

# Survival Edible Plants

## Rules of Thumb for Berries

- Black and blue are good for you
- If it's red, use your head
- If it's white, do not bite!
- In other words, **STILL DO THE EDIBILITY TEST**, but only on Black, Blue, or Red berries

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## Mushrooms

- Do not eat mushrooms in any survival situation
- Even if they taste good, many have toxins that will not show up for several days, then they will kill you
- **EAT A MUSHROOM  
FACE YOUR DOOM**