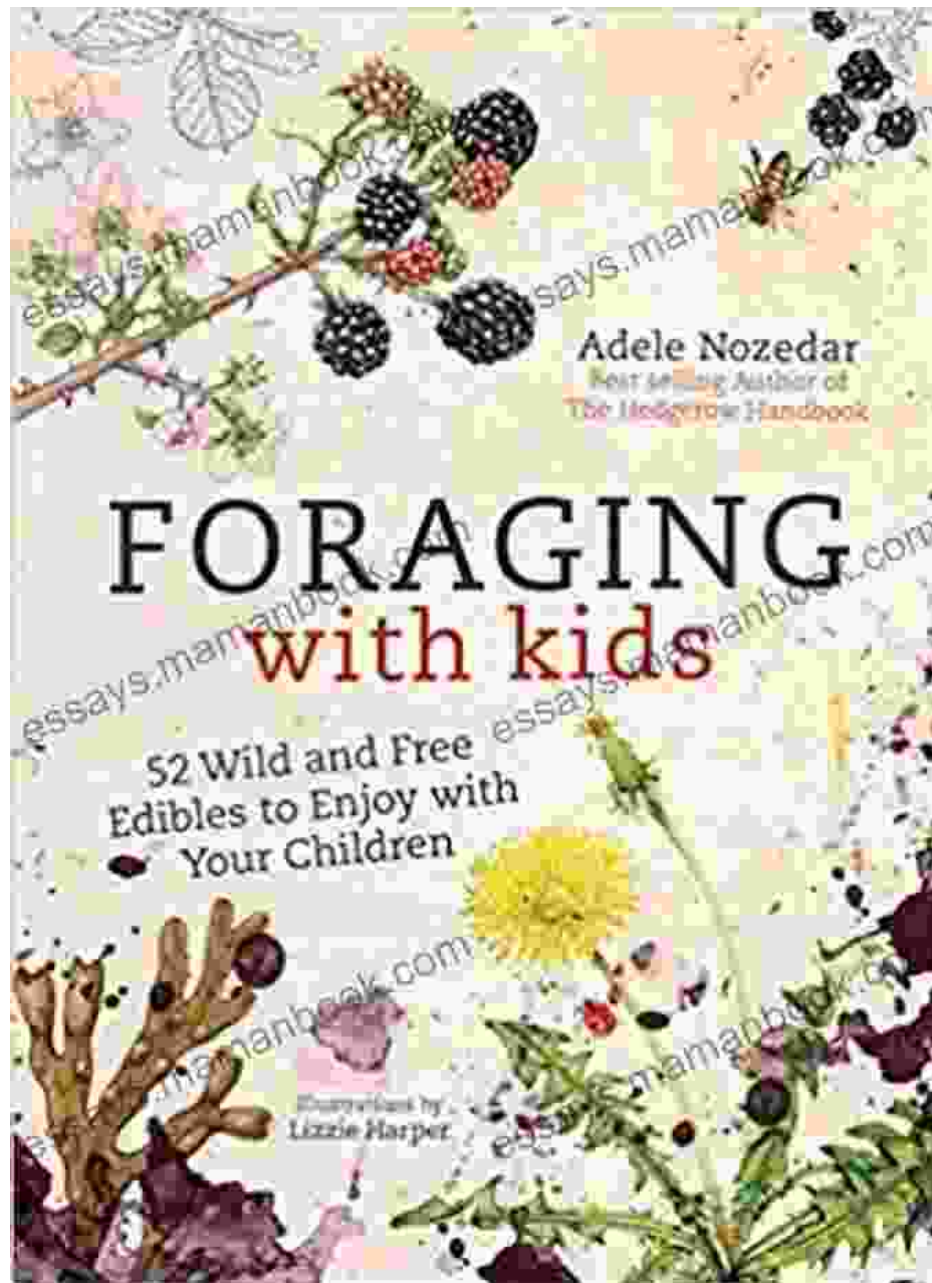
- **Always consult reliable field guides or reputable sources:** Verify the identity of any plant before consuming it.

- **Start small:** Initially, focus on easily identifiable species to build your foraging confidence.
- **Respect the environment:** Harvest only what you need and avoid damaging plants.
- **Avoid potentially toxic plants:** If you're unsure about a plant, it's best to err on the side of caution and leave it alone.

## **The Edible Delights of Nature**

Now, let's dive into the wondrous world of wild edibles, categorized by their unique flavors and textures:

### **1. Berries: A Symphony of Sweetness**

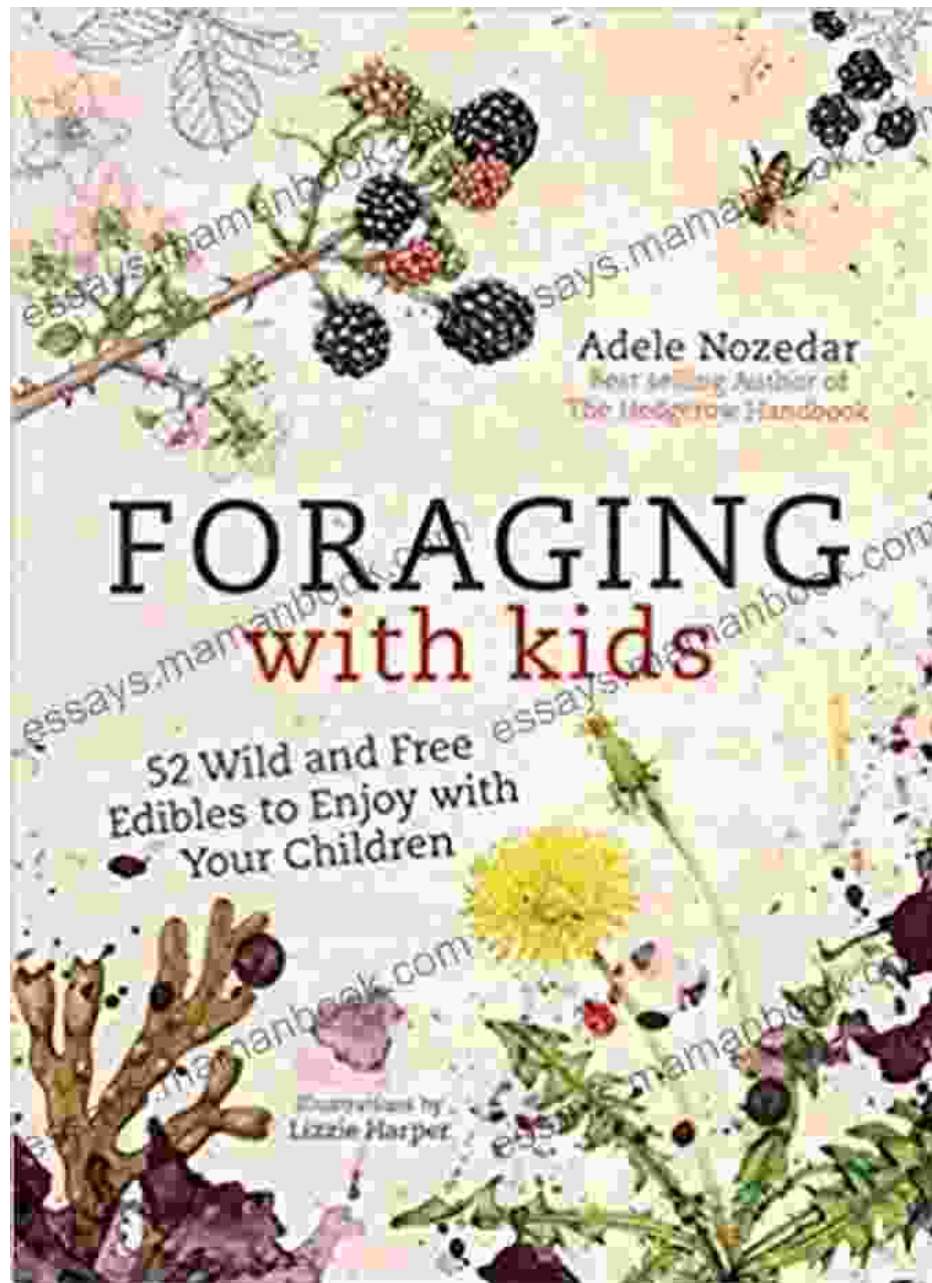


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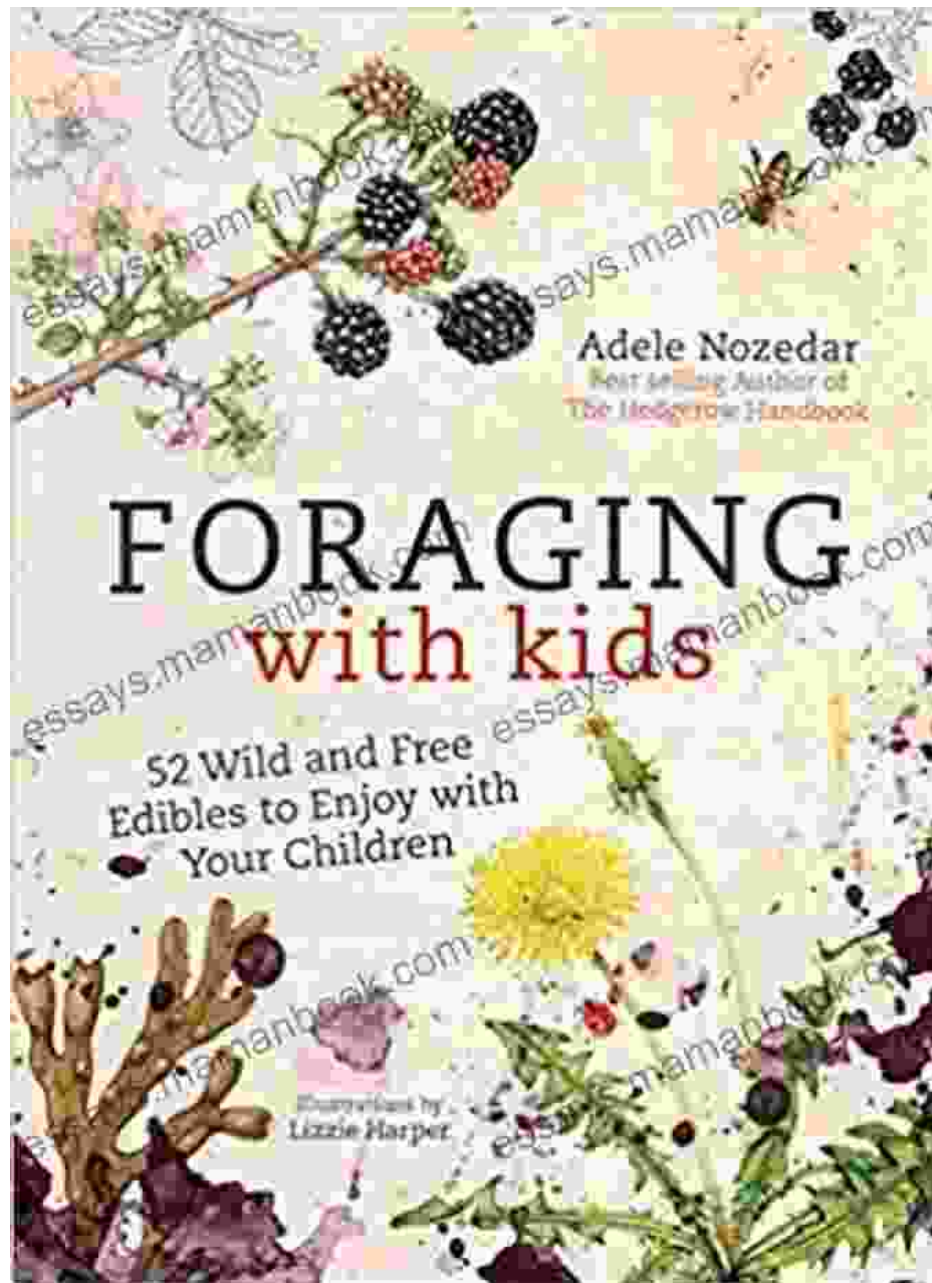


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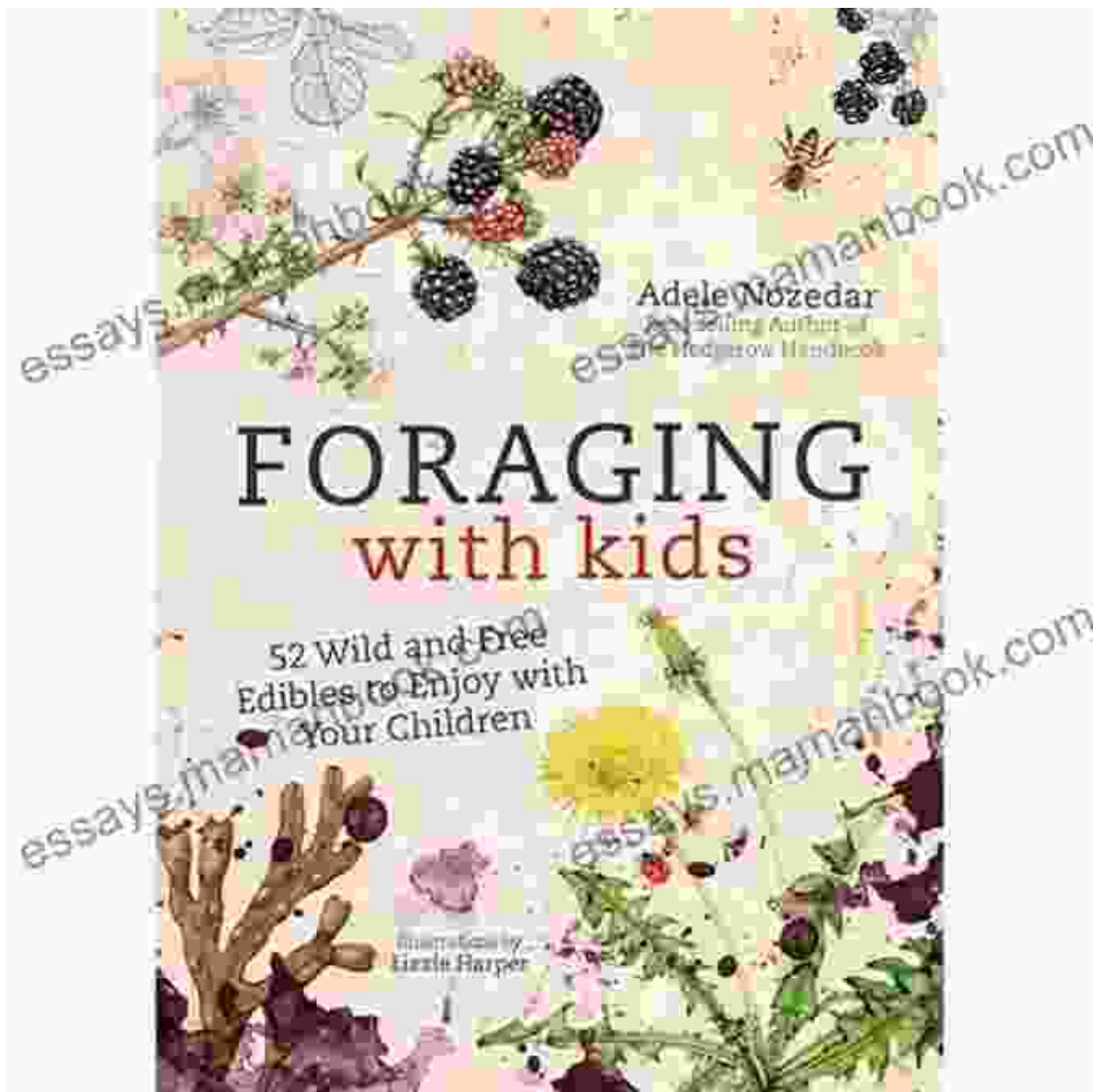
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## 2. Leaves: Nature's Verdant Feast

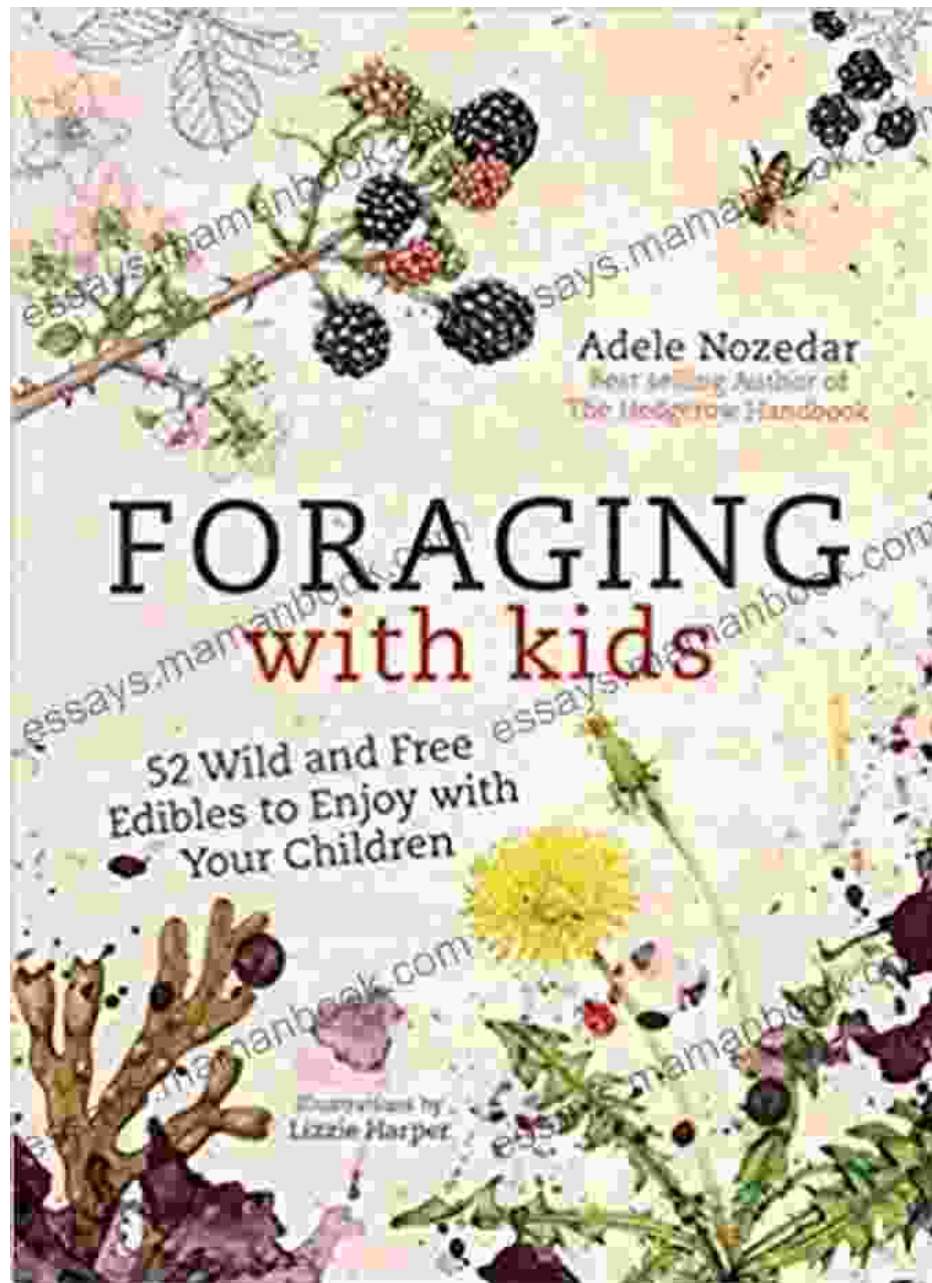












### 3. Roots: Earthy Delicacies

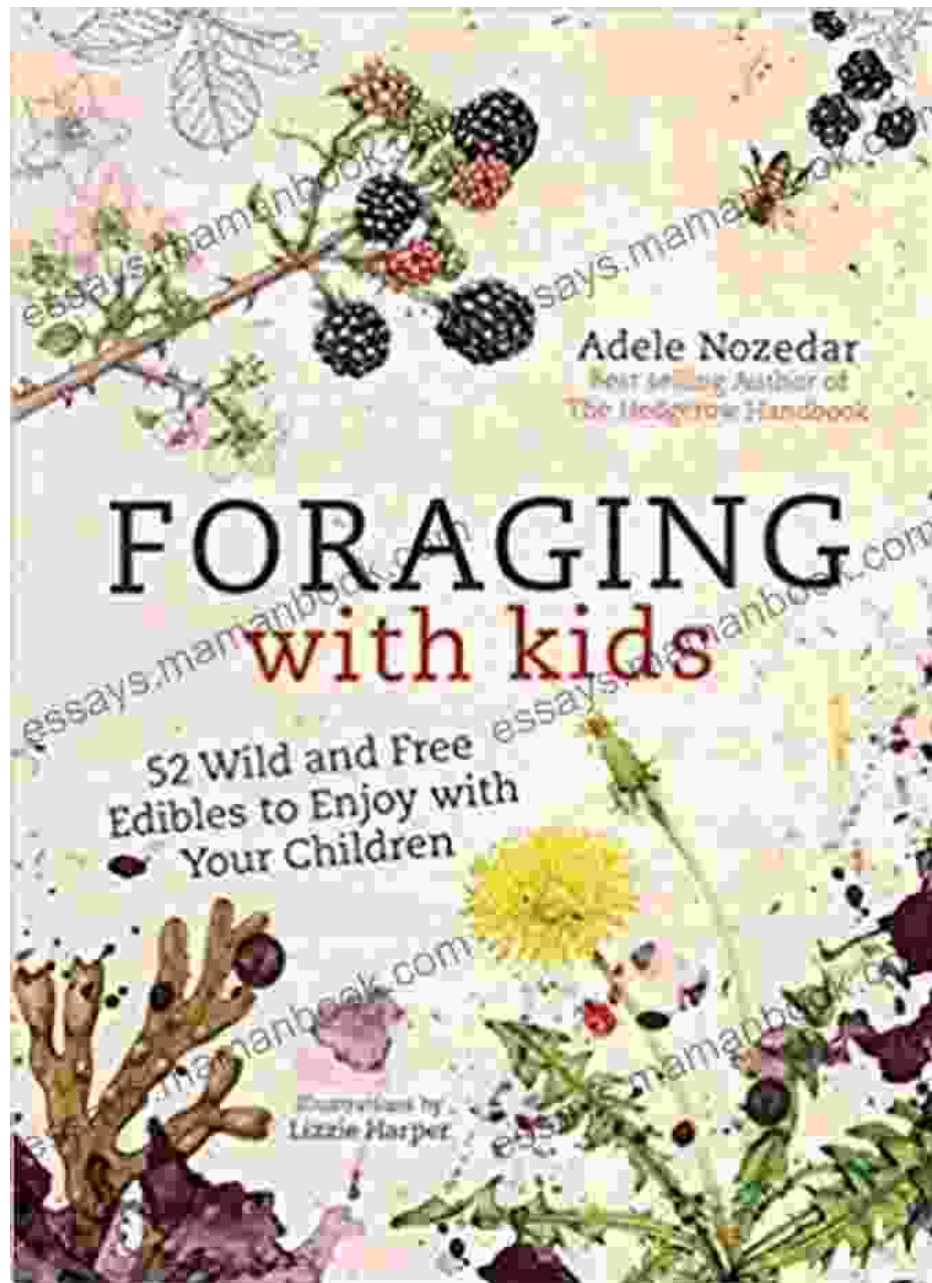




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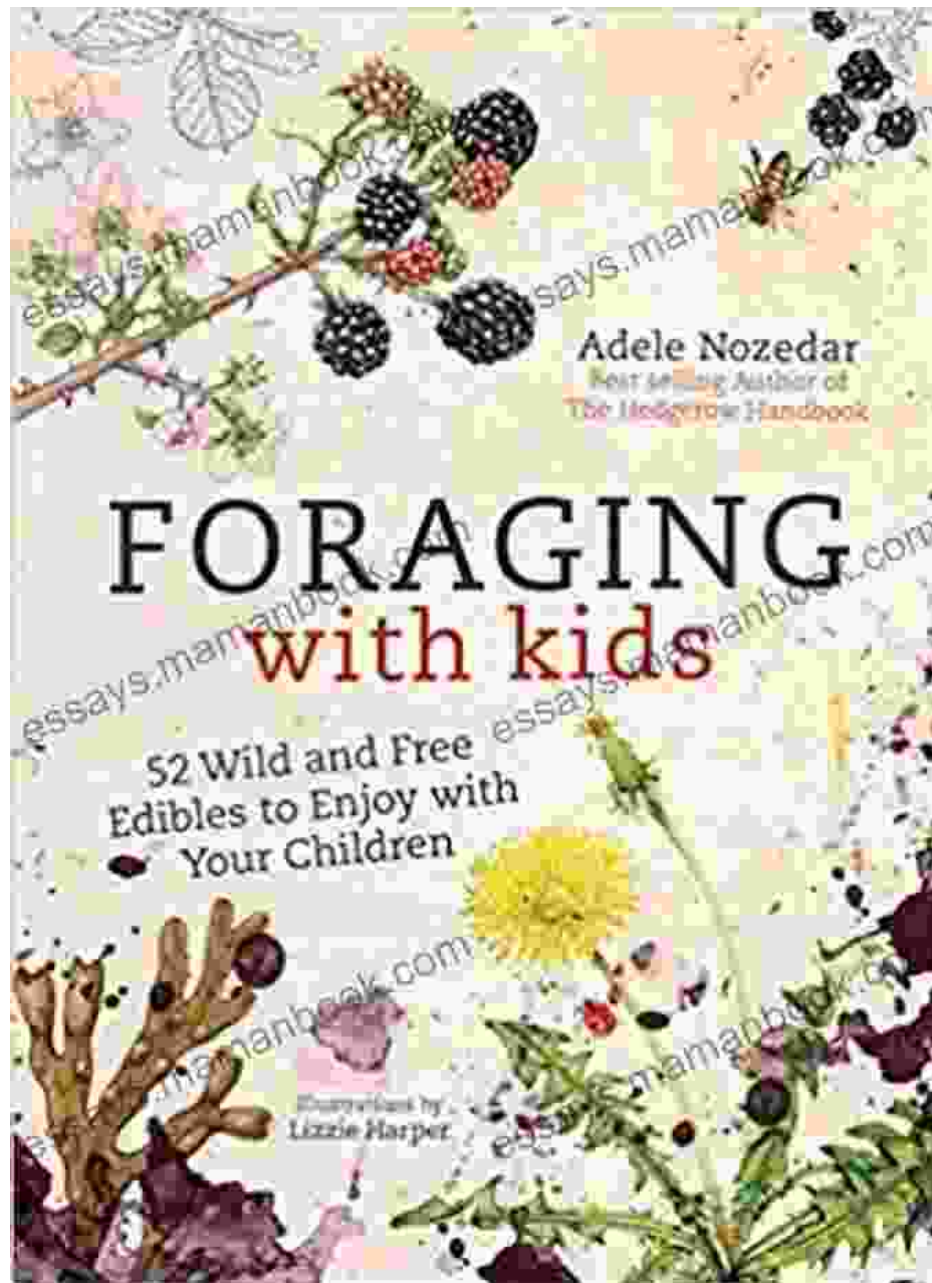
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#### 4. Flowers: Edible Beauty





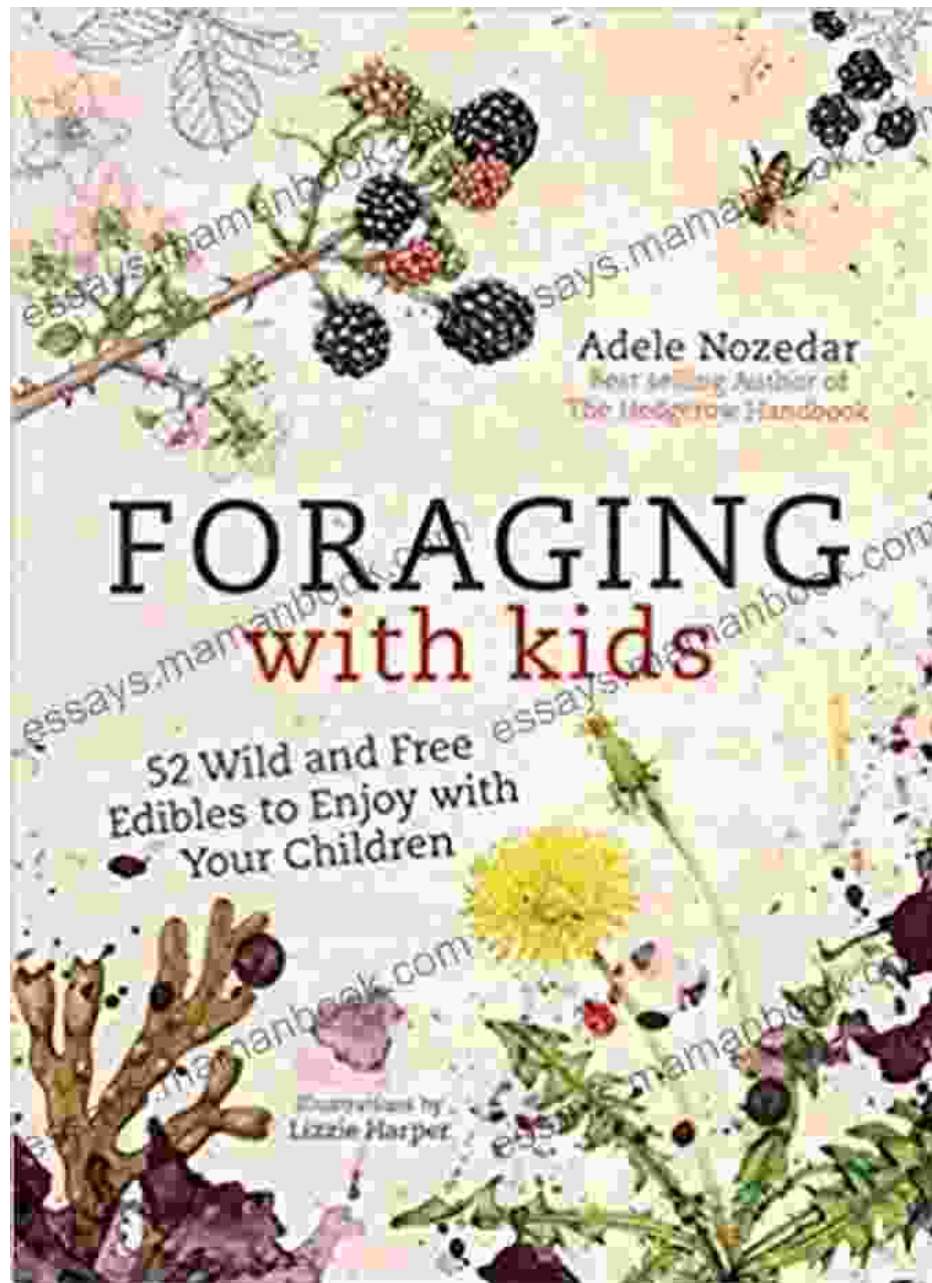
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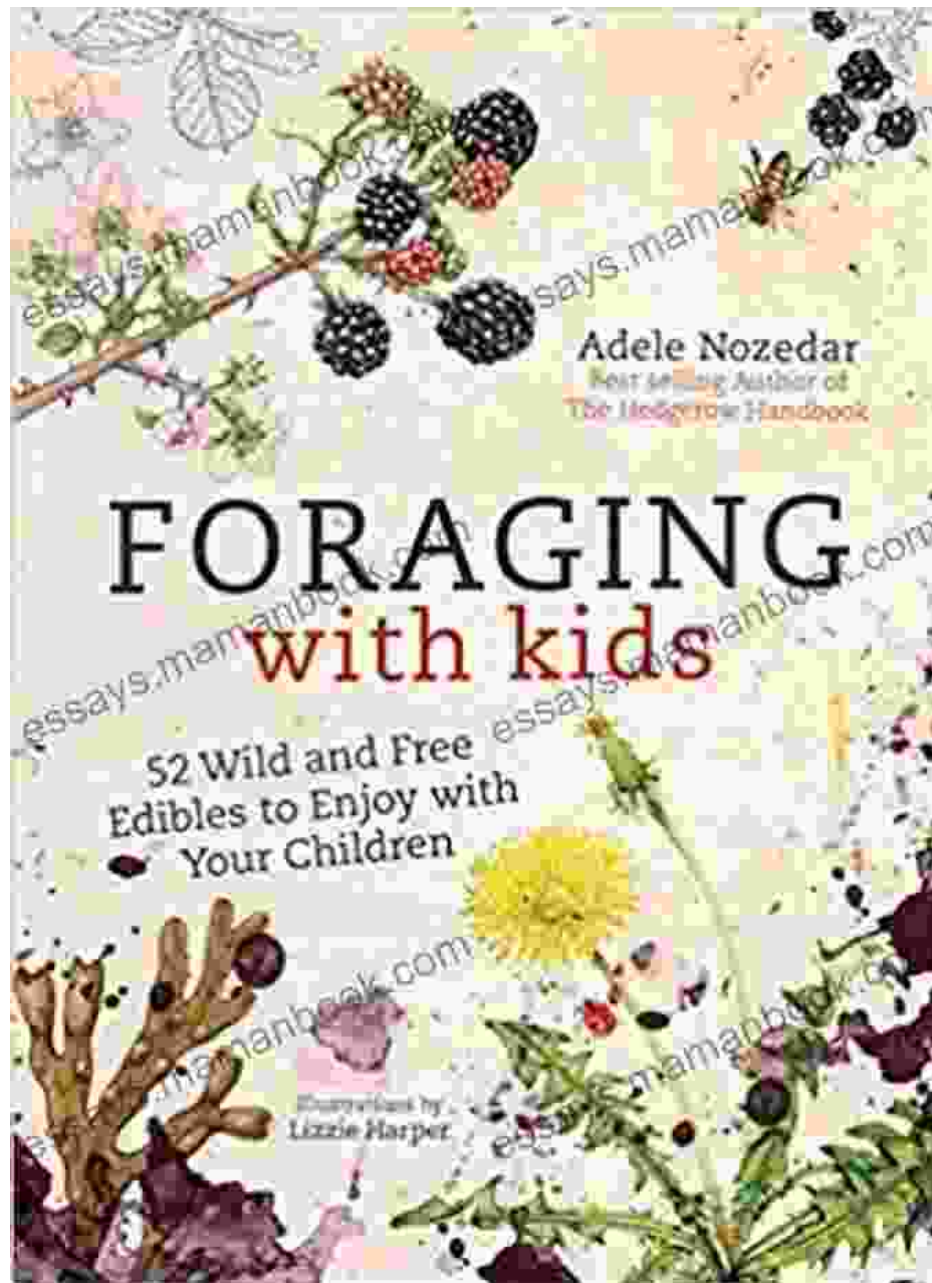


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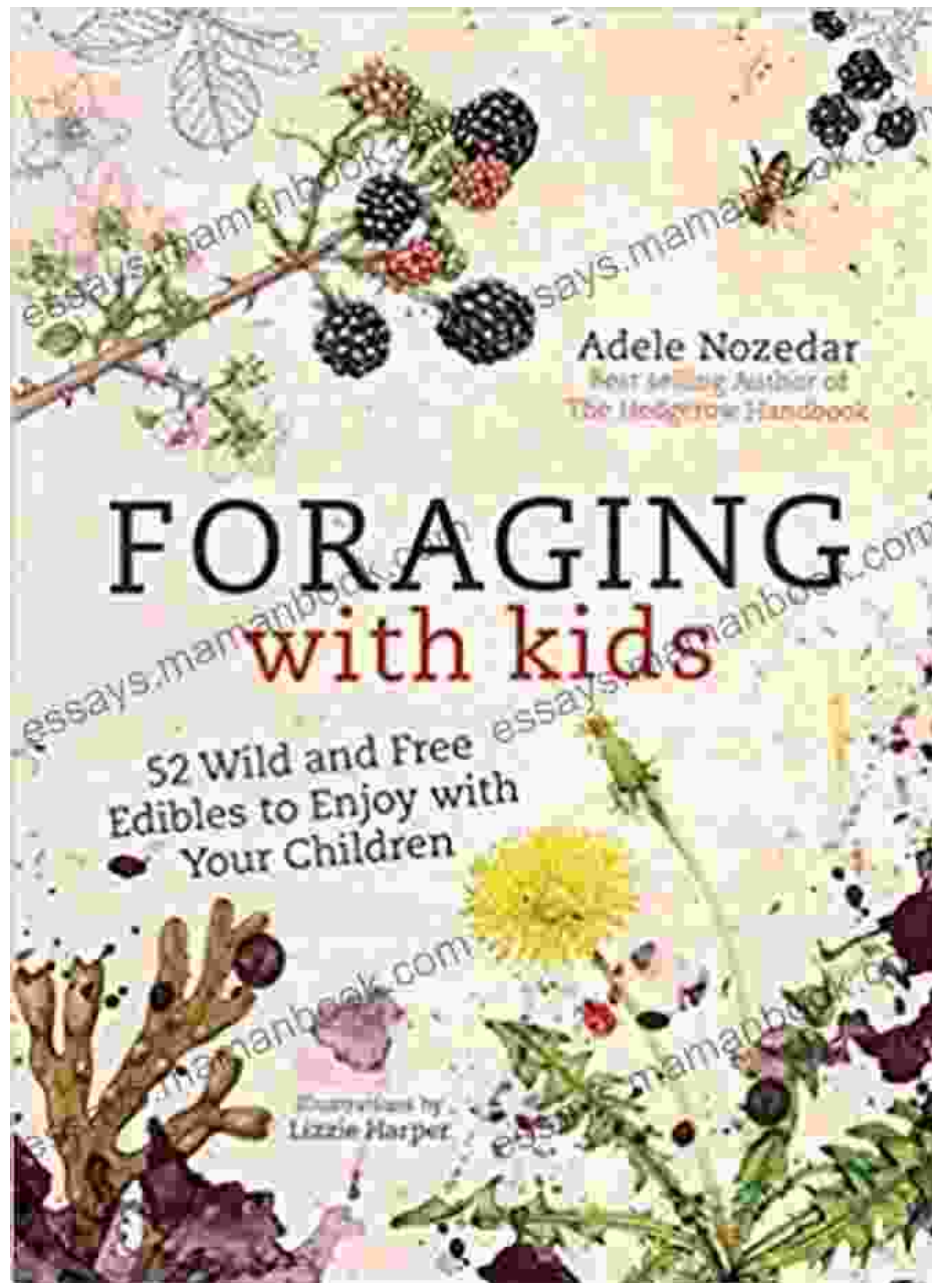
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## 5. Seeds: Tiny Treasures of Nutrition



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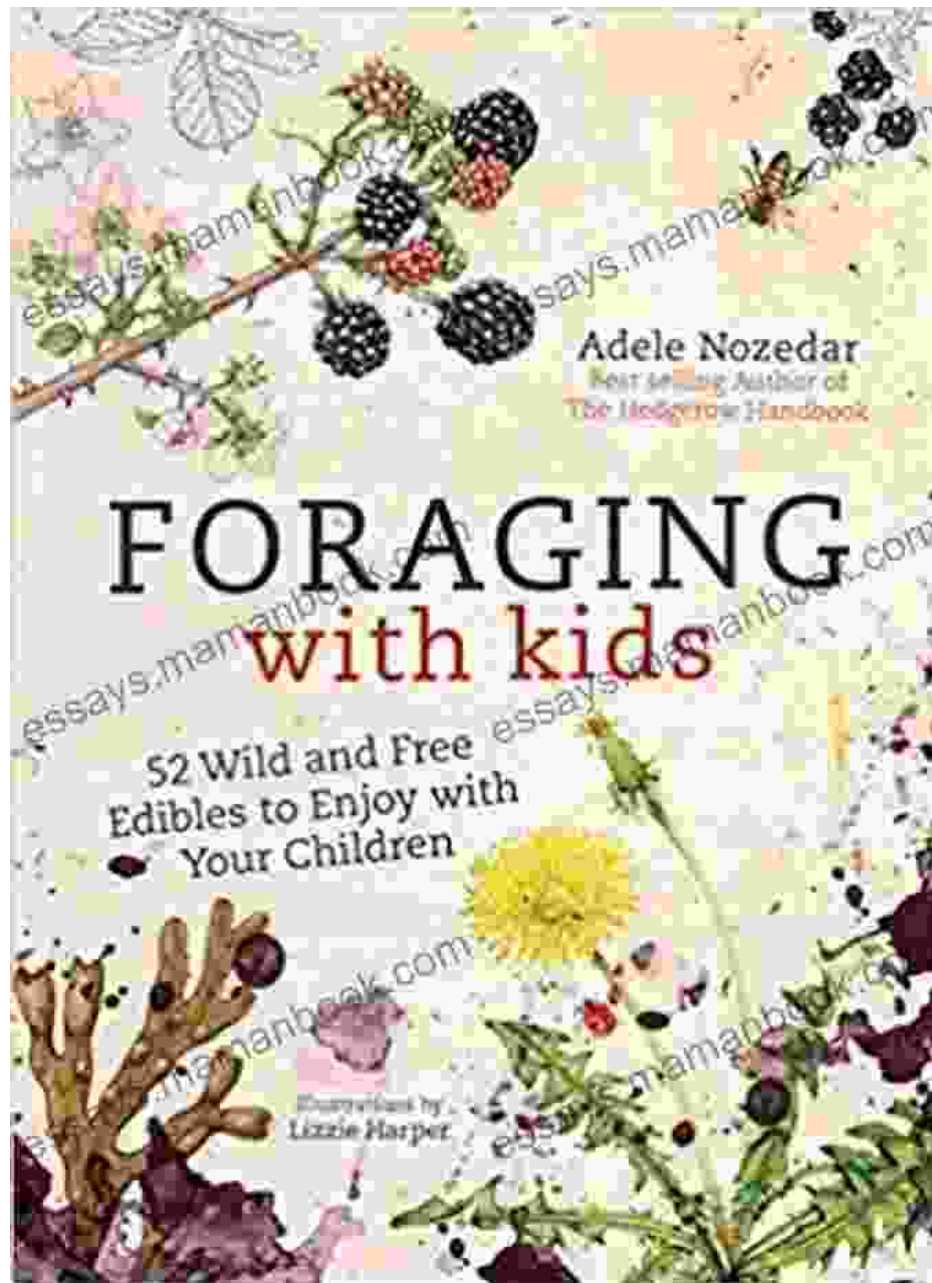
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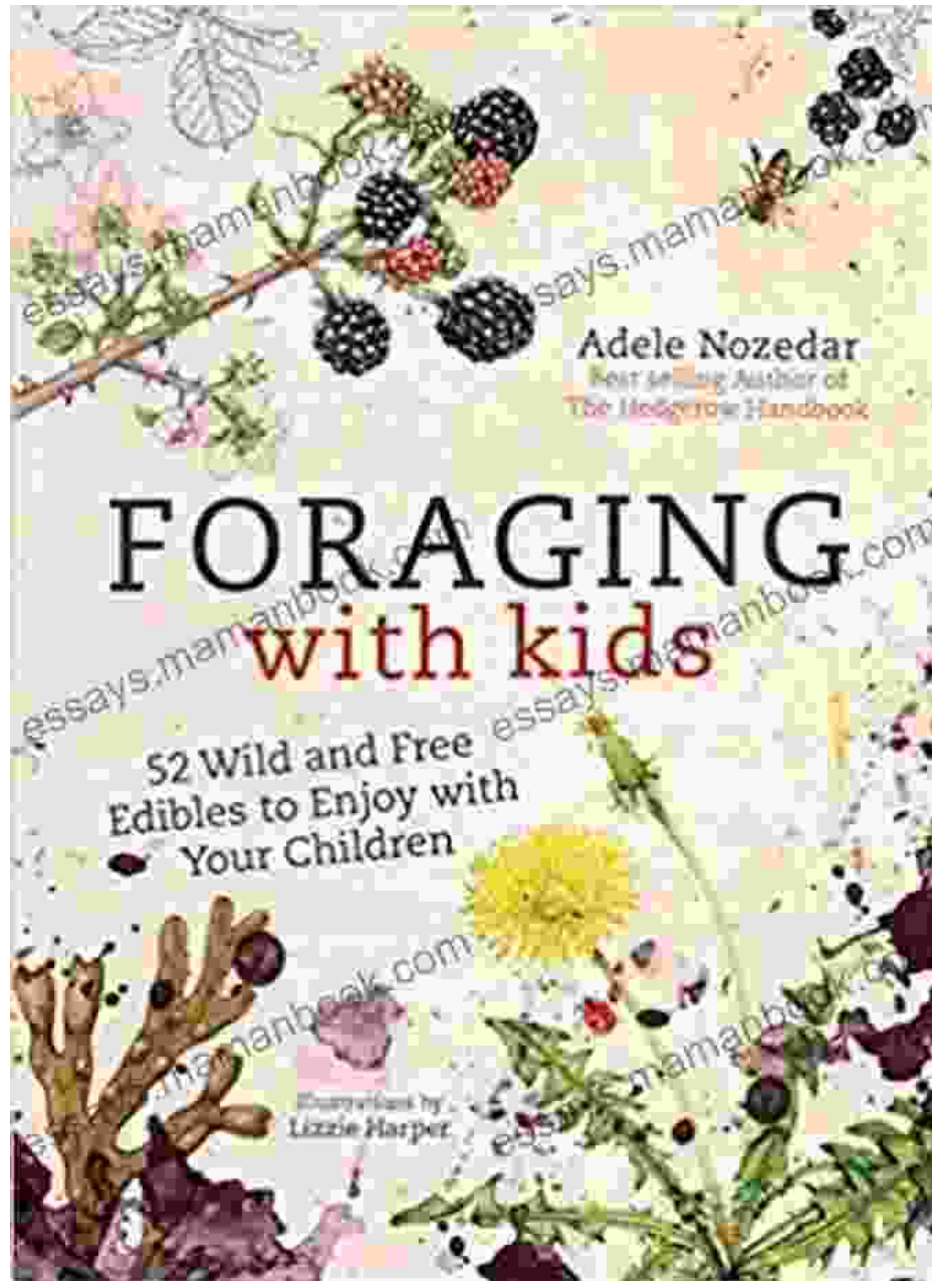


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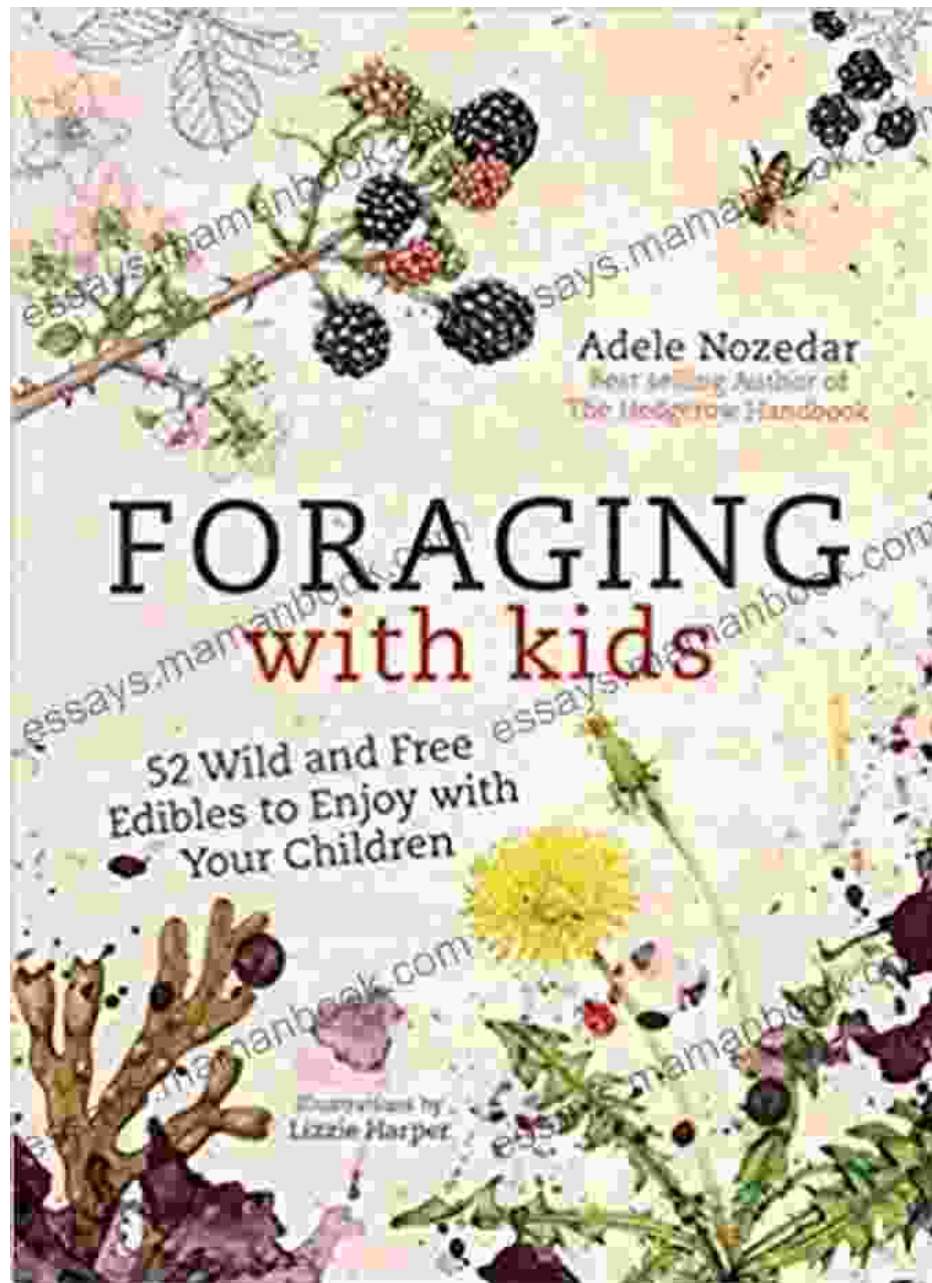
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## 6. Nuts: Nature's Energy Boost



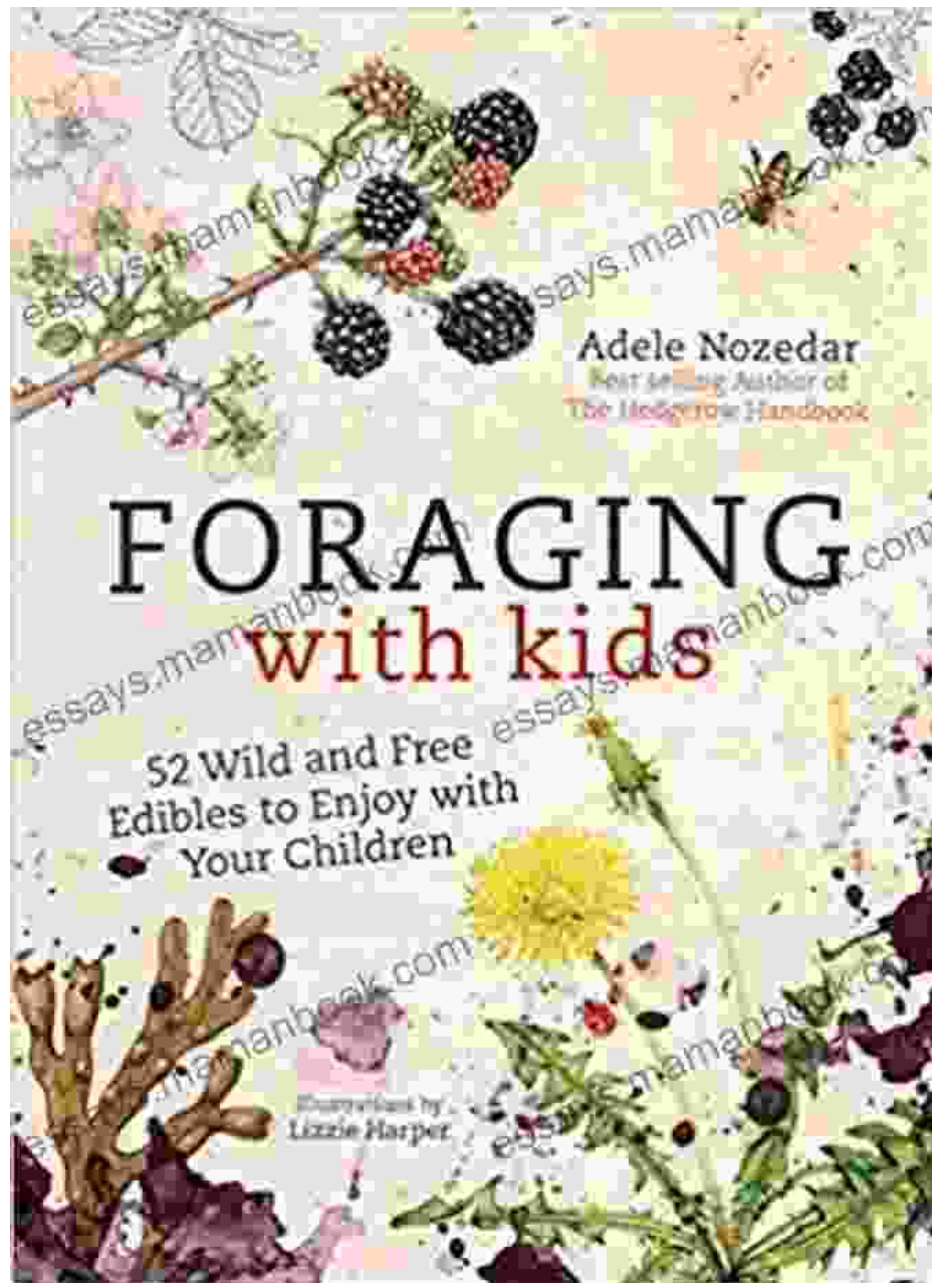
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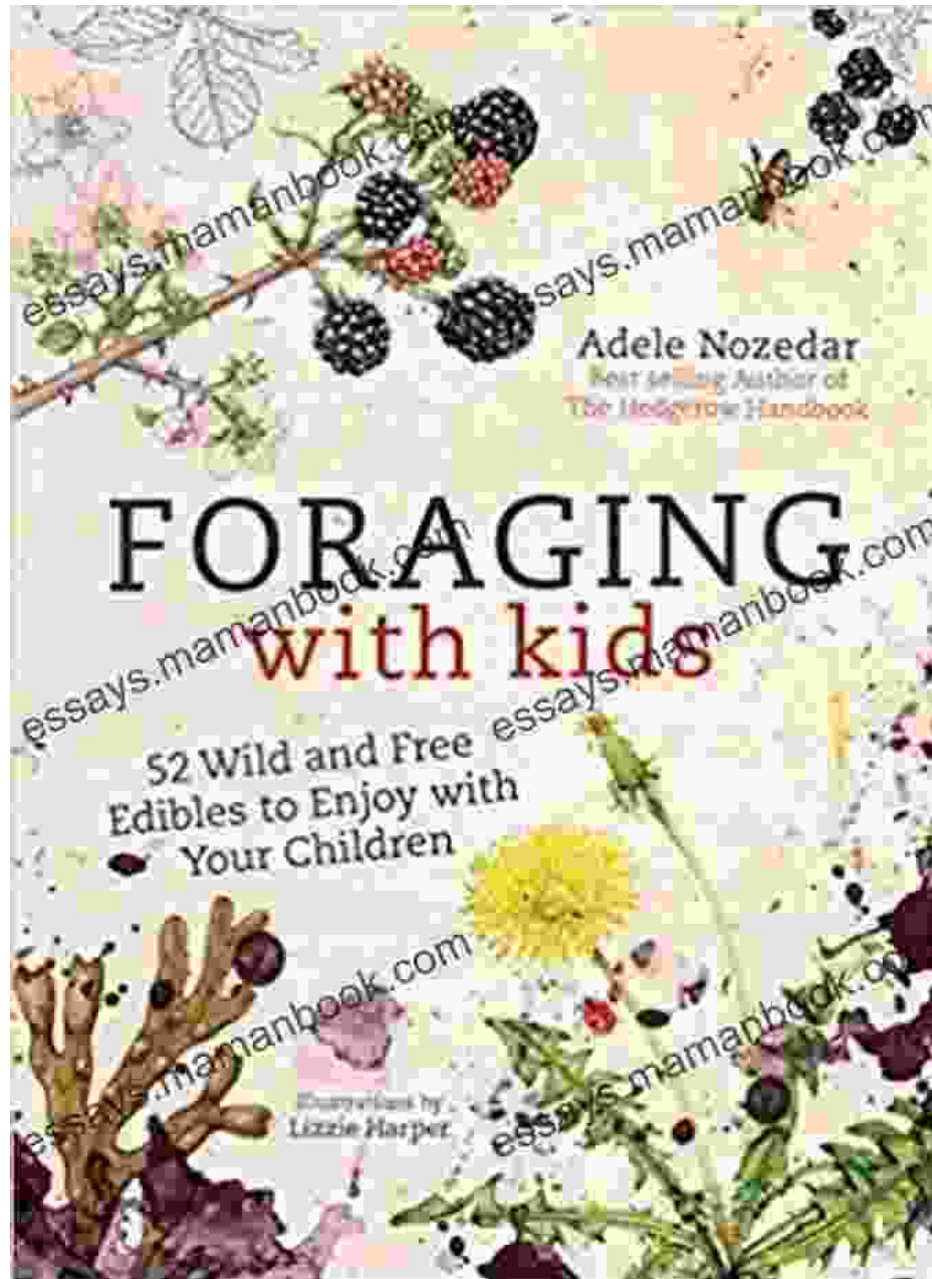
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## Incorporating Wild Edibles into Your Family's Diet

Once you've discovered the bounty of wild edibles, there are endless ways to incorporate them into your family's meals and snacks:

- **Add berries to your morning oatmeal or yogurt.**
- **Use leaves in salads, sandwiches, or as a garnish.**



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