

# EDIBLE PLANTS



# The Universal Edibility Test

- There is a way to test plants to see if they are edible
  - Do not eat for 8 hours before the test
  - Separate out the plant into its parts - leaves, stems, roots, buds, and flowers - **TEST ONLY ONE PART AT A TIME**
  - During that 8 hour time, place the part you are testing on the inside of your elbow or wrist for about 15 minutes to see if you get an allergic reaction on your skin

# During the test period...

- Eat nothing except purified water and the part of the plant you are testing
- Touch a small portion of the plant you are testing to your lip - if it burns or itches, do not eat it!
- If after 3 minutes there is no reaction, place the plant part on your tongue and hold it there for 15 minutes
- If no reaction, thoroughly chew that **VERY SMALL AMOUNT** and hold there **WITHOUT SWALLOWING** for 15 minutes
- If no burning, itching, numbing, stinging, or other irritation occurs, swallow the plant.

# WAIT 8 HOURS

- If any ill effects occur, make yourself vomit and drink a lot of water
- If no ill effects occur, eat about a quarter cup of that plant part and wait another 8 hours. If no ill effects occur, the plant is safe for eating
- Do not assume that all of a plant's parts are edible. Test each part separately.

# Plants to avoid



- Ones with milky or discolored sap
- Beans, bulbs, or seeds inside pods
- Ones with bitter or soapy taste
- Anything with spines, fine hairs, or thorns
- **LEAVES OF THREE - LET THEM BE**
- **TWO OR FOUR- TEST BEFORE**

# 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



# Mushrooms



- Do not eat mushrooms in any survival situation
- Event 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**