

WILD EDIBLE SAFETY TEST: Only employ after positively identifying as safe!

When trying to determine if a plant is a safe edible plant for you (when you are not in a survival situation), it is recommended to adopt the following procedure when trying out any potential new food sources. You should not take short cuts and should complete the whole test to not accidentally consume a plant in which you are allergic or could produce an adverse reaction for you. Please see the “SAS Survival Manual” by John “Lofty” Wiseman for details on the Universal Edibility Test and how to perform in a survival situation. The following modified version of this test can be employed to test a plant known to be a safe edible species, if that plant is new to your diet.

If you have any allergies, please speak with a qualified healthcare provider before consuming foods that are novel to you. If you do make it to the step where you consume any portion of the plant and you experience any stomach or gastrointestinal pain or discomfort, then you can determine if you need to seek medical care. The plants in this eBook have been consumed for millennia, but there is always a possibility that you could have an adverse reaction.

1. Visual Inspection

- Positively identify as a safe edible plant, through multiple sources.
- If the plant is slimy or bug-eaten, DO NOT PROCEED. The plant is past its prime with little food value and may harbor parasites, bacteria, and/or mold. Some plants – when old – change their chemical composition and may become toxic.
- If the plant is growing in or very near water that may be contaminated, DO NOT PROCEED unless you can thoroughly cook the plant part you intend to test. If the water is obviously contaminated, DO NOT PROCEED.

2. Smell Test

- Crush a small portion, preferably by wearing gloves as some plants can cause serious skin irritation.
- If the plant has a smell that is noxious to you, DO NOT PROCEED.

3. Skin Test

- Rub gently or squeeze some of the juice onto the underside of wrist or inside of bend in your elbow.
- Wait 8-24 hours, if possible. Do NOT expose skin to sunlight.
- If any discomfort such as a rash or swelling occurs, DO NOT PROCEED. You may be allergic to this plant.

4. Lip, Tongue, and Mouth Test

- If there is no irritation to the skin, proceed in the following stages in order, going on to the next stage only after waiting at least fifteen (15) minutes to check that there is no unpleasant reaction:
 - i) Place a small portion on the outside of the lips.
 - ii) Place a small portion in the corner of the mouth.
 - iii) Place a small portion on the tip of the tongue.
 - iv) Place a small portion under the tongue.
 - v) Chew a small portion and spit out. DO NOT SWALLOW.
- In all cases: if any discomfort or irritation is felt, such as soreness, redness, itching, stinging, or any burning sensations where the plant came into contact, DO NOT PROCEED.

5. Taste Test

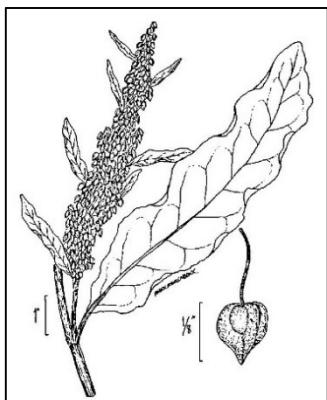
- Swallow a very small amount and WAIT 8 HOURS.
- Do NOT eat or drink ANYTHING else that is new to you in that time period.
- If any negative reactions occur, DO NOT CONSUME any more of this plant.

6. Eat a Little More

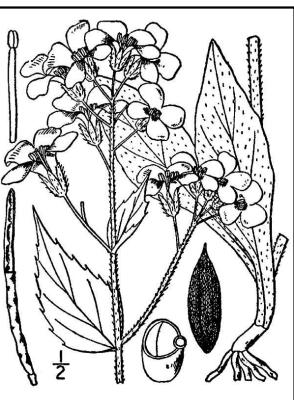
- If no adverse reactions such as soreness in the mouth or throat, belching, nausea, diarrhea, vomiting, stomach or lower abdominal pain, or any other distressing symptoms are experienced, you may consider the plant safe for you.

Regardless, do not overconsume, as the plant may contain compounds that are not healthy in excess.

Common Wild Edible Plants – Washington, D.C. & Surrounding Region



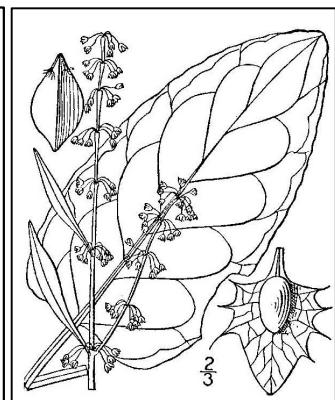
Curly Dock
Rumex crispus



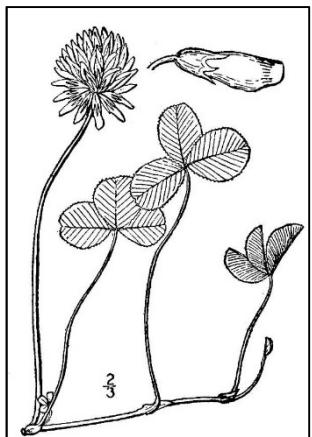
Dame's Rocket
Hesperis matronalis



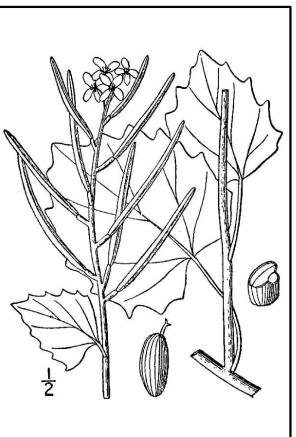
Dandelion
Taraxacum officinalis.



Broad-Leaf Dock
Rumex obtusifolius



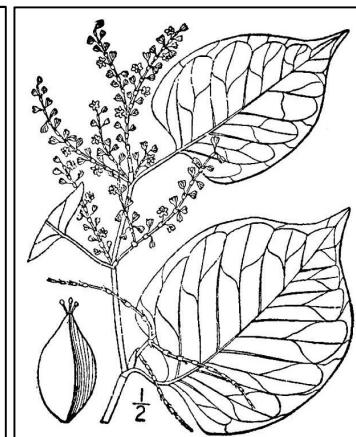
White Clover
Alliaria petiolata



Garlic Mustard
Alliaria petiolata



Jerusalem Artichoke
Helianthus tuberosus



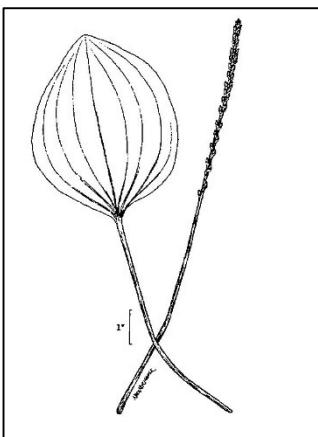
Japanese Knotweed
Polygonum cuspidatum



Lamb's Quarters
Chenopodium album



Stinging Nettle
Urtica dioica



Broad-leaf Plantain
Plantago major



Common Sow-Thistle
Sonchus oleraceus

For color slides of these plants, please visit www.iloveiodine.com/plants
Illustrations: USDA Database (<http://plants.usda.gov>)