

# What's Cooking?



There are over 80 wild edibles included in the course, specially selected as common species you can find in the countryside.

|                                                        |                                                       |
|--------------------------------------------------------|-------------------------------------------------------|
| Alexanders ( <i>Smyrniolus olusatrum</i> )             | Lingonberry ( <i>Vaccinium vitis-idaea</i> )          |
| Ash ( <i>Fraxinus excelsior</i> )                      | Meadowsweet ( <i>Filipendula ulmaria</i> )            |
| Bay Bolete ( <i>Boletus badius</i> )                   | Mugwort ( <i>Artemisia vulgaris</i> )                 |
| Beech ( <i>Fagus sylvatica</i> )                       | Oak Moss ( <i>Evernia prunastri</i> )                 |
| Beefsteak Fungus ( <i>Fistulina hepatica</i> )         | Parasol Mushroom ( <i>Macrolepiota procera</i> )      |
| Birch Polypore ( <i>Piptoporus betulinus</i> )         | Pignut ( <i>Conopodium majus</i> )                    |
| Birch Sap ( <i>Betula</i> spp.)                        | Pine Needles ( <i>Pinus sylvestris</i> )              |
| Bramble ( <i>Rubus fruticosus</i> )                    | Pineappleweed ( <i>Matricaria discoidea</i> )         |
| Brown Birch Bolete ( <i>Leccinum scabrum</i> )         | Plantain ( <i>Plantago lanceolata</i> )               |
| Bullace ( <i>Prunus insititia</i> )                    | Primrose ( <i>Primula vulgaris</i> )                  |
| Cep / Penny Bun ( <i>Boletus edulis</i> )              | Red Clover ( <i>Trifolium pratense</i> )              |
| Chanterelle ( <i>Cantharellus cibarius</i> )           | Redcurrant ( <i>Ribes rubrum</i> )                    |
| Chicken of the Woods ( <i>Laetiporus sulphureus</i> )  | Reedmace ( <i>Typha latifolia</i> )                   |
| Chickweed ( <i>Stellaria media</i> )                   | Rock Samphire ( <i>Crithmum maritimum</i> )           |
| Cleavers ( <i>Galium aparine</i> )                     | Rosebay Willowherb ( <i>Chamerion angustifolium</i> ) |
| Common Sorrel ( <i>Rumex acetosa</i> )                 | Rosehip ( <i>Rosa canina</i> & <i>Rosa arvensis</i> ) |
| Common Yellow Russula ( <i>Russula ochroleuca</i> )    | Rowan ( <i>Sorbus aucuparia</i> )                     |
| Crab Apple <i>Malus sylvestris</i>                     | Scarlet Elf Cup ( <i>Sarcoscypha austriaca</i> )      |
| Damson ( <i>Prunus insititia</i> )                     | Sea Beet ( <i>Beta vulgaris maritima</i> )            |
| Dandelion ( <i>Taraxacum officinale</i> )              | Sea Buckthorn ( <i>Hippophae rhamnoides</i> )         |
| Dog Violet ( <i>Viola riviniana</i> )                  | Shaggy Ink Cap ( <i>Coprinus comatus</i> )            |
| Dryad's Saddle ( <i>Polyporus squamosus</i> )          | Sheep Sorrel ( <i>Rumex acetosella</i> )              |
| Elder ( <i>Sambucus nigra</i> )                        | Sloe ( <i>Prunus spinosa</i> )                        |
| Elm Seeds ( <i>Ulmus glabra</i> )                      | Spruce Needles ( <i>Picea</i> spp.)                   |
| Fat Hen ( <i>Chenopodium album</i> )                   | St. George's Mushroom ( <i>Calocybe gambosa</i> )     |
| Garlic Mustard ( <i>Alliaria petiolata</i> )           | Stinging Nettle ( <i>Urtica dioica</i> )              |
| Giant Puffball ( <i>Calvatia gigantea</i> )            | Sweet Chestnuts ( <i>Castanea sativa</i> )            |
| Gorse Flowers ( <i>Ulex europaeus</i> )                | Three-Cornered Leek ( <i>Allium triquetrum</i> )      |
| Grey Oyster Mushroom ( <i>Pleurotus ostreatus</i> )    | Velvet Shank ( <i>Flammulina velutipes</i> )          |
| Ground Elder ( <i>Aegopodium podagraria</i> )          | Wall Pennywort ( <i>Umbilicus rupestris</i> )         |
| Ground Ivy ( <i>Glechoma hederacea</i> )               | Watercress ( <i>Nasturtium officinale</i> )           |
| Guelder-rose ( <i>Viburnum opulus</i> )                | Watermint ( <i>Mentha aquatica</i> )                  |
| Hairy Bittercress ( <i>Cardamine hirsuta</i> )         | Wild Cherry ( <i>Prunus avium</i> )                   |
| Hawthorn ( <i>Crataegus monogyna</i> )                 | Wild Garlic ( <i>Allium ursinum</i> )                 |
| Hazelnut ( <i>Corylus avellana</i> )                   | Wild Gooseberry ( <i>Ribes oxycanthoides</i> )        |
| Himalyan Balsam / Impatiens glandulifera               | Wild Raspberry ( <i>Rubus calycinus</i> )             |
| Honeysuckle ( <i>Lonicera periclymenum</i> )           | Wild Rose ( <i>Rosa</i> spp.)                         |
| Japanese Rosehip ( <i>Rosa rugosa</i> )                | Wild Strawberry ( <i>Fragaria vesca</i> )             |
| Jelly Ear Fungus ( <i>Auricularia auricula-judae</i> ) | Winberry <i>Vaccinium myrtillus</i>                   |
| Lady's Smock ( <i>Cardamine pratensis</i> )            | Wood Sorrel ( <i>Oxalis acetosella</i> )              |
| Lime ( <i>Tilia</i> spp.)                              | Yarrow ( <i>Achillea millefolium</i> )                |